



**INCREDIBLE HIMALAYAN
SHERPA ADVENTURE P. LTD.**
SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

Everest Base Camp Trek

Duration: 15 days
Difficulty: Medium to hard

DoT No. 1888/071
PAN No. 601340433
NMA. AM#1171, TAAN
NRB No. 1573/021/072
Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen
Group size: Private Trek

Quick Trip Facts

Altitude: 5554m
Season: Spring/Fall/Winter
Accommodation: Teahouse

The Everest Base Camp Trek is one of our favourite treks and we'd be delighted to help you explore this magnificent region in Nepal.

Overview

The Everest Base Camp trek is one of Nepal's most popular treks and rightly so. Just imagine standing right at the foot of Mount Everest, the highest mountain in the world. Trekking to Everest - known as Sagarmatha in Nepali and Chomolungma (Mother Goddess of the World) in Tibetan and Sherpa - has a long tradition. The trail is very well developed with comfortable and quirky tea houses along the way. Our trip leads you through the Solukhumbu region slowly up the valley, tracing the path of the successful British 1953 expedition all the way to the Everest base camp. Along the way, you will see some of the most impressive mountains like Cholatse and - the favourite of many visitors - Ama Dablam. If you feel up to it, you can hike up Kala Pathar (5,554m) which offers a magnificent panorama of Everest, Lhotse, Cho Oyu, Pumori, Nuptse and many more famous mountains as well as the Khumbu glacier.

With Incredible Himalayan Sherpa Adventure, you'll not only be able to enjoy this unique landscape but you'll also have the chance to observe the traditions and rituals of the local Sherpa people. We put great emphasis on authentic experiences and our professional local guides will introduce you to their culture.

All our treks can be booked as private trips - no large, impersonal groups but small, individual experiences. Let Incredible Himalayan Sherpa Adventure take you on your very own adventure trek to Mount Everest.

Highlights:

- + Admire Mount Everest and contemplate the history of its exploration
- + Stand on top of Kala Pathar and observe some of the highest mountains of the world
- + Discover the rich culture of Solukhumbu, the Sherpa heartland

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Suggested Itinerary:

Day 01; Arrive Kathmandu (1350m/4429 ft.)

Flying into Kathmandu is a memorable experience with the Himalaya Spread out before you. After landed your flight in Tribhuvan International Airport in Kathmandu (1350m), our airport representative will be waiting for you with your name written on the placard. We welcome you by offering Tibetan scarf and transfer to the hotel in a private vehicle. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 02; Kathmandu Tour (1350m/4429 ft.)

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites-Swayambhu, Bhaktapur. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03; Scenic flight to Lukla & trek to Phakding (2610m/8563 ft.),35min flight+4-5hr walk

We fly to Lukla. From here we walk northwards up the valley of the Dudh Koshi (Milk River). We descend from the small plateau, down into the forested valley. After a pleasant hike (3-4hr) we reach our destination Phakding (2,652m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 04; Ascent to Namche Bazaar (3440m/11286ft.), 5-6hr walk

From here we follow the Dudh Kosi northwards. The trail will take us through magnificent forests of rhododendron, giant fir and magnolia. From Jorsale (2,805m), we cross the west fork of the river, the Bhoté Kosi, and start the steep climb to Namche Bazaar. The trail offers us stunning views of nearby 6000m peaks. After about 5hrs we reach the Sherpa village and gateway to Everest Base Camp, Namche Bazaar (3440m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 05; Acclimatization walk to Kunde (3840m/ 12598.43 ft.), Everest View, and Khumjung (3780m/ 12401.57 ft.), 3-4hr walk

We leave Namche and ascent to the Everest View Hotel. The hotel terrace offers splendid views of Everest and Ama Dablam. We continue the walk to the villages of Kunde and Khumjung, where we visit the Edmund Hillary hospital. Afterwards we return to Namche where we have a relaxed afternoon.

