

Everest Base Camp Trekking With Luxury 5 Star Wind Down



Highlights of the Everest Base Camp with Luxury 5-Star Wind Down

- Experience the exhilaration of trekking to Everest Base Camp.
- Trek up to 5545m through spectacular scenery.
- Informative guides to uncovering the history behind mystical sights
- Everest, Lhotse, Nuptse, Changtse, Ama Dablam, and scores of other lesser crests seen from a peaked vantage point
- Get among the hustle and bustle of the market town of Namche Bazaar.
- Suitable for people aged over 14 and below 65
- A guided tour of Kathmandu's ancient temples
- Last two-night stay at the five-star wind-down hotel Gokarna Forest Resort, Kathmandu, with buffet breakfast and dinner and 30-minute spa treatments

Overview

Fulfill your dream of reaching Everest with our 14-day Everest Base Camp Trek. Experience the legendary and classical trekking trail in Nepal while enjoying luxurious accommodations throughout the trip, including a 5-star stay at Gokarna Forest Resort. This unique trek focuses on convenience and luxury for our travelers.

The most pursued dream of the trekkers, while they choose to visit Nepal, is to see the top of the world, Mt. Everest (8848m). Every step of your trek will be invaluable historical for you if you choose to make your trip to the Khumbu region, where the world's tallest giant peaks are proudly welcoming trekkers and adventure seekers.

Optional: For all the helicopter enthusiasts, you now have the option to take a thrilling and adventurous helicopter flight from Kathmandu to Lukla and back from Lukla to Kathmandu by paying an extra USD 250 PP one way. With this, you no longer have to worry about flights being delayed or canceled, which can happen every now and then due to bad weather.

P.S.: The flights for Lukla will be operated from Ramechhap and not

from Kathmandu during the peak seasons (March, April, May, August, and September).

Everest Base Camp Trek Journey

You take a short scenic flight from Kathmandu to Lukla to commence your Everest Base Camp trek. After arriving in Lukla, the trekking journey starts towards Phakding and Namche Bazaar, serving as the gateway to the Everest Region and offering attractions like the Tibetan market, Hotel Everest View, and stunning mountain views. The trek continues through the holy monastery at Tengboche, leading to Lobuche and Gorak Shep. A climb to Kalapatthar provides breathtaking views of mountain giants such as Mt. Everest, Lhotse, Nuptse, Pumori, and Cho Oyu, which cannot be seen from the base camp.

During the trip to Everest Base Camp, you pass through Sagarmatha National Park, situated at the highest elevation in the world and designated as a UNESCO World Heritage site, which attracts numerous trekkers in the Everest region. You can observe alpine wildlife and vegetation, including musk deer, ghoral, and Himalayan thar. Additionally, bird species like the red-billed chough, impheyan pheasant, blood pheasant, and yellow-billed chough can be spotted. Finally, luxury relaxation at the 5-star Gokarna Forest Resort or Hyatt Place Kathmandu is a memorable ending to this trip.

Outline Itinerary (15 Days)

Day 1 : Arrival to Airport.

Upon your arrival in Kathmandu, our representative will meet you at Tribhuvan International Airport, extend a warm welcome, and transfer to your hotel. Take advantage of this day to adjust to the new time zone and immerse yourself in the lively atmosphere of Kathmandu. Orientation Program will be at 5 PM. After orientation program welcome Dinner with guide.

Max Altitude Kathmandu (1,400 m)

Overnight Himalayan Suite Hotel

Meal Breakfast Included

Day 2 : Kathmandu to Lukla by flight or helicopter and trek to Phakding

Today is the beginning of your journey to Everest Base Camp. You will take early flight to Lukla. Upon reaching Lukla enjoy the stunning mountain views. Start your trek to Phakding, descending through pine forests and picturesque Sherpa villages. Reach the delightful village of Phakding and settle into a tea house for the night. Make the most of the remaining daylight to explore Phakding . Wrap up your day with a satisfying dinner at the tea house.

Max Altitude Lukla (2,840 m), Phakding (2,600 m)

Duration 7 KM (3/4 Hours)

Overnight Sherpa Lodge Hotel

Meal Breakfast Included

Day 3 : Trek to Namche Bazaar

Today's trek takes you further into the heart of the Khumbu region as you ascend along the Dudh Koshi River. Start your trek after breakfast, crossing suspension bridges and journeying through pine forests. Pass through the small check point of **Monjo**, verification of your entry into **Sagarmatha National Park**. Keep trekking alongside the Dudh Koshi River, passing through the village of Jorsalle. Commence the challenging ascent to Namche Bazaar after crossing **Tenzing Hillary Suspension Bridge**, featuring a steep climb with breathtaking views of Thamserku, Everest, and other peaks. Reach **Namche Bazaar**, a bustling market town and the commercial hub of the Khumbu region. Check into a tea house for your stay.

