



Ganga Jamuna Adventure Treks & Exp. (P) Ltd.

P.O.Box: 8974 CPC 073
Thamel, Kathmandu, Nepal
Tel: 00977 1 4700357/249

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Everest Base Camp Trekking

Trip Fact

Group size: - 01+

Total days: 15

Best Season: Sep, Oct, Nov, Mar, Apr, May

Trip Grade: Easy, Moderate, and challenging

Mode of Trip: flight, walking

Accommodation: Hotel in Kathmandu and Local tea houses (Guest House/ Lodges) in trekking areas

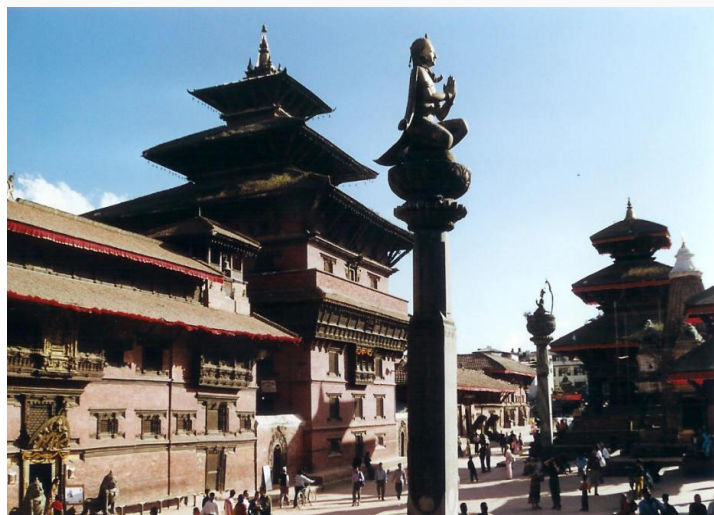
Meal: Breakfast in Kathmandu, and all the meals during the trip

Other Highlight of the Trip

- ⇒ Guided Tour in Kathmandu, Historical UNESCO world's heritage sites
- ⇒ Flight from Kathmandu to Lukla and flight back, If via Jiri only one way flight back from Lukla – Kathmandu
- ⇒ Walking through Rivers, suspension bridge, lakes
- ⇒ Exploring of typical local villages, peoples, ethnic groups and customs
- ⇒ Exploration of Buddhist monasteries and historical monuments
- ⇒ World's best Sunrise views
- ⇒ Scenic and panoramic view of Mountain from Kalapathar
- ⇒ Base camp of world's highest peak Mt. Everest

Details Itinerary

Day 01: Arrival in Tribhuban international airport Kathmandu. Welcome you by our representative. Drive to hotel and check in. It is suitable to prepare your trekking equipment at today evening. If you need extra equipment, your guide will help to buy from equipment shop at Thamel. We proceed to welcome dinner at nepali typical restaurant. This is your first day of exploring typicle nepali food and cultural dance. Back to hotel and overnight.



Day 02: Exploration Kathmandu After your breakfast in Hotel, start sightseeing in world's UNESCO heritage sites and other most historical attraction. Exploration of Pasupatinath (Hindu's temple) Bauddhanath stupa, Kathmandu Durbar squire and swoyambhunath. Professional tour guide will brief you history and its interesting story about all monuments. Come back to Hotel. Introduction with you guide and final preparation of you trip.

Day 03: Kathmandu – Lukla - Phakding (2610m -4/5 HRS) Early in the morning, drive you to Domestic airport. We take pack breakfast from hotel. Fly with small aircraft to Lukla



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(2840m) on the way of your flying, you will see panoramic Mountain views including Mt. Everest and other highest peaks. We meet our porters in Lukla airport. Start walking to Phakding (2610m) Overnight at tea house.

Day 04: Phakding – Namche Bazar (3440m – 6/7 HRS) We start walking after your breakfast in Phakding. Walking through pine forest and along with suspension bridge over Dudhkoshi River. Half day walking is up going hiking today. You will see first view of Mt. Everest after larja dovan. Overnight at Hotel in Namche.

