

*Full Itinerary*

## EVEREST BASE CAMP TREK



TALK TO OUR WELL  
TRAVELLED TEAM OF  
EXPERTS

Toll Free US and  
Canada: 1 (855)  
342-4127

Office open: Monday - Thursday  
9:00am - 8:00pm, Friday 9:00am -  
5:30pm (London time). Call  
answered 24/7



### JOURNEY SNAPSHOT

**ACTIVITY LEVEL:**

Physically demanding

**DESTINATION:**

Everest Base Camp Trek

**DURATION:**

16 days / 15 nights

**FLIGHT INFORMATION:**

Please arrange your own flights to arrive into  
Kathmandu Tribhuvan International Airport  
[KTM] on Day 1 and depart from there on Day  
16

**PICKUP LOCATION:**

Katmandu Tribhuvan International Airport  
[KTM]

## OVERVIEW

Choose your own departure date for your group

It's the ultimate trek, to hike through Sherpa Homelands, overlooked by the shining spires of the Khumbu icefall, to the Base Camp of the world's highest mountain - Mount Everest!

For mere mortals, standing on the summit of Mt Everest, the world's highest mountain soaring some at 8,849m above sea level will always remain a dream. So why not attempt to visit its Base Camp, at an altitude of 5,364m instead.

The journey through the Sherpa homelands and the shining spires of the Khumbu ice fall thoroughly deserves its moniker of one of the world's greatest treks. Not to be undertaken lightly. This trek rewards with incredible scenery, remote village and rich and diverse cultural landscapes.

This is an exhilarating trek where most of the trekking days are 5-6 hours long, sometimes up to 8 hours. You steadily gain altitude, and the trek is carefully paced to allow your body to adjust to the altitude. The paths and tracks are a mix of wide, relatively even and well marked main trails, to more alpine style footpaths on the higher hills. The trekking is sustained with rest days built in to allow acclimatisation. If you're an active adventurer, like multi-day walks and would like to see Sagarmatha, the Goddess of the Sky up close, then join us on this unforgettable adventure!

Mount Everest is the mountain everyone knows. To see and more than a mountain and the journey around its foothills is more than just a trek. Every bend in the trail provides another photo opportunity – beautiful forests, Sherpa villages, glacial moraines, and foothills. For active adventurers not afraid to break a sweat, our full trekking support staff will bring you close to local cultures before opening a window to the top of the world.

## ITINERARY SUMMARY

**DAY 1** - Welcome to Kathmandu

**DAY 2** - Kathmandu City Tour

**DAY 3** - Drive to Ramechhap

**DAY 4** - Fly to Lukla (2,850m) and trek to Phakding (2,610m)

**DAY 5** - Phakding to Namche (3,440m)

**DAY 6** - Namche (3,440m) - Acclimatisation Day

**DAY 7** - Namche to Deboche (3,820m)

**DAY 8** - Deboche to Dingboche (4,410m)

**DAY 9** - Acclimatisation day in Dingboche

**DAY 10** - Dingboche to Lobuche (4,910m)

**DAY 11** - Lobuche to Gorakshap (5,140m) and excursion to Everest Base Camp (5,364m)

**DAY 12** - Ascent of Kala Patar (5,500m) and descent to Pheriche (4,626m)

**DAY 13** - Pheriche to Namche (3,440m)

**DAY 14** - Namche back to Lukla (2,850m)

**DAY 15** - Fly to Ramechhap then by road to Kathmandu (1,300m)

**DAY 16** - Farewell to Kathmandu

## FULL ITINERARY

### DAY 1 - WELCOME TO KATHMANDU

A traditional welcome awaits us at Tribhuvan International Airport Kathmandu.

After negotiating immigration we travel through the heart of Kathmandu to our hotel. The sights and sounds of the cities are sure to grab your attention as you make your way to your hotel.

Enjoy a welcome meal together this evening to meet the rest of the tour group and your Big Journey Company Tour Director.

**Included meals:** Dinner

**Accommodation:** Hyatt Regency, Kathmandu (or similar)

### DAY 2 - KATHMANDU CITY TOUR

Today we enjoy a city tour of Kathmandu - Nepal's capital. Also known as Kantipur, the capital Kathmandu is the hub of Nepal's art and culture.