Max Altitude Namche Bazaar (3,535 m)

Duration 10 KM (6/7 hrs)

Overnight Hotel Sherpaland

Meal Breakfast Included

Day 4 : Acclimatization day in Namche Bazaar

Acclimatization is vital for a successful trek to Everest Base Camp, and Namche Bazaar serves as an ideal spot for this purpose. Today is designated for relaxation and exploration, enabling your body to adapt to the higher altitude. Take a short hike to Everest View Hotel for better acclimatization. Explore Namche Bazaar and the Sherpa Museum in the afternoon. Stay hydrated by drinking lots of fluids. Have a taste of local Sherpa cuisine for dinner. Ensure a good night's sleep by going to bed early.

Max Altitude Namche Bazaar (3,535 m)

Duration 3 Km (3 hrs)

Overnight Hotel Sherpaland

Meal Breakfast Included

Day 5 : Trek to Tengboche

The trek today takes you deeper into the Khumbu region, passing through picturesque landscapes and traditional Sherpa villages. You'll continue your ascent, reaching the village of Deboche, known for its serene monasteries and breathtaking views. Embark on your trek after breakfast from Namche Bazaar to Tengboche, trek uphill for panoramic views of Everest, Lhotse, and Ama Dablam, explore the peaceful Tengboche Monastery upon arrival, then move towards Deboche, cross the Imja River, and finally, check into a tea house for your overnight stay in Deboche.

Max Altitude Tengboche (3,850 m)

Duration 9 KM (6/7 hrs)

Overnight Rivendell Guest House

Meal Breakfast Included

Day 6 : Trek to Dingboche

After staying overnight in Deboche, we head to Dingboche in the morning. The trek continues through the alpine forest to Deboche, where you cross Imja Khola (River) using a suspension bridge. Along the way, you will pass by a wall with inscribed stones.

Later in the day, you'll enjoy a stunning view of Ama Dablam. You will climb to the village of Pangboche and follow the trail to Imja Valley. Finally, Reach Dingboche and check into a tea house in Dingboche for your overnight stay.

Max Altitude Dingboche (4,350 m)

Duration 11 Km (7/8 hrs)

Overnight Mountain Paradise

Meal Breakfast Included

Day 7 : Acclimatization in Dingboche

Acclimatization is essential for a safe and enjoyable trek at higher altitudes. Today is all about resting and exploring Dingboche, helping your body adapt to the rising elevation and getting you ready for the upcoming challenges. Start your day with a breakfast. For additional acclimatization, hike to Nangkartshang Peak, which provides views of Makalu, Lhotse, Chalotse, Tawache, and Ama Dablam. Stay hydrated, take it easy, read, or enjoy light activities during the day, then have dinner at the tea house

Max Altitude Dingboche (4,350 m)

Duration 3 Km (2 hrs)

Overnight Mountain Paradise

Meal Breakfast Included

Day 8 : Trek to Lobuche

As you trek from Dingboche to Lobuche, you get closer to the Everest Base Camp. The landscape becomes rougher, and the air gets thinner as you travel through the high-altitude terrain. Begin the day with breakfast, get ready for the trek, ascend towards Thukla Pass to enjoy panoramic views of Pumori and Nuptse, take a lunch break in Thukla, continue trekking towards Lobuche. Check into a tea house for your overnight stay, and have dinner and sleep.

Max Altitude Lobuche. (4,940 m)

Duration 8.7 km (6 hrs)

Overnight Sherpa Lodge or EBC Guest House

Meal Breakfast Included

Day 9 : Trek to Gorakshep and hike about 2-3 hour to Everest Base Camp and trek back to Gorakshep

Today is an important day as you finally reach Everest Base Camp. Start your morning trek after a filling breakfast in Lobuche, navigate rocky terrain as you ascend to **Gorakshep**, the last settlement before Everest Base Camp. Check into the tea house for a quick lunch, then embark on the journey to Everest Base Camp through the Khumbu Glacier. Take time to capture memories with photographs at this incredible spot. After enjoying the **Everest Base Camp** experience, trek back to Gorakshep, have dinner at the tea house in Gorak Shep, and rest early.

