info@windhorsetour.com
+86-28-85593923





15 days Nepal Everest Base Camp trekking

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Kathmandu
Mount Everest
Kathmandu
There are 2 base camps for Mount Everest: the south in Nepal and the north in Tibet. The trek to Everest Base Camp on the Nepal side is one of the most popular trekking routes in the Himalayas and is visited by thousands of trekkers each year.
Type
Private
Duration
15 days
Theme
Natural scenery, Trekking & Biking
Trip code
ENT-07
Price
From CN¥ 7,600 per person

Itinerary

The Nepal side Everest Base Camp trekking begins by flight from Kathmandu to the mountain airstrip to Lukla, the heart of Everest Region, then after around 3 hours walk, you will reach Phakding. Continue north up to Dudh Kosi valley and to Namche Bazzar, that's a junction for trekkers, the local Sherpa, and expeditions en route to the mighty Mt. Everest. You will have one more day at Namche Bazaar for further acclimatization. After Namche, you will trek along a high traversing path where you will have the first good view of the Everest, then head to Tengboche monastery, which is structurally located on a ridge top of commanding views of the Everest landscape.

Then descend to the Imja Khola and to the villages of Panboche and Pheriche before reaching the Khumbu Glacier. Follow the Glacier, first to Lobuche, a vantage point for some spectacular views of the Ama Dablam, Taweche and other peaks and then hike to Gorak Shep for a breather.

Also ascend Kalapattar 5,555 m. (18,225 ft.), where you can get some awesome views of the Himalayan ranges, also includes fantastic views of the southwest face of Mt. Everest. Then trek down to Everest Base Camp at the foot of the Khumbu icefall before finally making your way back down to Lukla.

This trekking can be arranged whole year around, but the best time to visit is from beginning of March to mid May and from beginning of Sep. to mid of Nov.

Day 01 :
Arrive at Kathmandu airport (1,345 meters). Overnight at hotel
Day 02 :
Pre-trip Meeting and Sightseeing around Kathmandu valley. Overnight at hotel
Day 03 :
Fly to Lukla (2,804 meters) from Kathmandu, trek to Phakding (2,610 meters) 3 hours. Overnight at Guesthouse

Day 04 :
Trek to Namche Bazaar (3,441 meters) 5 hours. Overnight at Guesthouse
Day 05 :
Namche Bazaar Acclimatization day. Overnight at Guesthouse
Day 06 :
Trek to Tengboche Monastery (3,860 meters) 5 hours. Overnight at Guesthouse
Day 07 :
Trek to Dingboche (4,350 meters) 6 hours. Overnight at Guesthouse
Day 08 :
Day trip to Chhukung valley (4,710 meters) and trek back to Dingboche 4 hours. Overnight at Guesthouse
Day 09 :
Trek to Loboche (4,910 meters) 5 hours. Overnight at Guesthouse
Day 10 :
Trek to Gorak Shep (5,184meters) and then further to Everest Base Camp (5,357 meters) and back to Gorak Shep 7 hours. Overnight at guest house
Day 11 :
Trek to Kalapattar (5,555 meters) early in the morning then trek down to Pangboche (3985 meters) 7 hours. Overnight at Guesthouse
Day 12 :
Trek to Namche Bazaar / Monjo (2,815 meters), 4-5 hours. Overnight at Guesthouse
Day 13 :
Trek To Lukla (2,886m), 5-6 hours. Overnight at Guesthouse
Day 14 :
Fly back to Kathmandu, free explore Kathmandu on your own. Overnight at hotel
Day 15 :
Kathmandu airport / border drop off, end the trip

Inclusions

Tour notes:

Please note prices are based in CNY.

General inclusions:

All required government taxes and fees.
Please contact one of our Tour Advisors to get a custom quotation made to your requirements.
Hostel (shared room and semi-private bathroom)
All entrance tickets as noted in the tour's itinerary.
Guide fluent in English, Chinese or Japanese that is certified by the state tourism build and from the local community. (If your native language is not listed please let us know, we are certain we can assist your needs.)
Airport and/or train station pick-up and drop-off.
Comfortable and clean private minivan with driver (please note that on days designated with walking tours, no private vehicle will be arranged by default.)

General exclusions:

Personal expenses such as laundry, drinks, internet access, fax, telephone calls etc.
Tips for your guide and driver.
Meals that are not specified in the tour itinerary.
Optional Attractions that are not specified in the itinerary.
Flight and/or railway ticket(s) to the first city of the tour and departure from the last city of the tour.
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