

## Everest Base Camp Trek



Mt. Everest, Photo from space by UAE astronaut Sultan Al Neyadi,

### Trip Overview

Everest base Camp – that comes in the Everest Region has domain not only the area it is in, but the only and one top Mountain that stubbornly stands and reigns the whole world. The destination has been an ultimate to many mountaineers to its 100s of 1000s of trekkers in the base camp and around.

The UNESCO world heritage site that comes in Sagarmatha (the forehead of the earth) National Park has been intently pulling thousands of the visitor to this holistic place. Everest Base Camp trekking has been undoubtedly renowned in the world. Including 8848m the only and one top mountain in the world the area comprises other neighbouring 8000m, 7000m and 6000m height peaks.

The height with astounding peaks and Himalayas around the route is little typical that however demands some trekking techniques. Rare the cases are but here to achieve the goal unlike other in the Annapurna or Langtang area this indeed demands some tricky way. Prerequisite technique will help enhancing every step.

From the very early phase the trekking begins the outstanding views with giant massive lures the trekker forth, trekkers should not be come to be stirred up by the views. Everyday some 500m height is limited to gain. Upon gain of 1000m the trekkers shall take rest to acclimatized with the atmosphere and environment. The rest never means rolling down on the bed and in room stay overnight, its rather getting up to certain height by making comfortable hiking to let your body and the mind to withstand at the environment and atmosphere you are to proceed the next day are the very common facts letting you the chances to overcome your long-awaited dream.

We are the specialist to all the enthusiast to every trekking route in Nepal Himalayas. Enquire us what benefits you can get out of your made dream trekking through us, we will provide all the secrets how one can overcome the goal it makes being on the world renown viewpoint that brings the closure view of all the mountain that cluster in and around the Everest Base Camp area.

**Price is comparatively comprisable**

## **Itinerary**

### **Day 01: Arrive at Kathmandu Tribhuvan International Airport.**

Treks begins from the following day of your arrival in Kathmandu airport from where the representative of Aaozora Travel & Tour picks you up and transfer to hotel. The representative will be there to assist you in the hotel-check in process. After a while your trekking/tour operator teams comes with your guide and provides brief about the trekking that begins the following day after having all the documentations arranged properly.

Overnight stay with breakfast at hotel in Kathmandu.

### **Day 02: Collecting all the travel documents and arrangement of the trekking kits.**

After collecting all the travel documents of need to begin the trekking, today brief about the trekking and trip based on the itineraries in the presence of the guide will be arranged. Also, if in case the trekkers need to arrange the trekking gears and kits except the trekking gears the company provides, will be arranged here in Kathmandu. Company provides the sleeping bag, down jackets, trekking map, and duffle bag the very requisite of the trekking. And be informed that the gears which the company provides will be of reusable condition.

- During the day the company is arranging the documents the trekking team will be in major sightseeing tour in Kathmandu.
- Boudhanath Stupa: UNESCO site (the largest Buddhist dome in Kathmandu)
- Kathmandu Durbar Square: The world heritage site with multiple temples, courtyards including the Kumari (the living goddess) temple.
- Pashupatinath Temple: Worl heritage site which is the holiest and oldest temple for Hindu devotees)
- Swayambhunath Stupa: UNESCO site, the oldest Buddhist stupa with other Hindu Temple which is known as the monkey temples as well.

Next, in completion of the sightseeing tour in Kathmandu valley, trekkers are now to back at hotel and get preparation for departing to trekking to Everest Base Camp.

Including breakfast overnight stay at hotel in Kathmandu.

### **Day 03: Fly to Lukla (2810m) and trek to Phakding (2652m)**

After of breakfast the team is now to make its way to domestic airport to fly to Lukla which takes 30 minutes and onward to begin trekking to Phakding. A wide way that leads across the green path along with river ends at 2652m which is about 150m down from Lukla airport.

Overnight at lodge in Phakding with inclusive of breakfast, lunch, and Dinner.

