



# MISSION SUMMIT TREKS & EXPEDITION PVT. LTD.

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## Everest Base camp Trek 2023

### Trip Highlights

- The world's highest peak Mt. Everest (8,848m above mean sea level)
- Can see two other peaks Lhotse, and Makalu higher than 8,000m from Trail.
- Mt. Everest Base Camp and Kala Pathar.
- Khumbu glaciers.
- Khumjung and Namche village.
- Monastery ( Tangbuche and Khumjung)
- Snow Leopard, Musk Deer, Red Panda, and Himalayan Monal
- Get a chance to Explore Sherpa culture and village
- Lukla Airport
- Total walking days is 10 Days

**Price: - 1299 USD/ 65000 INR**

### Everest Base Camp Trek for 2023 Spring

- 17 March -30 March
- 2 April to 15 April
- 17 April to 30 April
- 5 May to 18 May
- 20 May to 3 June

## Outline Itinerary

- Day 1: Arrival at Kathmandu and transfer to Hotel (1,350m).
- Day 2: Fly to Lukla (2,804m) & trek to Phakding (2,640m) Duration: 4-5 hours.
- Day 3: Phakding to Namche Bazaar (3440m/11283) Walking Distance - 10 to 12 km, Duration: 6 hours
- Day 4: Acclimatization Day – Hike to Everest View Hotel (3,962m/12995ft) Walking Distance - 3 to 4 km, Duration: 3 to 4 hours
- Day 5: Namche to Tengboche (3860m/12660ft) Walking Distance - 10 to 11 km, Duration: 5 hours
- Day 6: Tengboche to Dingboche (4410m/14464ft) Walking Distance - 11 to 12 km, Duration: 5 hours
- Day 7: Acclimatization Day- Hike to Nagarjun hill and return: Walking Distance - 5 to 6 km, Duration: 4 to 5 hours
- Day 8: Dingboche to Lobuche (4910m/16105ft) Walking Distance - 11 to 12 km, Duration: 5 hours
- Day 9: Trek to Gorak shep (5,180m) trek to EBC & overnight stay at Gorekshep Duration: 7-8 hours.
- Day 10: Hike to Kalapatthar (5,550m) at sunrise & trek to Pheriche (4200 m) Duration: 7-9 hours.
- Day 11: Trek Back to Namche Bazaar (3,440 m) Duration: 5-6 hours
- Day 12: Trek to Lukla (2,804 m) Duration: 6-7 hours
- Day 13: Fly back to Kathmandu; flight Duration: 30 minutes. If possible sightseeing
- Day 14: Final Departure to international Airport

## Included in the Cost

Airport pickups and drops in a private vehicle
Domestic Flight From Kathmandu/ Ramechap to Lukla and back to Kathmandu
Welcome Dinner
Hotel accommodation; 3 night in Kathmandu with breakfast
All Teahouse accommodation with meals (breakfast, lunch and dinner) during the trek
An experienced, English-speaking and government-licensed trek guide
Porter service (2 trekkers: 1 porter, if have min two pax)
Staff costs including their salary, insurance, equipment, food and accommodation
All necessary paperwork and trekking permits
All government and local taxes

Sleeping bag ( returnable after trek) & achievement Certificate
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### Excluded in the Cost

International airfare to and from Kathmandu
Excess baggage charges
Lunch and dinner in Kathmandu and Pokhara
Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled itinerary
Travel and rescue insurance
Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
Tips for guide(s), porter(s) and driver(s)

### Details Itinerary

#### **Day 1 : Arrival at Kathmandu and transfer to Hotel (1,350m).**

Welcome to Kathmandu, a city full of vibrant markets, bustling streets, colorful temples, and grand pagodas. Our guide will meet you at the airport and take you to our hotel. The remainder of the day you will have an opportunity to familiarize yourself with the shopping areas closest to your hotel and catch up on shopping for equipment. In the evening, our tour guide will give you a brief introduction and provide valuable information about the trek. In the evening you will meet the rest of the group at a welcome dinner at a local Nepali restaurant.

