



Everest Base Camp Itinerary

Namaste

Welcome to a mythical place, where man has lived at the foot of the mighty Chomolungma for centuries. You might know her as Mt. Everest and in Nepal we call her Sagarmatha; Mother of the Universe.

Let us take you on this bucket list adventure from Lukla to the base of Mt. Everest on a well-balanced program with plenty of time to acclimatize. Trek with us through the foothills of the high mountains, along the rugged trails and over deep gorges, all the while we have stunning our back drop of dramatic landscapes and mountain vistas. We pass monasteries and villages - learning about history and life in the Himalayas.

This classic adventure let you lay your eyes on the world's highest peak and reward your efforts with one of the most spectacular sun rises on earth. Welcome to The Royal Beach Camp's Everest Base Camp Trek.

Day 1. Arrival to Nepal

Pick up at the airport and transportation to the hotel. You will get some time to settle into your room and relax, before we meet with the guide for a trekking brief and final preparations. If you would like to rent or buy any gear for the trek, the guide will take you to some of the best gear shops. In the evening join us for a hearty dinner before a good night's sleep.

Day 2. Flight to Lukla & trek to Phakding at 2610m (4 hours).

Early morning rise with packed breakfast, you catch a domestic flight from Kathmandu to Tenzing Hillary Airport at Lukla. This tiny airstrip is considered one of the most extreme airports in the world and the 40-minute flight before arriving will be an experience in itself. *Be aware that this flight is very weather dependent and delays are not unusual.*

Once you reach Lukla, you will get to meet the local support team - an integral part of our treks. The trek begins on a relatively easy trail towards Cheplung village, where you'll see the first sight of the mountains. Continue the gradual walk on the bank of Dudh Koshi River until you reach the village of Phakding.

Day 3. Trek to Namche Bazaar at 3440m (6 hours).

On this day, you will walk through the pine forest, rustic villages and occasional yak pastures. Once you leave Phakding, you'll walk past several Sherpa villages, including Benkar and Chumoa, and cross a couple of suspension bridges to reach the entrance gate of Sagarmatha National Park at Monjo. After entering the national park, the trail heads uphill towards the village of Jorsalle. The first glimpse of Kusum Kanguru, Thamserku, Everest, and Nuptse unfolds on the backdrop. A steep climb from Jorsalle reaches the colorful village of Namche Bazaar. Regarded as the Sherpa Capital, it is beaming with colorful markets, nice restaurants and cafes with views of Kongde-Ri and Thamserku in the distance.

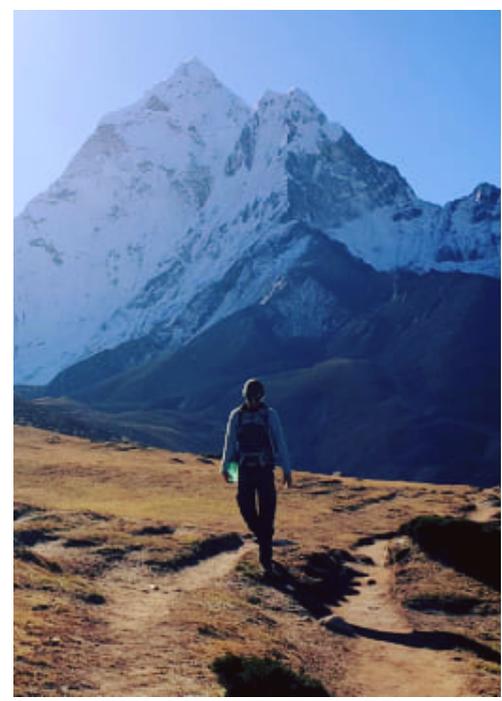
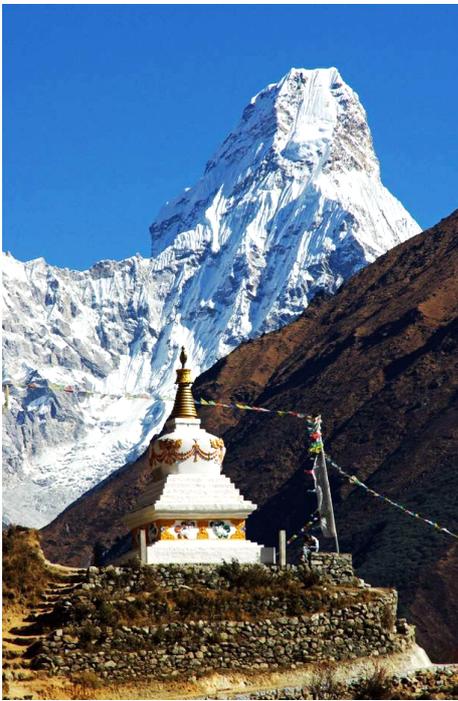
Day 4. Acclimatization day in Namche Bazaar at 3440m.