#### **Day 04: Phakding to Namche Bazaar (3440m) 6 hours about 12km.**

After breakfast the gentle way leads to a bridge that has been suspended on the bottom of uphill to Namche Bazaar. Along the way there are several sherpa villages like Benkar, Chumoa which then navigates the Monjo, the checkpoint of the Everest National part permit.

The way now gradually steps to Jorsalle village, and as the trekker be here, for the first time they will have a glimpse at the Kusum Kangaru and Thamserku which is transcending to the sky.

The lush-green valley and Rocky Mountains that elevates high along the way are itself a massive figure. The path steadily gets higher and gets strenuous steep once the suspense bridge at votekoshi confluence is crossed. On the top of this steep way is the Namche Bazaar bit trade centre of the Everest Region. For about 3 hours the energetic way has to be walked slowly and steadily.

Namche bazar at the steep hills itself is enjoying but upon arrival at the town you firstly start to see what mountain is. On the left of the way a big kwnagde Himal dazzles you while on the opposite side the Thamserku and the Kusum Himal stand transcending high to the sky. An amazing scene that you have never imagine can be experience in the everset area trekking begins here.

Inclusive of breakfast, lunch, and dinner overnight at hotel in Namche Bazaar.

#### **Day 05: Acclimatization Day – hiking to Everest View hotel (3962m) through Syangboche airport 4 km, 4 hours.**

Lets acclimatize the body and mind with making some hiking activities from Namche to Everest View hotel through Syangboche airport. You will find the Everest View hotel amid the mountain that cluster and makes the bowl of the mountain. With sip of coffee here in the hotel, the most loving place to have a beautiful luxurious panorama view, a one and only place in the world.

Millions of dollars view you can observe from this viewpoint – all in 360 degrees the himalayas lies in circle. Kwangde ranges on the left back and the Khumbila on the left front just at the arm reaching distance with other Kusum Kangaru, Thamserku to the right will lead you to Amadablam on the straight front of Island peak. The Taboche that lead your eye line to the Lhotse where from the top of the Lhotse peeps out trekkers there in the Everest hotel courtyard.

With big exploration of the region and the Himalayas that pulls you further close we leave them behind and back down to the Namche for overnight.

Overnight at guesthouse inclusive of Breakfast, Lunch, and dinner.

**Day 06: To Tengboche (3860m) from Namche appx 11km, 5 hours.**

Take the breakfast well at Namche. An outlet to the dreamland starts from the top of Namche Bazaar Town. In the beginning for half an hour trail is little strenuous and converts immediately to a very comfortable straight way on the lap of Syangboche hills. The easy-going path continues to Funki Thanga and then transform to strenuous amid the alpine rhododendron forest to Tengboche. Do not worry, the Thamserku that comes along the left of the trail bliss your safety toward the goal. You will find many trekkers coming down with full of satisfaction after having enjoyed the dreamland greets you and pray your safety journey towards the goal. Do not mess the walking rhythm it shall always be in a mode you are capable in.

Reaching at the top hill of Tengboche which is known as most scenic place will let you to have amazing scene of the Mt. Everest that gilds first in the morning, now to make you acknowledge that it is the truth the Everest in the region as well in the world is the only and one top mountain.

In Tengboche – a small Sherpa Settlement – a grand monastery that lies here is the sacred place for both Buddhist and Hindu and the most sublime view from the yard of this monastery the sublime will be never forgettable.

Khumbila, Thamserku, Kusum Kangaru, Kwangde, Amadablam, Island Peak, Lhotse, Nuptse, Taboche and many others are an offer which are astonishingly great figure the trekkers can enjoy from. Once you are departed from here will view of the Everest from Kalapathar alone.

Inclusive of breakfast, Lunch, and Dinner overnight stay at Tengboche.

**Day 07: Dingboche (4410m) from Tengboche appx. 12km, 6 hours.**

After having breakfast with view of the glided-Everest by the first rays of the day, our treks shall then begin to downhill to Debouche. And coming cross the Sherpa settlement like Pangboche, Somare, Orsho will be in easy way, but because we are already gaining good height, the hike goes slower than to the date. Do not worry, we just keep rhythmic and reach to Dingboche to make home on the foot of Taboche and Amadablam peak. On the northern side the valley is guarded by the Nagarjun hill that lets us acclimatize and get the picturesque view of the Everest Region.

