

EVEREST BASE CAMP TREK – 14 DAYS

ITINERARY

Day 1: Arrival in Kathmandu

Day 2: Fly to Lukla (2840m/9318ft) and trek to Phakding(2601m/8563ft)

Day 3: Trek Phakding to Namche Bazar (3440m/11286ft)

Day 4: Acclimatizing at Namche Bazar (rest day)

Day 5: Trek from Namche bazar to Tengboche(3860m/12664ft)

Day 6: Trek from Tengboche to Dingboche (4410m/14469ft) trek hours: 5 to 6 hours

Day 7: Acclimatization day at Dingboche and hike to Nagarjun Hill(5100m)

Day 8: Trek from Dingboche to Loubche(4910m/16109ft)

Day 9: Trek from lobuche to Gorak shep (visit to Everest base camp and return back to Gorak shep)

Day 10: Trek to Kalapatthar(5550m/18209ft) and descend to Pheriche(4240m/13911ft)

Day 11: Trek from Pheriche to Namche Bazar

Day 12: Trek from Namche to Lukla(2840m/9318ft)

Day 13: Fly Lukla to Kathmandu

Day 14: Final Departure

INCLUSIONS

- Airport pick up and drop
- Boutique Hotel in Kathmandu with breakfast included (2 nights)
- Teahouse accommodation during the trek
- Kathmandu - Lukla - Kathmandu domestic flights (2 ways)
- 3 times meal during the trek
- All required permits - TIMS, Local Government Permit, Sagarmatha National Park Permit

- A Professional guide and assistant guide and porter - 1 porter for every 2 trekkers (one assistant guide will be provided if there is a group above 7 trekkers)
- Food, accommodation, travel insurance for guide and porter
- Basic Medical Kits
- Farewell dinner
- All government taxes and paperwork
- Emergency Helicopter Evacuation Service Arrangement Only (should cover by your travel insurance)
- All required paper works and government taxes
- Peaceful Nepal Treks and Tours T-shirt/Cap.

EXCLUSIONS

- International Flight
- Nepal Travel Visa Fee
- Personal Medical and Travel insurance (Should cover helicopter evacuation)
- Personal Gears (equipment)
- Tips for guide and porter
- Personal bill
- Lunch and Dinner in Kathmandu
- All other things not mentioned in the inclusion

Pricing

Group (pax)	Price (USD)
1 - 1	1599
2 - 3	1520
4 - 6	1450
7 - 10	1425
11 - 20	1400

EVEREST BASE CAMP TREK – 10 DAYS

ITINERARY

- Day 01:** Fly to Lukla (2860m) and trek to Phakding (2650m)
Day 02: Trek to Namche (3440m) from Phakding
Day 03: Trek to Tengboche (38620m) from Namche
Day 04: Trek to Dingboche (4410m) from Tengboche
Day 05: Trek to Lobuche (4900m) from Dingboche
Day 06: Trek to Gorakshep (5140m) and hike to Everest Base Camp 5463m
Day 07: Hike to Kalapathar and trek back to Tengboche
Day 08: Trek back to Monjo 2835m
Day 09: Trek back to Lukla 2860m
Day 10: Fly back to Kathmandu 1350m

INCLUSIONS

- Airport pick up and drop
- Boutique Hotel in Kathmandu with breakfast included (2 nights)
- Teahouse accommodation during the trek
- Kathmandu - Lukla - Kathmandu domestic flights (2 ways)
- 3 times meal during the trek
- All required permits - TIMS, Local Government Permit, Sagarmatha National Park Permit
- A Professional guide and assistant guide and porter - 1 porter for every 2 trekkers (one assistant guide will be provided if there is a group above 7 trekkers)
- Food, accommodation, travel insurance for guide and porter
- Basic Medical Kits
- Farewell dinner
- All government taxes and paperwork
- Emergency Helicopter Evacuation Service Arrangement Only (should cover by your travel insurance)
- All required paper works and government taxes
- Peaceful Nepal Treks and Tours T-shirt/Cap.

EXCLUSIONS

- International Flight
- Nepal Travel Visa Fee
- Personal Medical and Travel insurance (Should cover helicopter evacuation)
- Personal Gears (equipment)
- Tips for guide and porter
- Personal bill
- Lunch and Dinner in Kathmandu
- All other things not mentioned in the inclusion

Pricing

Group (pax)	Price (USD)
1 - 1	1350
2 - 3	1250
4 - 6	1100
7 - 10	1075
11 - 20	1025