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Kapan Marg, Kathmandu, Nepal



Everest Base Camp (EBC) Special Trek

One of the most rewarding treks in Nepal is the EBC trek in the Everest region, which is well blended with both the cultural and natural attractions of the Khumbu. Apart from all the highlights of the popular EBC trek it also caters the time forgotten landmarks that once were important stopover points during the days of George Mallory, Tenzing Norgay Sherpa & Sir Edmund Hillary – the legends of Everest. Treading along the trails that the legendary climbers once trekked along, the trek leads you to the maximum elevation of 5,545m at Kalapatthar with frequent ups & downs on rolling splendid hills. The major highlights of the trek are the diverse flora & fauna diversity of the Sagarmatha National Park, diverse landscapes & of course authentic Himalayan Sherpa Culture. The beautiful town of Jiri at the beginning of the trek & the thrilling flight at the end of the trek will just be enough to leave you with the feeling that you won't be able to express in words. Moreover, the Gokyo part of the trek, prior to Kalapattar & EBC offers you wonderful opportunities to savor the magnificence of the glacial lakes. The panoramic view of the mountains like Ama Dablam, Cho Yu, Luptse, Nuptse & the breathtaking whole view of the Mighty Everest from ridgetops like Kalapattar & Gokyo Ri will make this trip the journey of your lifetime, never to be forgotten

Price:

Trip Start: Kathmandu

Trip Ends: Kathmandu

Duration: 20 Days

Grade: Medium

Altitude: 5545 meters

Destination: Home

Trip Style: Climbing/Trekking

Transport: Private/Tourist Bus/Flight

Group Size: 1-10+

Best Time: Autumn and Spring Season

Itinerary

Day	Title	Description
1	<u>Arrival in Kathmandu (1,350 m)</u>	After landing at the Tribhuvan International Airport, Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up, and take a rest. Welcome dinner will be hosted in the evening. Overnight in Kathmandu.
2	<u>City tour in Kathmandu and trek preparation</u>	After an introduction with the city tour guide at the hotel, you will begin your tour to Pashupatinath temple, Swayambhunath stupa, and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Baudhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears will be done afterward. Overnight in Kathmandu.
3	<u>Drive from Kathmandu to Salleri 2,390 m/7,841 ft; 8-9 hours</u>	We begin our drive to Salleri after breakfast. Our drive will be on the Madhya-Pahadi Highway and across the Sun Koshi River. We pass through beautiful riversides, jungles & villages. We continue to Okhaldhunga & begin to notice a change in the climate and landscape. The views of Numpur Himal and Everest are ours to admire. We continue our drive higher up to reach Salleri for an overnight here.
4	<u>Salleri to Nunthala 2,220 m/7,280 ft; 6-7 hours</u>	After a hearty breakfast, we begin our trek first to pass Ringmo Village from where we begin ascending on a steep trail which passes through some great ruins before reaching Nunthala Bazaar for our next overnight which is located at a lower elevation than Salleri. We ascend 600m and descend 800 m.