[Included meals: Breakfast+Lunch+Dinner]

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Day 06; Journey to Pangboche (3930m/12893.7 ft.), 6-7hr walk

It's a pleasant walk down before the somewhat tiring climb to the monastery. From Sanasa the path drops through lower Teshigna and steeply down to Phunki Teng(3250m). A line of water driven prayer wheels are the star turn here. Now we climb through Juniper forest Tengboche monastery(3860m), from here offers superb panoramic views of Everest, Nuptse Lhotse, Ama Dablam, Thamserkhu, Kang Taiga and Taboche. And further 2hr of walk through forest, Mani wall, mixed pleasant trail bring us Pangboche.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 07; Journey up the Khumbu Valley & Imja Valley to Dingboche(4410m/14468ft.), 5-6hr walk

We leave Namche and cross the Imja Khola stream. From here we climb up to Pangboche at 3,900m. Following a short steep section of the trail we reach Dingboche, which is surrounded by stunning peaks.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 08; Acclimatization day at Dingboche (4410m/14468 ft.)

We ascent Dingboche RI, a lookout point that offers great views of the Imja valley, Makalu and the diverse landscapes surrounding the valley. We return to the Dingboche and relax in the afternoon sun (hopefully)

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 09; Trek to Lobuche (4910m/16108ft.), 4-5hr walk

The day begins with a steep trail section leaving Dingboche past a chorten. We ascend the valley gradually to Dugla at the end of the Khumbu Glacier. From here we enjoy a beautiful panorama of the nearby peaks. We follow the valley on a rocky trail to Lobuche.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 10; Everest Base Camp(5363m/17595ft.) & overnight at Gorakshep (5140m/ 16863.52 ft.),7-8hr walk

Our big day has arrived. We follow the Khumbu Glacier northwards to Gorakshep (5,184m). We arrive at Gorakshep, the highest village in the valley, and from here we continue to Everest Base Camp. We start by walking across the sandy flat at Gorakshep, climb onto the moraine of the Khumbu glacier and follow the trail before we descend the moraine to the base camp. From EBC we get fantastic close-up views of the famous

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Khumbu Ice Fall, Nuptse and the mountains separating Nepal from Tibet, including Pumori. Afterwards we return to Gorakshep.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 11; Climb Kala Pattar (5545m/18192.26 ft.)for views of Everest; descend to Pheriche(3810m/12500 ft.),7-8hrs

Another challenging, yet rewarding day awaits. We climb up Kala Pattar, 'Black Rock', at 5,545m which gives us a great view of Everest. Afterwards we return to Gorak Sheep, have a warm drink and continue back to Pheriche.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 12; Return to Namche Bazar (3440m/11286ft.), 7- 8hr walk

For the return trip, we return to Lukla via Namche. Alternatively, you can extend the trip and continue to the Gokyo Trek or if you would like to experience peak climbing then you can climb Island Peak Climbing with only a few additional days necessary.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at hotel

Day 13/14; Descent to Lukla (2840/ 9318 ft.) & to Kathmandu (1350m/4429ft.), 7-8hr walk+35min Flight

We retrace our steps from day 03&04. Although the path is all downhill, the unrelenting slope places a strain on the knees and trekking poles will come in handy. We take frequent stops where we can have a relaxes tea.

[Included meals: Breakfast+Lunch+Dinner & Bed and Breakfast in Ktm]

Overnight at teahouse & hotel in Ktm

Day 15; Departure from Kathmandu (1350m/4429ft.)

A representative of IHSA will drop off you at the airport by private vehicle

[Included meals: Breakfast]

Supplementary time

The flight from Kathmandu to Lukla significantly reduces the journey time compared to the trek via Jiri (which we also offer). The flight is the shortest and most popular way of gaining access to the region but the mountain weather is notoriously unpredictable and sometimes even during the best part of the season, flights are delayed or postponed for one or more days. We can also arrange for a Helicopter charter from Kathmandu to Lukla instead but this adds significant extra cost. We highly recommend that you take potential delays into account and allow for an extra day in Kathmandu. You can use your extra time here in Nepal by doing many exciting activities