It is crucial to have a day to acclimatize and rest with the increasing elevation to minimize the possibilities of altitude sickness. You'll hike to the beautiful village of Khumjung and visit the ancient monastery and a local school built by Sir Edmund Hillary. On the way back, you can relish the panoramic views of Everest, Ama Dablam, Thamserku, Nuptse, Lhotse, Kangtega, Taboche, and Kwangde.

Day 5. Trek to Tengboche at 3860 m (5 hours).

After the acclimatization day, you'll continue the trek on a relatively pleasant trail through the dense forest towards Phungithanga, with the marvellous views of the mountains. Passing Phungithanga, the trail transforms into a more challenging uphill. We pass the occasional water-powered prayer wheels to bless our journey and continues along the dense rhododendron forest to Tengboche.

This village scattered in a grassy saddle under the shades of a crescent-shaped ridge, is home to Khumbu's largest Buddhist monastery. Enjoy the spectacular view of the surrounding mountains.



Day 6. *Trek to Dingboche at 4410 m (5 hours).*

After breakfast, we head northwards and cross the small suspension bridge over the Dudh Koshi River. Following a narrow path towards Orsho and take the lower route towards the western bank of Imja Khola. The trail is mostly surrounded by rhododendron, birch and conifer trees, passing several small villages, mani walls, and well-decorated chortens before reaching the overnight destination at Dingboche.

At an elevation of 4,410 meters, Dingboche is the highest Sherpa settlement in the Khumbu region.

Day 7. *Acclimatization day in Dingboche at 4410m.*

To cope with the high elevation and thin air, you'll have another important acclimatization day at Dingboche.

To keep up the momentum, we'll take a short hike to a nearby hill called Nangkartshang Peak located towards 400 m up the northern ridge of the village. It takes around two hours of steep ascent reaching 5,083 meters. Here we are offered magnificent views of Ama Dablam, Makalu, Lhotse, Kantega, and Cho Oyu.

Day 8. *Trek to Lobuche at 4910m (5 hours).*

The day begins with a gradual climb towards the valley of Pheriche, walking along with the alpine scrub and yak pastures under the protective eyes of Ama Dablam, Taboche and Cholatse.

Further ahead the trail becomes more strenuous with steep climbs over the moraine of Khumbu Glacier. Upon climbing the ridge, you'll arrive at Thukla Pass decorated with prayer flags and stone shrines in the name of climbers who lost their lives in the mountain. After crossing the pass, we continue walking through the grassy valleys and rocky terrains to reach our overnight destination at Lobuche.

This tiny settlement is located in a narrow meadow between the towering Lobuche Peak and Khumbu Glacier. Relish the marvelous sight of Nuptse and Taboche soaring above the settlement. In the evening, we walk up to the narrow gap of mountain walls and moraine to glance at the Khumbu Glacier.



*Day 9. **Trek to Gorak Shep at 5,140m***

& excursion to Everest Base Camp at 5,364m (7 hours).

Remarkable day on the trek! After breakfast, we'll depart from Lobuche and head off on fairly rough and rocky terrain. The route passes through occasional ups and downs on the glacial path towards Gorak Shep.

On arriving at Gorak Shep, we drop your backpacks at the teahouse and meander through the rocky trail, glacial moraine and several small streams towards the Everest Base Camp. Once we are at the Everest Base Camp, we will stand at the foothills of the world's highest mountain.

Glimpsing the marvelous sights of Nuptse, Pumori, Khumbu Icefall, and Khumbutse. After spending some time at the base camp, you'll make your way back to the sandy lakebed of Gorak Shep.

*Day 10. **Morning hike to Kala Patthar at 5643m***

& trek to Pheriche at 4270m (6 hours).

Today marks another highlight of the trek and a memory for life. We start the day very early at dawn and hike uphill towards Kala Patthar, situated at 5,643 meters. Kala Patthar is one of the most prominent viewpoints of the Everest region. Although not very long the route to the summit of this landmark is fairly steep and rocky and we walk with headlights and extra gloves through the cold morning air.