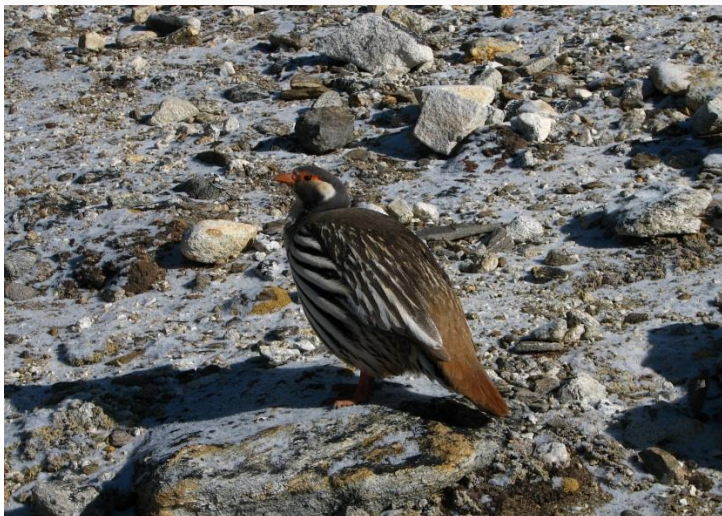
Day 05: Day acclimatization in Namche Bazar. Today you will have great day by hiking over Everest view hotel, Musium and surrounding. If you are fit to walking more, you can explore Khumjung village and Hillary school. With the scenic view of Amadablam mountain and settlement of Sherpa's. Walking down to Namche Bazar for overnight. Namche bazar is facilitating with ATM, internet WIFI, good coffee shops and bakeries.



Day 06: Namche – Tengboche (3860m- 6/7 HRS) walking up to Sanasa is almost flat today. We choose

Everest base camp trail from here. Sanasa is the junction point to divide trekking trails of **Everest base camp** and Gokyo. We walk through pine forest from Sanasa to Phungi Thanga. After our Lunch we follow ascending trails up to Tengboche. Tengboche is another view point of Mt. Everest, Lhotse, Nuptse, Amadambalm, Thamserkhu. The biggest and oldest Buddhist monastery of Khumbu region, situated in here. Overnight at Hotel.

Day 07: Tengboche – Dingboche (4410m- 6/7 HRS) The walking through beautiful villages and most beautiful carved Mani stone. Delicious lunch and excellent view of Mt. Amadablam from Pangboche. After lunch, continue walking for 3 HRS to reach Dingboche. Overnight at Hotel



Day 08: Rest day at Dingboche: it is more helpful to have acclimatization day again here to be in **Everest Base Camp**. We spend day with some excursion activities (3/4 HRS) for acclimatization. Hike up to Chukkum valley. Massive view of Mt. Amadamlam, Lhotse and Nuptse will follow you every moment. Overnight at Hotel.

Day 09: Dingboche to Lobuche (4930m – 4/5HRS): Today normal walking over high altitude. After step up from Dingboche village, we view another village Pheriche. When we decent from **Everest Base Camp**, we pass through Pheriche village. The views of mountain Ama Damlam, Mt, Nuptse, Mt Cholatse, Mt. Tawatse, Mt Thamserkhu and several other magnificent peaks gives you

filling of wondering. Reach Lobuche and overnight at Hotel.



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Day 10: Lobhuche – Gorakhshep - Everest Base Camp (5364m) – Gorakhshep (5170m – 7/8HRS):

After 2 hours walking we reach to Gorakhshep. We leave all our stuff here. This is last station of accommodation facility in **Everest Base Camp Trekking**. After our lunch in Gorakhshep, we continue walking Everest Base camp. You dream to be base camp of world's highest peak comes in true. Mt. Pumori, Nuptse and Khumbuche are front of you. Mt. Everest is not visual from here. You will meet lots of tented camp of Mt. Everest climbers. Taking your pictures with world's famous khumbu icefall will be your lifetime achievement. Trek back to Gorakhshep and Overnight at Hotel.