We will walk through the centre of old Kathmandu to experience the city's eclectic mix of cultures.

We visit the Hanumandhoka palace museum, beautiful temples and the Kumari Chowk. The Kumari Chowk is a gilded cage which contains the Raj Kumari, a girl chosen through an ancient and mystical selection process to become the human incarnation of the Hindu goddess, Durga. After the tour of the Kathmandu Durbar Square, we continue towards the local bazaar and its colourful array of stalls selling daily household commodities. We will also enjoy a rickshaw ride to Thamel, the home of Nepal's tourism industry.

Later we will also visit Patan Durbar Square. Built in the 3rd century B.C. and later expanded and enriched by subsequent monarchs, Patan is located about 5 km south of Kathmandu and one of three royal cities in the valley. This is a destination for connoisseurs of fine arts. Patan Durbar Square, like its counterpart in Kathmandu, is an enchanting mélange of palace buildings, artistic courtyards and graceful pagoda temples.

**Included meals:** Breakfast & Dinner

**Accommodation:** Hyatt Regency, Kathmandu (or similar)

### DAY 3 - DRIVE TO RAMECHAP

Today we'll leave the hustle and bustle of Kathmandu and drive east towards Ramechhap.

Through the drive, you'll get to see much of the region as we pass through small Nepali villages. The views of the mountain in the background are as always breathtakingly stunning.

We overnight here as we will need to be at the airport early in the morning for our flight up into the high mountains.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Akshit Resort, Ramechhap (or similar)

### DAY 4 - FLY TO LUKLA (2,850M) AND TREK TO PHAKDING (2,610M)

After an early breakfast we will board our short flight to Lukla. Please note that the luggage allowance on the plane is just 10kg per person and the cabin bag 5kg!

After lunch, we embark on a 3hr walk to Phakding. This starts with a gentle descent beside the left bank of the Dudh Koshi River, with distant views of the peaks of Nupla and Kusumkang before we reach our mountain home for the night.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Yeti Mountain Home, Phakding (or similar)

### DAY 5 - PHAKDING TO NAMCHE (3,440M)

We have a full day of walking ahead of today through some splendid and breathtaking scenery.

### Phakding to Monjo (approximately 5 km: 3 hrs walking)

After breakfast, we trek to the village of Monjo. The route follows a level path along the right bank of the river. The peak of Thamserku, 6,623 metres high, looms skyward on the opposite bank. After crossing a stream and climbing the terraced hill from the Dudh Koshi route, our group will arrive at Banker.

Continuing through a forest, we arrive at Chumow, where we can visit the vegetable farm. Walking along a path with numerous ups and downs, we cross a stream and enter the small village of Monjo.

### Monjo to Namche (approximately 6 km: 4 to 5 hrs walking)

After lunch, we will start the walk to Namche. Descending stone steps out of the village, the path comes to a suspension bridge, and, after a short climb we will reach Jorshale, the entrance to the National Park. Here the group will rejoin and our guide will pay the entrance fee as we enter.

Walking beside the river, we reach a forested mountainside and pass a rocky area. After crossing a high, winding path, we will descend to the riverbed and reach a V-shaped valley. The river forks here: the right stream is the Dudh Koshi and the left is the Bhote Koshi that leads to Nangpa La. Crossing another suspension bridge and walking a short distance alongside the Bhote Koshi, we ascend to Namche Bazaar - and one last push up the hill to reach our welcoming home for the evening.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Yeti Mountain Home, Namche (or similar)

## DAY 6 - NAMCHE (3,440M) - ACCLIMATISATION DAY

After breakfast we leave the main Everest trail and we head out past Namche's gompa to join a high alpine trail and hike gently up through pine forest and meadows to the hamlet of Thamo. This trail forms part of the entry route to Tibet, which passes near the 8,012-metre peak of Cho Oyu, first climbed in 1954. It is also the historical route that the Sherpas migrated from eastern Tibet 800 years ago. Thamo is also the home Ang Rita Sherpa, who holds the record for scaling Mt Everest ten times without oxygen.