#### **Day 2 : Fly to Lukla (2,804m) & trek to Phakding (2,640m) Duration: 4-5 hours.**

After an early morning start, you will be picked up at the hotel by our guide who will take you to the domestic terminal of Kathmandu airport. The flight from Kathmandu to Lukla

takes around 35 minutes, time enough to take in the spectacular views of the Himalayas. After landing at Tenzing-Hilary airport you will meet your porter who will carry your luggage. You then begin your journey with a relatively easy trek passing a Kani (ceremonial gatehouse) before the trail descends then leads above Kyangma village with its large gompa (monastery) and school. We then continue to Cheplung village where the trail passes through community forest within sight of the Dudh Koshi River. After crossing the suspension bridge you climb across the ridge to Ghat and then passes a school and complex of Mani walls, Chortens and prayer wheels. After a short walk from Ghat, we reach Phakding.

**Day 3 : Phakding to Namche Bazaar (3440m/11283) Walking Distance - 10 to 12 km, Duration: 6 hours**

Leaving Phakding behind, you'll trek north on a path leading to Monjo. This small town serves as the gateway to Sagarmatha National Park, a formally protected area which takes its name from Mt. Everest (called Sagarmatha in Nepali). The park is home to a staggering variety of Himalayan flora and fauna, and you're sure to enjoy trekking through sweetly scented evergreen forests comprised of blue pine, deodar, and rhododendron. As it doubles back and forth across the Dudh Koshi River, your trail winds its way past tiny settlements called Tok Tok and Jorsale. After crossing a final suspension bridge at the junction of the Dudh Koshi and Bhote Koshi rivers, you'll hike uphill for about two hours before reaching what's regarded as the unofficial capital of the Khumbu region: Namche Bazaar. You'll overnight in one of the town's many popular guesthouses.

**Day 4 : Acclimatization Day – Hike to Everest View Hotel (3,962m/12995ft) Walking Distance - 3 to 4 km, Duration: 3 to 4 hours**

Today is reserved for acclimatization: as you ascend to higher elevations, it's important to let your body adapt to the smaller amount of available oxygen in the atmosphere. Fortunately, there's a lot to see and do in the colorful commercial hub of Namche Bazaar. For one, you'll get to enjoy your first unobstructed view of Everest itself. Many neighboring peaks are also visible from town, including the mighty Thamsarku, the sprawling massif of Kongde Ri, and the distinctive summit of Ama Dablam. Consider paying a visit to the Sherpa Culture Museum to learn more about their vibrant traditions; this will help you to understand some of the cultural sights you'll encounter along the trail in the days to come. Visiting the nearby Everest Photo Gallery may also provide some inspiration for your own

photographs. After perusing these displays, take a short hike to the Syangboche Airport just above town. From here, you can capture stunning photographs of Namche Bazaar from above—not to mention the wall of Himalayan peaks surrounding the town. Finally, make sure to visit the Hotel Everest View. It's regarded as the highest hotel in the world and offers great vistas of its namesake mountain from each window. Overnight at a guesthouse in Namche Bazaar. Overnight at Comfort inn Namche with attached bathroom.

**Day 5 : Namche to Tengboche (3860m/12660ft) Walking Distance - 10 to 11 km, Duration: 5 hours**

Today's hike begins at a leisurely pace. Leaving Namche Bazaar, your path winds uphill through fragrant rhododendron woodlands and passes alongside quiet Himalayan villages. Many trekkers regard this route as the most scenic section of the entire Everest Base Camp Trek. You're really in the mountains now: Everest, Ama Dablam, Lhotse, and Nuptse are just a few of the stunning peaks that tower over the trail. You'll continue hiking past the Imja Khola; this river drains the slopes of Everest and is actually a tributary of the Dudh Koshi. Your destination for today lies where the two rivers converge at the spiritual center of the Khumbu: Tengboche. This village is best known as the site of the important Tengboche Monastery. This is the largest gompa you'll visit during your hike, and it's a sublime sight to behold: flanked by pines and azaleas and set against the backdrop of Ama Dablam, it's hard to imagine a more striking setting. Make sure to step inside to check out the monastery's exquisite murals and statuary. You'll spend the night at a guesthouse in Tengboche. Overnight at Common bathroom