Overnight at hotel with breakfast, lunch, dinner.

**Day 08: 2<sup>nd</sup> acclimatization in the Everest Base Camp Trekking, hike to Nagarjun hill, appx 5km 5 hours.**

Nagarjun hill which is with an altitude of 5100m is not what we climb all. The hikers will go about half of the hills; it caters such enjoying breathtaking views of the mountains at its front. What is most exciting is Amadablam and the Taboche peak trekkers feels at its arm's length including other clear view of the Kantega, Thamserku, Kusum Kangaru, Kwangde, Khumbila, Machermo, Island peak and so on which are leading us safely our routes to Everest basecamp.

We come down at Dingboche and do individual activities are the hiking program is completed. Keep in mind that hydrating little by little many times in this area is assisting to supplement the oxygen. As well sipping the hot lemon and the hot water is useful.

Overstay at lodges, with inclusive of breakfast, lunch, and dinner.

**Day 09: Lobuche (4910m) from Dingboche, appx 12km 6 hours duration.**

The team shall walk slowly but steadily toward the Louche which is on the shadow of the Taboche peak. The trail goes gradual ascend through the lap of the Nagarjun hill that comes above from the Pheriche settlement. Atmosphere around the trail changes into barer and the greenery now change in the alpine shrubs. Take look around and go steadily, the beautiful flowers make you stand and explore, do not take longer rest while walking up here. And as longer possible do not try to take the photos as well, which makes you stop breathing which may cause you fatigue. Once the course is completed, any of the area or the scene though better to capture in camera would be better at our back trip which means while scaling down the height.

Once the team is reached at Thukla (4620m) height the trail goes little wilder with strenuous steep. Much barer and desolate trails with alpine shrub become a bit harder than once think here. Do not compete anyone or other, just follow your capacity. While felt tired, just rest in standing mode just for less than a minute. This strenuous uphill climbing continues for about 40 minutes to one hour and then the trail comes to be moderate. On top of the Thukla, you can find many stone shrines dedicated in commemoration to those mountaineers who lost their life in catching their dream of height.

Trail now becomes little easier than Thukla summit which then runs through the grassy terrain and rocks valleys. Amazing figure of Mt Pumori, Lobuche peak and the transcending Mt. Nuptse pull you ahead, go slow and steadily on the foothill of the Lobuche peak where the trekkers will stay overnight including the breakfast, lunch, and dinner.

**Day 11: Lobuche to Gorakhshep (5180m) Everest Base Camp & back to Gorakhshep, 15km 8 hours.**

After taking break fast at Lobuche, the team of Everest Base Camp trekking will then head to Gorakhshep today through boulders (rocky way). Both on the right and left the route is surrounded by the Himalayas and so the path is desolate and barren. Nuptse on

the right and Lobuche on the left and the Pumori on the front will chanting you your successful goal. About at 5 hours we reach Gorakhshep takes some energetic food and before heading to basecamp. Once some hot meal at Gorakhshep the team now to head to its dreamland-destination everest base camp that comes at 5363m on the Khumbu glacier, and nearby Khumbu Ice fall. The biggest ice fall and glacier made by the combination of Nirekha, the Pumori, Khumbutse, Everest, Nuptse and so many other massive, gigantic. Thanks to the all these stubborn figures, celebrate your dream-destination and with some memorable clips, the team now heads down to the Gorakhshep through the boulder-street.

Overnight stay at Gorakhshep with inclusive of breakfast, lunch and dinner.

### **Day 11: To Kalapathar (5545m) from Gorakhshep and down to Pheriche, 14km 7 hours.**

After breakfast at Gorakhshep the trekking team today heads to Kalapathar the landmark for viewing the world's top graded mountains. The path is hard, it's very steep so challenging. For the first 10 minutes the route is very strenuous for its reason that the trail is already to its ultimate destination that comes to be more than 5100m. After 10 minutes climbing the route comes in the grassy way with its red soil which then gradually raises its height and becomes harder. Ascending the trail to its height at about 5400m the trail will then come to be pebbly and rest about 50m will be on the big boulder which is known in local language as Kalapathar the ultimate destination of this route.