After lunch at Thamo, we retrace our step back to Namche. Or, if you still have more energy left, we can hike to the Everest view hotel, Shyangboche and visit Khumjung Hillary School and Khunde Hospital.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Yeti Mountain Home, Namche (or similar)

## DAY 7 - NAMCHE TO DEBOCHE (3,820M)

After breakfast, we start our long trek towards Tengboche. The trek has a few ups and downs with magnificent views of the great Himalayas. We enjoy the hike until we stop and relax for lunch.

After lunch we start walking through the pine forest for about 2 more hours to reach Tyangboche. Tyangboche is a great place for close up views of the Ama-Dablam mountain, raising to a height of 6,812m, which has the biggest Buddhist monastery in the Khumbu region.

We then continue to Deboche where we will stay for the night.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Rivendle Lodge, Deboche (or similar)

## DAY 8 - DEBOCHE TO DINGBOCHE (4,410M)

A very different walk from the previous day, today beholds the wide rounded slopes of the lower valley. Gently ascending to Orsho before crossing the river and a final up to the vibrant village of Dingboche and our lodge, today's walk lasts 5-6hrs.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Local lodge, Dingboche (or similar)

## DAY 9 - ACCLIMATISATION DAY IN DINGBOCHE

To help our bodies adjust to the ever increasing altitude, we will spend two nights at the same altitude.



Today is free for a morning walk up the Imja Khola Valley towards Chukkung, where the glittering folds of the glacier are visible.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Local lodge, Dingboche (or similar)

## DAY 10 - DINGBOCHE TO LOBUCHE (4,910M)

After breakfast, we climb up past the chortens on the ridge above and take a gently rising path on the fell side above the main valley toward the mouth of the Khumbu Glacier.

We stop at Thugla for lunch then press on for a short but steep climb to attain the side of the glacier.

From here it's a flat-ish couple of hours to Lobuche, totalling approx 6 hours walking

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Local Lodge, Lobuche (or similar)

## DAY 11 - LOBUCHE TO GORAKSHEP (5,140M) AND EXCURSION TO EVEREST BASE CAMP (5,364M)

Today, we start early and trek up the valley following the rocky moraine path, view icy glacial ponds and icebergs down below of the Khumbu glacier. After the last rocky moraine dunes, a short downhill walk brings us to Gorakshep, the flat field below Kala Patthar (5545m) and Mt. Pumori (7145m.)

Gorakshep is the location of the original Everest Base Camp with the new camp located further up the valley. The trail winds its way through a rocky path and the Khumbu Glacier. The view of Nuptse, Lho-La and Khumbutse appears in front of you. Sometimes an avalanche can be seen on the way. After witnessing this great moment, you retrace your steps passing through the Khumbu Glacier with magnificent views of Lobuche, Cholatse, Mt. Pumori and Tabuche. Tonight, after a long walk, we rest in Gorakshep

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Local Lodge, Gorakshep (or similar)

## DAY 12 - ASCENT OF KALA PATAR (5,500M) AND DESCENT TO PHERICHE (4,626M)

It's going to be another long day as we'll walk for nearly 8 hours today! We'll make an early morning ascent of Kala Patar (5,140m) to catch the dramatic views from Kala Patthar and witness the first light of day caress the peaks of the mountains, particularly, Mt. Everest.

Later, we descend to Pheriche, where we climb up to the glacier side, before we head down to Lobuche, down again to Thugla and then a final walk down the valley to our lodge for the night at Pheriche.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Local Lodge, Pheriche (or similar)

## DAY 13 - PHERICHE TO NAMCHE (3,440M)

Today trail takes us back to Namche, following the Imja River again all the way to Tengboche. From Tengboche, we descend towards Phungki Thanka, pass the Kyangjuma and finally reach Namche again.

It is a relaxing but long hike back, you can enjoy the sight of the landscape and the Himalayas a lot more as you're fully acclimatised.

The villages along the way are lively with people and you can observe their customs and activities as you pass through.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Yeti Mountain Home, Namche (or similar)

## DAY 14 - NAMCHE BACK TO LUKLA (2,850M)

Today is going to be your final day on the trail.