Max Altitude Gorakshep (5,160 m), EBC (5,364 m)

Duration 11 KM (8 hrs)

Overnight Buddha Lodge

Meal Breakfast Included

Day 10 : Hike to Kalapathar and trek back to Pheriche

Begin your day early to catch a stunning sunrise over the Himalayas at Kala Patthar and spend time taking photographs. Afterward, descend from Kala Patthar to Gorakshep, trek back down towards Pheriche, stop for lunch in the familiar spot of Lobuche, and finally, reach Pheriche to check into a tea house. Spend the evening resting and enjoy dinner at the tea house.

Max Altitude Kalapathar (5,545 m)

Duration 10.5 KM (7 hrs)

Overnight Pumori Lodge

Meal Breakfast Included

Day 11 : Trek down to Namche

Today, you'll continue your descent, making your way back to Namche Bazaar. Going down to lower altitudes brings a welcome relief, and you'll encounter familiar landscapes along the way. Check in at Hotel

Sherpaland and have dinner.

Max Altitude Namche Bazaar (3,535 m)

Duration 14.5 KM (7 hrs)

Overnight Hotel Sherpaland

Meal Breakfast Included

Day 12 : Trek down to Lukla

Today is the last part of your Everest Base Camp trek as you come down from Namche Bazaar to Lukla. The path goes through familiar villages and landscapes, giving you a chance to think about the amazing journey you've been on. Start your descent from Namche Bazaar after breakfast. Take breaks for tea, enjoy the scenic beauty, and catch glimpses of the mountains one last time. Have lunch in the charming village of Phakding. Continue your trek, crossing suspension bridges and passing through forests. Finally, arrive in Lukla, the gateway to the Everest region, and check into a tea house. Have a dinner celebration dinner with all crew members and sleep.

Max Altitude Lukla (2,840 m)

Duration 25 Km (7 hrs)

Overnight Hotel Mera

Meal Breakfast Included

Day 13 : Fly back to Kathmandu from Lukla by plane or helicopter

Take a morning flight from Lukla to Kathmandu. Explore Kathmandu, enjoy dinner and enjoy your last night in Kathmandu. Once you land at the airport, you'll be transferred to the hotel. Please note that flight operations are solely determined by the airline and may be influenced by the weather.

Max Altitude Kathmandu (1,400 m)

Duration Flight (30 min)

Overnight Gokarna Forest Resort/ Hyatt Place Kathmandu

Meal Breakfast and Dinner Included

Day 14 : Kathmandu Sightseeing Tour

After breakfast, full day sightseeing tour of Kathmandu valley in various sites which have been listed in the World Heritage Sites by UNESCO (Pashupatinath Temple, Boudhanath, Swoyambhunath and Patan Durbar Square).

Max Altitude Kathmandu (1,400 m)

Duration 5-6 hrs

Overnight Gokarna Forest Resort/ Hyatt Place Kathmandu

Meal Breakfast

Day 15 : Departure or Extra tour.

Use your last morning in Kathmandu according to your flight time. Pack your things, check out of the hotel, Head to Tribhuvan International Airport for your departure. Wishing you a safe and pleasant journey back home!

Meal Breakfast Included

Include / Exclude

- Airport Pickup & drop
- Accommodation in Kathmandu at Himalayan Suite Hotel in twin sharing basis including breakfast and dinner
- Last 2 nights accommodation before your departure at Gokarna Forest Resort or Hyatt Place Kathmandu or similar 4/5 star category with breakfast and dinner on Day 14
- Kathmandu city tour by car/van/Hiace with English speaking guide
- Accommodation in lodges during the trekking days with breakfast (Up to Namche - 5 nights attached bathroom with hot running shower)
- Highly experienced, licensed and English speaking guide and porters (1 porter for 2 trekkers) or necessary Yaks and their all expenses (Meals, accommodation, insurance, and other expenses of trekking crew)
- Welcome dinner and Farewell dinner with a 30-minute complimentary massage on the Last day
- First Aid Kit
- Company T-shirt
- Necessary equipment (Sleeping bag and Duffle bags - if necessary)
- Kathmandu - Lukla – Kathmandu by plane
- Airfare for trekking crew
- Tims permit
- All government taxes and office expenses
- Lunch and Dinner in Kathmandu and trekking days.
- Personal equipment and clothing
- City sightseeing entry fees in Kathmandu (NPR 1000+200+400+1000)
- Sagarmatha National Park Fee (USD 30)
- Your travel insurance (Compulsory)
- Tipping to guide, porter and driver as per your satisfaction
- Optional helicopter ride (Pheriche-Lukla) USD 300 per person



Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

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