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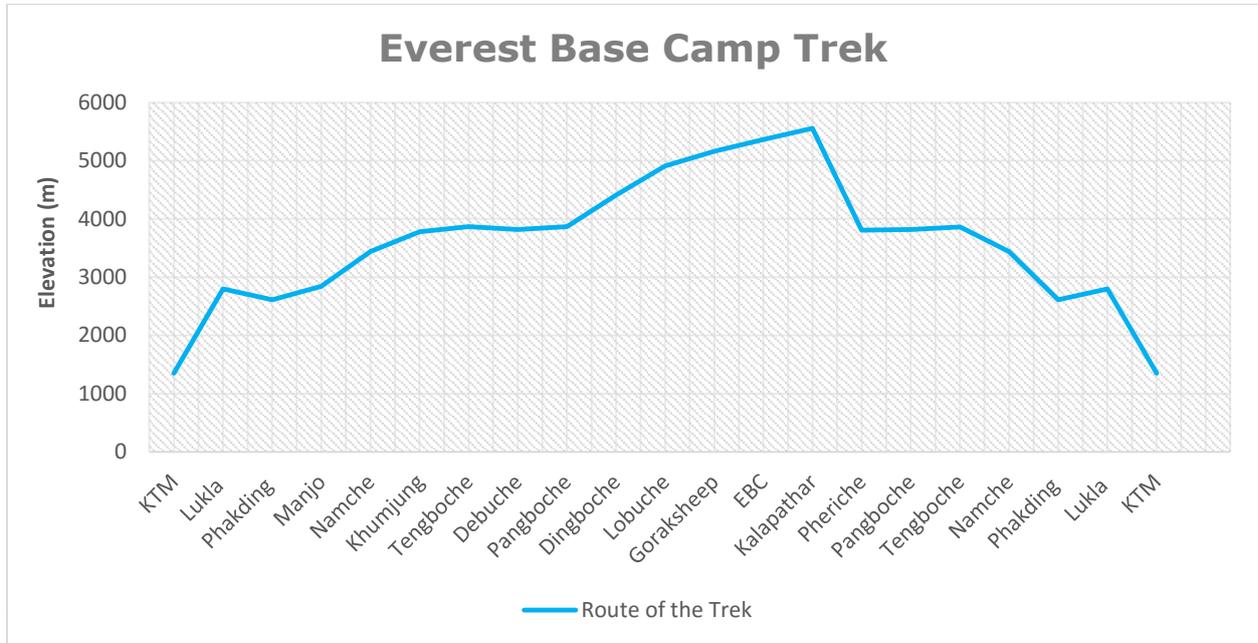
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like rafting, jungle safari, Bunje jumping, Mountain flights or simply enjoy the bustling streets of Kathmandu.

Altitude Profile



We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 15 days Everest Base Camp Trek
- + Guide and porter services
- + Food throughout the trip
- + round trip flight tickets
- + Airport pick up & drop off personally. For details see below.

Price: USD 1195 per person with group size of 2

Comfort Package:

As Basic and

- + 3* Hotel in Kathmandu
- + Sightseeing with guide. For details see below.

Price: USD 1310 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please contact us for details.

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Trek Duration:

Standard itinerary – 15 days. Can be shortened or extended depending on time and fitness.

Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu [upgrade possible]
- + Sightseeing in KTM by private vehicle and professional English speaking city guide
- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + Flight from KTM to Lukla and return
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + Trekking permit and TIMS card
- + First Aid kit
- + Guides' and porters' medical and accidental insurance

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

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Additional Options:

+ Additional porter: 192 USD [16 USD per day]

We plan with one porter per 2 clients. If you require additional support, you can book an additional porter for the trip to lighten your load.

+ Hotel upgrade in Ktm: [65 USD for 4* hotel, 95 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to **Gokyo Lake Trek** via Cho La Pass or if you would like to climb peak then **Island Peak** or **Mera Peak** for you rather than return to Lukla, this can also be arranged.

Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we

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also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage; Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu / Pokhara and USD 30 – 35 per day whilst trekking in the Annapurna region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with

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limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a good trip...

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