A long and steep descent awaits - as we head down from Namche Hill, we cross to the suspension bridge crossing the Dudh Kosi river near the confluence of the Dhudh Koshi and the Bhote Koshi Rivers. We cross the Dudh Koshi River twice at separate locations before reaching Monjo. We are out of the Sagarmatha National Park after exiting from its official entrance near Monjo and finally reach Monjo Village.

Continue our walk to Lukla with some downhill walk and brief ascents too. We further enjoy a combo of open plains, rhododendron and pine forests, and in the distant background Kwangde peak. We cross the Dhud Koshi River three times through the prayer flags strewn suspension bridges and also cross one of its tributaries, Thado Koshi once. The final ascent of about 45 minutes from Chheplung takes us to Lukla.

In the evening, we meet up for dinner and bid a fond farewell to our sherpas and local walking guides.

**Included meals:** Breakfast, Lunch & Dinner

**Accommodation:** Yeti Mountain Home, Lukla (or similar)

## DAY 15 - FLY TO RAMECHAP THEN BY ROAD TO KATHMANDU (1,300M)

Rising early this morning, we depart the high peaks and fly from Lukla to Ramechhap.

From here, we then continue by road to Kathmandu. We will stop to break the journey en-route and enjoy lunch in a local restaurant. On arrival in Kathmandu late afternoon we check into our hotel and you have the rest of the day free.

**Included meals:** Breakfast, Lunch & Farewell Dinner

**Accommodation:** Hyatt Regency, Kathmandu (or similar)

## DAY 16 - FAREWELL TO KATHMANDU

Following breakfast, you will be transferred to Kathmandu Airport in time for your flight home.

**Included meals:** Breakfast

**Accommodation:** none

## WHAT'S INCLUDED

- Meet & Greet on arrival at Kathmandu Airport [KTM]
- Return internal flights: Ramechhap [RHP] – Lukla [LUA] - N.B. Strict weight restrictions apply - 10kg main bag and 5kg hand luggage, max 15kg per person
- Transfers as detailed in the itinerary
- Accommodation as detailed in the itinerary
- Meals as detailed in the itinerary – in lodges or during the treks
- All activities, visits and excursions as detailed in the itinerary
- Everest National Park & TIMS Permit Fee
- A local English Speaking Sherpa Guide and necessary Porters to transport your baggage
- Tour Director from The Big Journey Company as well as the local tour guide (subject to minimum group size being reached.)

## WHAT'S NOT INCLUDED

- International flights to and from Kathmandu International Airport [KTM]
- Drinks
- Gratuities
- All entrance fees to non-stipulated attractions
- Visas, travel & medical insurance
- Any personal items and anything not mentioned under included in price above
- Any meals not mentioned in itinerary
- Any optional activities offered
- Any COVID tests or related entry & exit requirements

## IMPORTANT INFORMATION

- **N.B.** - The altitude of Kathmandu is 1,370m and from here we ascend further -some guests may be adversely affected by the high altitude. Please discuss this with your doctor before departure.
- You will need to arrange your flights to arrive into Kathmandu on Day 1 of the tour. This may mean that you depart your home airport in the days before the tour begins.
- Please let The Big Journey Company know prior to travelling if you have any medical needs or take any medication that we need to be made aware of to ensure that you have a safe and pleasant tour. You will embark on several strenuous treks at very high altitude, so please consult us if you have any questions about whether this Journey is right for you.
- Check in is after 2-3pm and check out is before 10am unless otherwise specified in the itinerary.
- Cancellation 90 - 0 days prior to departure cancellation fee is 100%. It is your responsibility to ensure the correct travel insurance in place to protect you against the need to cancel your holiday.
- A non-refundable deposit is due at the time of booking. Full balance will be due 14 weeks prior to departure. Full cost of any flights purchased from us is required at the time of booking.
- Further terms and conditions apply and will be provided upon request or at the time of booking. The Big Journey Company reserves the right to withdraw any offer prior to accepting a reservation request. This does not affect your statutory rights.



## BOOK YOUR JOURNEY

*Choose from the list of dates below*

*Call to Book*

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