Once we've reached the top of the viewpoint, we will witness one of the most beautiful sunrises over the Himalayas. Surrounded by a 360-degree panorama of some of the world's highest peaks, including Mt. Everest, Mt. Pumori, Lingtren, Khumbetse, Nuptse, Lhotse, Ama Dablam and more!

After this spell of morning magic on the top, we'll retrace the path back to Gorak Shep and descend towards Lobuche. Walking along rough and rugged trails until Thukla Pass. We cross the bridge over a gushing glacial stream and head towards Pheriche.

*Day 11. **Trek to Tengboche at 3860m (5 hours).***

On this day, we leave the high Himalayas behind and backtrack your route to Tengboche. After breakfast we trek on a relatively easy route with a few strenuous uphill along the way.

The area is densely forested by rhododendron and juniper trees - make sure to keep your eyes around the trail as we might get lucky and witness some

rare wildlife and birds, including musk deer, wild goats, Himalayan griffons, and the pheasants, Nepal's national bird. We arrive back at Tengboche, where we again can take in the beautiful sights of the surrounding peaks, including Ama Dablam, Everest, Nuptse, and Lhotse.

*Day 12. **Trek to Namche Bazaar at 3440m (5 hours).***

Early in the morning, we depart from Tengboche and make your way towards Namche Bazaar. The day begins with a steep descend towards the village of Phunki Tenga, where the trail transforms into a gradual uphill. After climbing for almost an hour, the trail descends sharply towards the Dudh Koshi River.

We cross the suspension bridge over the Dudh Koshi River and reach the village of Kyangjuma. This tiny village is a junction to three different trails of the Everest region — Gokyo Valley, Khumjung village, and Namche Bazaar. We follow the route to Namche Bazaar, the Sherpa Capital, for overnight stay.

*Day 13. **Trek to Lukla at 2840m (6 hours).***

We start the day with a steep descent on fairly rocky terrain. The route down to the bank of Dudh Koshi River is quite a challenge, especially if you're not used to steep downhills. Once we've crossed the high suspension bridge over the river, a considerably more pleasant path begins.

Most of this day, you'll be walking under the shades of rhododendron and pine forest and enjoy the distant view of the towering peaks. On the way to Lukla we pass monasteries, chortens and mani walls, and have a chance to show gratitude for their protection. In the evening, we celebrate the success of the Everest Base Camp trek with the entire team!

*Day 14. **Flight to Kathmandu***

This day is the final day of your adventure to the trail. After breakfast, we bid farewell to the mountains and support team, and catch a flight back to Kathmandu. The 40-minute flight to the capital city offers great views of the Himalayas and surrounding landscape.

Upon arrival, a private pick up takes us back to the hotel. You can choose to take some rest back at the hotel, find a good massage or walk around the vibrant street of Thamel to get some gifts for your loved ones. Late in the evening, we'll take you for a nice farewell dinner.

*Day 15. **Departure***

Time to say good bye to Nepal - for this time. We pick you up from the hotel and drop you to the Tribhuvan International Airport for the final departure.

Price: 1950 GBP/person.

Incl.

- EBC trek, incl. B/L/D and overnight in local Tea Houses.
- National Park Fees, permits and government taxes.
- Guides and support teams.
- Airport pic- up & -drop, for both international and domestic flights.
- Two way domestic flight KTM - Lukla.
- Hotel accommodation in Kathmandu.
- Farewell Dinner in Kathmandu.

Excl.

- International travel.
- VISA fees.
- Personal Travel Insurance,
- 2 lunches in Kathmandu.
- Personal clothing and equipment suitable for the activities, & personal expenses, such as hot showers on the trek, drinks & snacks.
- Unforeseeable costs incurred due to accidents, strike, natural disasters, political unrest etc.
- Tips for guides, support staff and others who take care of you along the journey.



WHITE WATER ADVENTURE optional:

Add a 2 day & 1 night stay at The Royal Beach Camp, relax in the lush river camp and try awesome white water rafting and waterfall canyoneering.

SIGHTSEEING* optional:

Add a guided sightseeing to the iconic Swayambhunath (Monkey Temple) and walk through the local market.

** Possible on Departure Day if your flight leaves in the late afternoon or evening.*

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