**Day 6 : Tengboche to Dingboche (4410m/14464ft) Walking Distance - 11 to 12 km, Duration: 5 hours**

After savoring a tasty breakfast in Tengboche, you'll begin your morning hike by descending through forest-clad hillsides towards the tiny hamlet of Deboche. You'll cross a handful of suspension bridges over the Imja Khola before approaching the next notable settlement on today's route: Pangboche. This is a good place to rest and enjoy a snack while taking in tremendous views of Ama Dablam. When you're ready to continue, you'll start climbing along a trail lined with prayer flags and bordered by mani walls. Mani walls are comprised of many stone tablets, each of which is inscribed with a Buddhist mantra, and should always be passed on the left. Continuing past the village of Orsho, you'll finally arrive at the small Sherpa village called Dingboche. Known as the "summer valley" of the region, Dingboche experiences summer rains from the monsoon, contributing to its farming livelihood. Check in at an internet café or enjoy a bite to eat from one of the local

bakeries before turning in at your guesthouse, where you'll spend the night. Today's breakfast, lunch, and dinner are included.

**Day 7 : Acclimatization Day- Hike to Nagarjun hill and return: Walking Distance - 5 to 6 km, Duration: 4 to 5 hours**

Now that you've reached altitudes greater than 4,000 meters, you'll need more time to adjust to the rarified air. Today is therefore reserved for acclimatization—but that doesn't mean you have to sit still. Just south of Dingboche is a steep hike to the top of Nagarjun Hill, from which you can obtain gobsmacking views of Ama Dablam, Lhotse, Lobuche, and Taboche. Trekking to this rewarding vantage point also offers a panoramic vista of the entire Imja Khola valley. When you've had your fill of sightseeing, return to Dingboche to explore its many guesthouses, restaurants, bakeries, and shops. Dingboche is also noted for hosting one of the world's highest billiards parlors. For our money, there's nothing more relaxing than kicking back with a mug of butter tea while enjoying the solitary splendor of Imja Tse, the 6,189-meter mountain better known as Island Peak, which rises above town.

**Day 8 : Dingboche to Lobuche (4910m/16105ft) Walking Distance - 11 to 12 km, Duration: 5 hours**

After leaving Dingboche, today's hike takes you through windswept pastures and past the lonely huts of yak herders. As you trek towards the tiny settlement of Lobuche, you'll notice changes in the local terrain. The woodlands of the past few days have now thinned out, replaced with scattered shrubs and rocky, snow-dusted grasslands. Your route will afford you with a good look at the now-familiar peaks of Lhotse and Ama Dablam, but there are even more mountains to be identified from here. Ask your guide to point out Lingtren, Pumori, and Khumbutse. Today's trek ends at Lobuche, a small village nestled in the shadow of the mountain which shares its name. Lobuche is comprised almost entirely of guesthouses, so it's the ideal spot to spend the night. Make sure to get plenty of rest so you're ready for the hike to Everest Base Camp in the morning.

**Day 9 : Trek to Gorak shep (5,180m) trek to EBC & overnight stay at Gorekshep Duration: 7-8 hours.**

We commence our trek to Mt. Everest Base Camp through the vast Gorak-Shep. Along the trail, we pass the Indian army mountaineers' memorials. At this point the path can be confusing, so following your guide is important. The thin air at this high altitude can be exhausting. We traverse rocky dunes, moraine, and streams before reaching the Mt. Everest Base Camp. From Everest Base Camp you will see some of the world's highest peaks, in

stark contrast to the gray surroundings - especially in the spring. Before we are Khumbuste, Nuptse, and Pumori. We will then head back to Gorak Shep.

### **Day 10 : Hike to Kalapatthar (5,550m) at sunrise & trek to Pheriche (4200 m)**

**Duration: 7-8 hours.**

At around 4 a.m. in the pre-dawn darkness and cold temperatures (-10 to -14 C) we begin our trek. It is common for there to be cold winds at this altitude. Towering peaks, such as Khumbutse, Lingtren, and Changtse loom before us to the east as Everest comes into view. Not until we reach Kala Patthar (5550m) do we get a 360 degree up-close and bird's eye view of Mount Everest. After taking in the panoramic views and madly clicking cameras we will return back to Lobuche and then to Pheriche for a good night's rest.