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| 5 | <u>Nunthala to Bupsa</u>
<u>2,360 m/7,740 ft; 5-</u>
<u>6 hours</u> | <p>We begin our trek after breakfast and cross a bridge over the Dudh Koshi River and climb up for a little over an hour. The trail passes through Khari Khola village and the scenery starts to get more picturesque. We trek through a beautiful Rhododendron forest before reaching our next night halt at Bupsa. Included meals: breakfast, lunch & dinner</p> |
| 6 | <u>Bupsa to</u>
<u>Chaurikharka</u>
<u>2,650 m/8,694 ft; 4-</u>
<u>6 hours</u> | <p>We begin our trek after breakfast. The trail climbs up a spectacular ridge. We walk along this ridge and then climb a higher ridge. Next, we cross a deep gorge with a great view of a waterfall & begin ascending to Chaurikharka. It is a wonderful small village with fields of Barley, Wheat, Potatoes & green vegetables. Overnight in Chaurikhara.</p> |
| 7 | <u>Chaurikharka to</u>
<u>Monjo 2,840</u>
<u>m/9,315 ft; 4-5</u>
<u>hours</u> | <p>We trek for some time to cross a bridge over the Chheplung Khola. We continue our trek on a trail alongside the Dudh Koshi River. On our way to Monjo, we also pass through a few local villages, Rhododendron and Magnolia forests as well as Buddhist Monasteries. We will cross the Dudh Koshi River and tributaries several times before reaching our next night stop in Monjo.</p> |
| 8 | <u>Monjo to Namche</u>
<u>Bazaar 3,438</u>
<u>m/11,280 ft; 3-4</u>
<u>hours</u> | <p>We walk a little further from Monjo to enter the Sagarmatha National Park. We continue walking on the trail alongside the Dudh Koshi River and pass a Chorten along the way before reaching Namche Bazaar. The traditional Sherpa village is the busiest village in the Khumbu region with government offices, ATMs, Internet cafés, craft shops, restaurants and a colorful market of local as well as imported wares. Overnight in Namche Bazaar.</p> |
| 9 | <u>Acclimatisation at</u>
<u>Namche Bazaar:</u>
<u>3,440 m/11,284 ft;</u>
<u>Rest day</u> | <p>A rest day to acclimatize. Our Guides can take us to explore the real charm of Namche Bazaar today. Hiking to Sagarmatha National Park rewards trekkers with a sunrise view of Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku and Kongde. We can also enjoy a day hike to Khumjung village 12,401ft which is a beautiful Sherpa village. In exploring Namche Bazaar, we observe traditional Sherpa life, Khumjung Hillary School and enjoy the unique flora and fauna found at such altitude. Overnight again in Namche Bazaar.</p> |

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| 10 | <u>Namche Bazaar to
Tengboche 3,870
m/12,694 ft; 10 km,
5-6 hours</u> | <p>This segment of the trek includes the famous descent to the Dudh Koshi River and the equally popular ascent along with the Rhododendron forests to Tengboche. While descending to Dudh Koshi River, we enjoy the views of mountain tops like Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku and Kongde. Upon reaching Tengboche, we visit Tengboche Monastery, the largest Monastery in the region and soak in the views of Everest, and Ama Dablam. Overnight in Tengboche.</p> |
| 11 | <u>Tengboche to
Dingboche (4,360
m/14,300 ft): 9 km,
5 - 6 hours</u> | <p>We descend and trek through forests filled with a variety of lush trees like Birch, Conifers and Rhododendrons. This journey again rewards us with tremendous views of Mt. Everest, Lhotse and Ama Dablam. The picturesque trail dips down to Deboche, crosses the Imja River and takes us to Pangboche. The upper Pangboche trails reward us with a more pristine view of the Himalayas and the Pangboche Monastery. The trek moves ahead towards the Imja Valley, Lobuche River and ultimately begins climbing up to Dingboche. At Dingboche, we see a beautiful array of fields enclosed by stone walls to protect the crops of barley, buckwheat and potatoes from the cold winds and grazing animals. Overnight at Dingboche.</p> |
| 12 | <u>Dingboche:
Acclimatization &
Rest day</u> | <p>Dingboche is a popular stop for trekkers and climbers headed to Mt. Everest, Ama Dablam and Imja Tse (Island Peak). We spend a day at Dingboche for acclimatization and a well-earned rest to prepare our bodies for the high altitude trekking ahead. We take a few short hikes to either Nagarjun Hill or Chukkhung Valley for great views of Makalu, Lhotse, Chalotse, Tawache and Ama Dablam.</p> |
| 13 | <u>Dingboche to
Lobuche 4,940
m/16,207 ft; 7 km,
5-6 hours</u> | <p>We start the day with a gradual climb to Duglha at the end of the terminal moraine of the Khumbu Glacier. From here, we climb up a steep trail to Chupki Lhara, where we find an array of stone cairns with prayer flags used as memorials to Scott Fischer (American mountaineer) and 10-time Everest summiteer Babu Chiri Sherpa (Nepali mountain guide) who perished on a mission to climb Everest. Next, we continue to the Khumbu Glacier moraine and find ourselves facing several great peaks - Khumbutse, Lingtren, Pumori and Mahalangur Himal. The trail then eases off as we follow the valley to Lobuche. Overnight in Lobuche.</p> |