Now, trekkers will have an amazing view of the worldly known massive Himalayas. On the back the Pumori stands as canopy and all in 360 degrees the Khumbutse, Everest, Lhotse, Nuptse, Nirekha, Amadablam, Lobuche, Thamserku and so many those have dynamically been calling trekkers from world repeatedly. Our target in this viewpoint will look the first rays of the sun that gilds the Everest and others in one after another to its highest term.

Upon scaling the height to the Kalapathar viewpoints trekkers now to get down to Pheriche on its backfoot.

Overnight at lodges with inclusive of breakfast, lunch, and dinner.

### **Day 12: Pheriche to Namche Bazaar 15km, 7 hours.**

Getting way back to Namche to up to Deboche a moderate descending the way is and about an hour uphill walking to up to Tengboche. The steep down from Tengboche trekkers comes done on the bottom of the Tengboche called Fungi Thanga and from there an hour uphill climbing with some moderate way to one easy way on the lap of the Syangboche hill and straight ahead to Namche Bazaar. Since we are in the region through its walk, we have enough stamina to walk and as well the getting down lower area is nothing to worry, it's amusing with beautiful views of the mountain around.

Overnight at Namche Bazaar with breakfast, lunch, and dinner.

**Day 13: Namche Bazaar to Lukla 18km, 7 hours.**

The day with little-long stride is ok after waling for about 10 days and since we are already coming down to the height of below than 3000m, the way is easy as well covering this much distance comfortably.

Overnight at Lukla with inclusive of breakfast, lunch, and dinner.

**Day 14: Flight from Lukla to Kathmandu.**

Early in the morning we will catch flight from Lukla to Kathmandu.

Upon arrival at Kathmandu, we check in hotel and rest for few times. Or at one's desire to stroll over in the city or market nearby hotel accommodated its fine.

With Breakfast, accommodation at hotel in Kathmandu.

**Day 15: Optional or reserve in Kathmandu:**

Unexpectedly sometime the flight at Lukla get cancel for its weather reason the day is usable. As well, making some souvenir and gift shopping to make hassle free move to international airport the day is reserved.

Overnight at hotel in Kathmandu with inclusive of breakfast.

**Day 16: International departure/farewell.**

A representative of Aaozora Travel & Tour will assist you to drop to the international airport prior to 3 hours departure schedule today and shakes big bye to you. With great memory of the worlds one and only view of the great Himalayan Garden you will depart to your next journey making us to wait welcome you again in future Nepal trekking plan.

**Here are some tips to consider before you arrive:****Notes:**

- Adult – Original + photocopy of passport
- Child – Original + photocopy of passport
- Infant – Original + photocopy of passport
- Foreigners or NRI must carry above ID proof with them at the time of booking and carry the same in tour.
- Kathmandu – Pokhara internal flight is included in tour price
- 200, 500 & 2000 Indira Rupee notes are not allowed in Nepal, please carry INR notes of 100/- only
- Be sure to exchange back all the Nepalese currencies before you leave. They are not accepted outside of Nepal. Also taking it out of the country is considered against the law. (if you do wish to take few notes as souvenir, you can purchase them separately)
- Avoid teasing monkeys around the temple and do not display food Infront of them, they will snatch it and in the process you may get injured.

- Hotel check in 14:00hrs, check out time is 12:00hrs
- Price could change as per change in government, hotel, airline policy without prior notice.
- Aozora tours & treks will be taking photographs or videos during the trip/ journey to use them for promotion purpose during the program and thereafter. By booking with us, guest agree to allow to use their images to be used for such activity. Guests who prefer their images not being used/shown in promotional activity are asked to convey their preference to the representative at the beginning of their journey.
- Guests are solely responsible for any health issues. They are responsible for
  - i) Obtaining any vaccination or to take any health precaution application to the country
  - ii) Taking all reasonable and necessary steps if they have any pre-existing medical conditions or health issues
  - iii) Do notify us if due to any health issue of a guest which may have effect on the travel arrangement