### **Day 11 : Trek Back to Namche Bazaar (3,440 m) Duration: 8-9 hours**

From Pheriche we retrace our steps descending to the Imja Khola and then up through the rhododendron forest to Tengboche monasteries. For some, this will be an opportunity to see the nuns perform their religious ceremonies at the Tengboche Monastery. After lunch at Tengboche, we continue our trek across the hillside blanketed by colorful rhododendron and juniper trees. After crossing the bridge over the (milky river) Dudh Koshi River our trail continues through the Dudh Koshi gorge descending rapidly through the pine forests before reaching Sansa. Along the way we keep our eyes peeled for wildlife, such as (Himalaya Thar) mountain goats, snow leopards, and colorful pheasants while passing through the forest. After passing a Chorten we reach the army camp at Namche Bazaar where we stay overnight.

### **Day 12 : Trek to Lukla (2,804 m) Duration: 6-7 hours**

This is our final day of trekking before returning to our starting point at Lukla. This is a time to reflect on the unforgettable memories of our trek as a group and our achieving our individual goals. A free afternoon allows you time to relax and enjoy a hot shower! In the evening we will celebrate with a few drinks and dance.

### **Day 13 : Fly back to Kathmandu; flight Duration: 30 minutes.**

After our 13 day trek, we take an early morning flight from Lukla to Kathmandu. After arriving at Kathmandu, you can take a rest or do some shopping. This is also a time to

catch up on visiting places you missed on arrival in Kathmandu. Our guides will continue to assist you with souvenir shopping or sightseeing.

## Everest Base Camp Trek Preparation

A medium-level fitness is perfect for ***EBC trek***.

If you are a regular gym guy or regular runner then you are completely fit for this trek. If you are not doing any kind of physical activities and want to go for the Everest Base Camp Trek, then you need to do at least 4 to 5 kilometers of walking daily for about 60 days before your trek starts. The key here is to practice and walk for a longer duration on a jogging track on a regular basis.

### Check list

Recommended Gear Lists:

- 01.) Good wind/rain jacket
- 02.) Warm fleece jacket or jersey
- 03.) Good boots, either light-weight trekking boots or light full leather boots
- 04.) Good -20 Sleeping bag (which can be rented or buy in Kathmandu)
- 05.) A comfortable day pack, preferably with a waistband.
- 06.) Fleece jacket or pullover
- 07.) Fleece Wind-Stopper jacket (optional)
- 08.) Waterproof (preferably breathable fabric) shell jacket
- 09.) Down vest and/or jacket (optional)
- 10.) Lightweight gloves
- 11.) Heavyweight gloves or mittens with a waterproof shell outer
- 12.) Sun hat or scarf
- 13.) Light balaclava or warm fleece hat
- 14.) Sunglasses with UV protection
- 15.) T-shirts
- 16.) Underwear
- 17.) Hiking shorts
- 18.) Light and expedition weight thermal bottoms
- 19.) Fleece or wool pants
- 20.) Waterproof (preferably breathable fabric) shell pants
- 21.) Thin, lightweight inner socks
- 22.) Thick, warm wool hiking socks



- 23.) Hiking boots with spare laces
- 24.) Camp shoes (sneakers and/or sandals)

**Other optional necessary equipment:**

- 1.) Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
- 2.) Small pad or combination lock-to-lock trek bag
- 3.) Basic First Aid Kit (We also provide a comprehensive first aid medical kit and Oximeter)
- 4.) Large plastic bags - for keeping items dry inside trek bag
- 5.) Day pack (approximately 2500 to 3000 cubic inches)
- 6.) Water bottles (2 bottles recommended)
- 7.) Toiletries
- 8.) Small wash towel

**1. Booking**

Booking your trek prior to your arrival in Nepal will allow time for permits to be issued, questions to be answered, and will make the process a lot easier for you.

**2. Payment**

When booking one of our tours, you must provide 30% of the cost up front in order to reserve your trip date. The remainder of the cost can be paid later, upon arrival in Kathmandu.

**All details of Everest Base Camp Visit this link: -**

<https://www.missionsummittreks.com/trip/everest-base-camp-trek/>