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| 14 | <u>Lobuche to Gorak Shep</u>
<u>5,170m/16,961ft;</u>
<u>visit Everest Base Camp 5,364</u>
<u>m/17,594 ft; 13 km,</u>
<u>6-7 hours</u> | <p>We take the trail to Everest Base Camp through the once vast Gorak Shep Lake. Continuing straight ahead, we come across the Indian Army Mountaineers’ memorial. The walk is strenuous due to thin air in the high altitude. We pass through rocky dunes, moraine and streams before reaching the Everest Base Camp. Upon reaching the EBC, we see tents of hardy mountaineers that stand out in bright colors against the monotony of gray surroundings (especially in the spring). Nuptse, Khumbuste & Pumori are the spelling binding mountains we can view from EBC. We get back to Gorak Shep for a good night’s rest. However, the sunset view from Kala Patthar is more admirable than the sunrise view, so it is recommended that we visit Kala Patthar today for sunset. As the setting sun’s rays strike the snow-capped mountains, the resulting scenery is incredible. Therefore, for those trekkers who wish to continue to Kala Patthar today instead of the next day please inform your guide and he/she will coordinate accordingly.</p> |
| 15 | <u>Gorak Shep to Kala Patthar</u>
<u>(5,545m) to</u>
<u>Pherice (4,288 m,</u>
<u>7-8 hours</u> | <p>We get up early in the morning for the walk up to Kala Patthar. Kala Patthar is a small peak at 5,555 m. The ascent is demanding but the climber gets the most magnificent mountain panorama: Everest, the highest point on the planet at 8,848 m, towers directly ahead and on all sides loom the giants such as Nuptse, Pumori, Chagatse, Lhotse and countless others. We make a quick descent to Gorak Shep to have breakfast, and then trek down to Pheriche for overnight.</p> |
| 16 | <u>Pheriche to</u>
<u>Namche Bazaar</u>
<u>(3,440 m), 6 - 7</u>
<u>hours</u> | <p>As we descend down we lose approximately 2,000 feet in elevation today and walk. Walking down can be easy but at the same time, it would be more tiring as we cover a big distance. We walk on winding trails followed by another walk through a forest before reaching Namche Bazaar. Overnight in Namche Bazaar.</p> |
| 17 | <u>Namche Bazaar to</u>
<u>Lukla (2,800 m), 6 -</u>
<u>7 hours</u> | <p>We begin our final day trek to Namche Bazaar today on rocky terrain. It is mostly a downhill trek on a trail alongside the Dudh Koshi River. As it is our last day on the mountain we celebrate this moment with our Sherpa team. Overnight in Lukla.</p> |
| 18 | <u>Fly to Kathmandu</u> | <p>We take an early morning flight to Kathmandu after our adventurous mountain journey. Once we reach Kathmandu, we can take a rest or do some souvenir shopping. If we want to explore any other areas of Kathmandu, we may do that today.</p> |

19	<u>Extra day in Kathmandu</u>	This day will be an extra buffer day just in case the flight from Lukla gets cancelled due to bad weather. We will have a farewell dinner in the evening.
20	<u>Final Departure</u>	Our adventure in Nepal ends today. An Adventure Ascent representative will drop you off at the Tribhuvan International Airport a few hours before the scheduled flight for final departure towards your sweet home.

Includes

Airport Pick up and transfers to hotel.

All accommodation as BB in 4/5 star hotel. Depending on choices

Welcome & farewell dinner,

Experience professional guide for tour, trekking.

Full insurance, transportation & salary for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available during the trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets

First Aid Kit for staff.

Oxygen gas in case (extra safety)

National park, conservation entry fee and TIM's card or trekking permit whatever needed.

All entrance fees during the sightseeing.

Sleeping bag.

Trekking stick.

Duffel bags (for trekking Luggage).

Excludes

Lunch and dinner in Kathmandu

All hard drinks such as: Mineral water, whisky, rum, cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

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Personal equipment.

Personal equipment.

Tips for trekking staff.