### **Tips for trekking**

- Visit your general practitioner or travel clinic at least 6-8 weeks before departure to ensure you have all the necessary vaccinations and that they are up to date.
- Appropriate clothing significantly contributes to making your trip comfortable and enjoyable. Essential trekking gear includes:
  - Down jacket
  - Thermals for nights and early mornings
  - Merino wool t-shirt for sunny days
  - Rain jacket for rain and snow
  - Gaiters to prevent snow from entering your boots
  - Waterproof hiking boots
  - Trekking poles for navigating through deep snow
  - Rain covers for your backpack
- Avoid overpacking by taking only the essentials. Pack lightly for your trek, leaving non-essential items at your hotel in Kathmandu.
- Remember to "leave only footprints." Carry a bag for trash and avoid littering the trails.
- Trekking preparation involves building physical fitness through activities like aerobics, strength endurance, and cardio workouts. Aerobic training, such as swimming, running, walking, and jogging, helps your body adjust to lower oxygen levels at higher altitudes.
- Bring your own water bottle to refill from natural sources along the way, rather than purchasing plastic bottles. Teahouses offer water and can boil it for you. Avoid ice cubes or chilled water, as well as alcohol and caffeine, while trekking at high altitudes.



- Respect local customs, especially when visiting monasteries. Do not take photos inside monasteries unless permitted, and always ask for permission before photographing people or children.
- Avoid eating fruits or vegetables unless they have been peeled or cooked.
- On popular trekking trails, you will likely stay in teahouses, which offer basic accommodations like a bed, blanket, and hot food. Do not expect luxury.
- There are no ATMs along the trails in the Himalayas, so calculate how much money you will need and carry it with you. It's better to have a little extra than not enough.

#### **Road transport note:**

- All transfers and sightseeing by in A/c vehicle

#### **Visa requirement**

- Tourist Visiting Nepal is eligible for The Tourist Visa on Arrival at the Port of Entry (depending on their nationals).
- The international visitor visiting to Nepal is required to be in possession of a passport and must be valid for a minimum 6 months after the departure date from Nepal and at least 2 empty pages available in the passport for Immigration stamping and visa.
- Tourists holding the passport of Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Afghanistan and Palestine, Syria and Refugees with travel document are not eligible for on arrival visa at the Port of Entry. Tourist of the are to acquire VISA prior to their arrival from their nearby embassies of Nepal government

**For more information on the visa process, visit our page, [Visa Requirement](#)**

#### **Our payment method**

**We accept various method for transaction, such as;**

##### **1. Wire Transfer to bank in Nepal**

Bank: Nepal SBI Bank Ltd.

Branch: Raniban

Account Name: #####

Account address: #####

Account no: #####

Swift code: #####

IFSC code: #####

##### **2. Wire Transfer to bank in Nepal**

Bank: Nepal SBI Bank Ltd.

Bank Address: #####

Account Name: #####

Account address: #####

Account no: #####

Swift code: #####

IFSC code: #####

### **3. PayPal & Credit card Payment**

Click here on the Pay now button and choose how you want to pay

### **4. Money transfer**

Person Name: Indra Prasad Duwadee

Address: Ahmedabad, Gujarat, India

Phone: +91 9727761235

[Click here to redirect to our Payment method](#)

**Please note: All bank charges are to be bear by the customers.**

### **Our terms and condition for booking**

#### **1. Cancellation policy**

The policy for cancellation and refund is quite simple. If for any reason you wish/need to cancel your trip, all you need to do is send us your request for cancellation with details such as booking date, package, number of numbers etc. and then we will proceed with the cancellation.

As for the refunds, we are sorry to inform you but we will not be able to give you 100% refund, the 25% of the initial deposit which you have made when confirming your booking will not be refunded. This fund will be considered as cancellation fee.

Hence, we suggest that you postpone your trip to a later date which will not cost you a penny instead of cancelling, doing so will not be a loss to you as well.

To know in detail please click here.

