

Sherpa Himalaya Treks & Expedition Pvt. Ltd



Everest Base Camp Trek

Everest Base Camp Trek; one of the most adventurous and most amazing journey of 16 days; all away from the crowd coping with a new experience with local people in the mountains exchanging beautiful; culture and tradition, This Trek will be one of the best of all time.

Without any worries about the health your body will be completely acclimatized until you reach the most devoted monastery in the Himalaya; The Tengboche Gumba which is one of the most precious things that the Himalayan people have. Since many year Tengboche Gumba has stood strong. although Earthquake 2015 has shaken its body a bit. An amazing view of Ama Dablam, Everest itself and Kalapathar is also seen until you reach Tengboche Gumba.

Till you reach Everest Base Camp (EBC) the maximum altitude you have to face is 5554m. your health is completely prioritized; and made fully run over with the altitude there; since the Trek gives you spectacular views of mountains and not only that; on the way, you will be facing rivers and local animal (Yaks) with a very adventurous way; which can be very narrow at some places following with mostly up-hills. You will face some small bridge with some suspension bridge but you will not have to worry about those as they are safe.



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Outline Itinerary

Day 01: Arrival day in Kathmandu (1300m)

Day 02: Trek Preparation in Kathmandu

Day 03: Kathmandu – Lukla – Phakding (2,652m/8,700feet), 3 – 4 hours

Day 04: Phakding – Namche Bazaar (3440 m/11,280 feet), 5 – 6 hours

Day 05: Acclimatization Day – Namche Bazaar, 3,440m/11,284feet

Day 06: Namche Bazaar to Debuche (3,870m/12,694feet), 5 – 6 hours walk

Day 07: Debuche to Dingboche (4,360 m/14,300 feet), 5 – 6 hours

Day 08: Acclimatized day

Day 09: Dingboche to Lobuche (4,600 m/15,090 feet), 3 – 4 hours

Day 10: Lobuche- Gorak Shep [5170 m]-Everest Base Camp [5364 m]-Gorak Shep, 8 – 9 hours

Day 11: Gorak Shep – Kala Patthar – Pheriche [4280 m/14,070 feet], 8 – 9 hours

Day 12: Pheriche-Pangboche-Tengboche-Namche Bazaar (3,440 m/11,280 feet), 6 – 7 hours

Day 13: Namche Bazaar-Lukla (2,800m/9,186feet): 6 – 8 hours

Day 14: Lukla – Kathmandu, (2,800m/9,186feet)

Day 15: Free Day in Kathmandu

Day 16: Final Departure

The above Itineraries can be customized as per your time limit. In order to customize please give your opinion to Sherpa Himalaya. Thank You.

Thank you very much for your Interest

Hope to see you soon in Nepal,

Kind Regards

Mingma Sherpa

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Some Glimpse of Everest Base Camp Trek