#### **2. Booking and acceptance**

The itineraries and touristic activities, such as trekking, tours, climbing, and short trekking, featured on this website are the products of the company. Booking any of these activities online implies acceptance of the terms and conditions presented on this website.

Upon acknowledging the terms and conditions for booking any of the introduced or related touristic services, the client must fill out an online booking form to provide the necessary

information that the company further needs for applying the trekking permits, climbing permits, hotel bookings, ticket bookings, etc. Or the information can be sent from the email ID of the organization which has been carried in general communication.

Once the company sends the booking invoice to the client's email, the contract is established, and the booking will be considered confirmed. If the booking is in the process of confirmation or the terms of the contract come into action, the company reserves the right to increase or decrease the trip cost.

It is to be noted by the client that the company is not liable for any warranties or agreements other than those explicitly expressed here.

### **3. Changes in the itinerary under Delays of Flight**

Most domestic flights to and from Kathmandu are subject to unexpected cancellations due to the unpredictable Himalayan weather conditions in Nepal. Flights directed to Kathmandu from Lukla, Phaplu, or Juphal are particularly prone to cancellations, requiring passengers to wait for a day or even a few days until the weather improves.

If a scheduled flight is cancelled at Lukla, Phaplu, or Juphal airports, dinner with night accommodation at a local guesthouse near the airport will be arranged by Aaozora Travel and Trekking for the night of the cancelled day, and if the cancellation continues therefrom the day all the expenses will be the responsibility of the client itself.

If a flight is bound for a remote area from Kathmandu, Nepalgunj, Pokhara, Dhangadhi, or Bhairahawa, any expenses incurred due to cancellation will be the responsibility of the client. This also applies to flights bound for any of the airports mentioned in the preceding line.

Learn more about our terms and conditions, before embarking on the journey with us. **To learn more about our Terms and Conditions, visit our page, [Terms and conditions](#)**

#### **Few testimonials from guest regarding this trip**

##### **John and Sarah Thompson, USA**

This was our first trekking trip to Nepal and We had too much fun. It was adventurous trip for us. Our trek to was an unforgettable adventure! The scenery was breathtaking, with views of Everest and other stunning peaks around every corner. The trek was challenging but incredibly rewarding. Our guide, Mr. Pasang, was knowledgeable and supportive throughout the journey. He bonded well with us, could be due to the sense of humour we shared and his kind attitude towards us. Special thanks to Garima Duwadee for her seamless organization and to our trekking companions who made this trip even more memorable!

##### **Alex Johnson, UK**

I did this trip with my family and we enjoyed every day. It was difficult but fun, climbing to Everest Base Camp was a dream come true, and Aaozora Travel & Tour made it happen! The challenging trek was balanced perfectly with rest days for acclimatization, and the views from Kalapathar were simply out of this world. Mr. Pawan, our guide, kept our spirits high with his expertise and good humour.

Kudos to Indra for creating such a well-organized and unforgettable experience. We cannot wait to come back and trek with our friends again!

**Lisa Brown, New Zealand**

I did this trek with few of my friends. We had been planning for this trek for such a long time, it was recommended by one our friend. Before finalizing the trip, we had inquired about the trip, acclimatization and customized it with 2-3 extra days so we could go on our pace, enjoying the trek instead of rushing. They did solve all our queries regarding the trek and were helpful. Our Everest Base Camp trek with Aozora Travel & Tour was simply amazing! The landscapes were incredible, and every day brought new stunning views of the Himalayas. The trek was tough but manageable with the help of our excellent guide, Mr. Pasang. A big thank you to Garima Duwadee for her meticulous planning and to the wonderful friends we made along the way. This adventure will be cherished forever!

**Rachel Williams, Canada**

Everest Base Camp was an epic adventure, thanks to Aozora Travel & Tour! The trek was demanding, but the jaw-dropping scenery and the camaraderie with fellow trekkers made it all worthwhile. Mr. Pawan was a fantastic guide, always ensuring our safety and enjoyment. Special appreciation to Indra for his flawless organization and to our family for sharing this incredible journey with us. We'll be talking about this for years to come!"