Day 11: Gorakhshep – Kalapathar (5545m)

- Pheriche (4240m – 5/6 HRS):

Very early in the morning we prepare to hike kalapathar. This is most viewable point of panoramic mountain &



sunrise view. Hundreds of snowcapped mountains, climbing peaks including 3 over 8000 miter Mt. Everest 8848m, Lhotse 8516m and Makalu 8481m are nearby you. Trek down to Gorakhshep and have breakfast. Continue trek down to Pheriche. Overnight at Hotel.

Day 12: Pheriche – Namche Bazar (3440m – 7/8 HRS): Today is long day walking down. Descending almost 800 miter elevation and passing through Pine, Rhododendron forest. While passing forest we view some wildlife like, mountain goat, leopard and colorful birds. Tengboche will be good coffee place and Phunki Thanka is more suitable place to have lunch today. Reach Namche bazar and overnight at Hotel.

Day 13: Namche Bazar – Lukla (2800m – 7/8 HRS): After good memory of adventure, trekking down again to reach historical city Kathmandu. Today is also long day to walk down. Careful walking is much important today. Your walking sticks are more helpful. Reach to Lukla and Overnight at Hotel.

Day 14: Kathmandu: Early in the morning, fly back to Kathmandu. Flight takes 35 minutes from Lukla. Transfer to Kathmandu Hotel. Day free for your last shopping and rest. Overnight at Hotel.

Day 15: Departure. We transfer you to International airport for your flight to Home.

Cost: USD 1380 per person

Trip Cost Includes

1. Arrival and departure arrangement
2. 03 nights hotel accommodation in Kathmandu on twin sharing basis with breakfast
3. One full day sightseeing in Kathmandu valley
4. Tour guide, private car and entrance fees in your sightseeing
5. All meals (Breakfast, Lunch and Dinner) during the trekking
6. Three cups of hot during a day
7. All necessary paper works, Everest National Park entry permits and TIMS card.
8. Flight ticket from Kathmandu – Lukla – Kathmandu
9. Domestic airport pick up and drop by private car/van/ hi-ace



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10. All accommodations in lodges/tea houses during the trek on twin sharing
11. An experienced, helpful and friendly trekking guide & porters (1 porter for 2 people)
12. Salary, Food, Drinks, Accommodation, Transportation and Insurance for the Guide and Porter
13. One typical Nepali dinner with cultural dance
14. Medical supplies (first aid kit)
15. All government taxes

Trip Cost Excluded

1. Travel & Medical insurance
2. Lunch and Dinner in entire trip
3. Personal expenses, Shopping and personal equipment
4. Alcoholic and nonalcoholic drinks
5. Hot Shower during the Trek
6. International airfare and airport departure tax
7. Tips for the guide and porter
8. Early arrive in Kathmandu from Trek, extra accommodation in Kathmandu, cancellation and re-scheduling of your trip

Note: This trip can be customizing. We can combine this trip with some great passes and climbing peak in Everest Region. You can also include trip with some other activities such as cultural tour, jungle safari, whitewater rafting, bungee jump, paragliding etc. For further information and prices for any of the above treks please contact us

Term and Condition

Payment: - Each group members/ Individuals should pay their advance amount for trip reconfirmation

: - 100% Payment should pay before departure to trip

: - Payment could be by cash, Credit card or Bank transfer.

- Cancellation charge will be applied if trip is cancelled after sending reconfirmation
- Spending Shorter days in trekking part, doesn't make any refundation.
- The entire individual/ FIT who are involving in group travel should follow group decision in any matters.
- If emergency evacuation, rescue or other incident in Tour will be fully response by travelers self.

Booking procedure and Documentation

- At least 6 month of valid your passport scan copy by mail
- Trip re confirmation payment either by credit card or wire transfer

Packing List

In every trekking areas of Everest has all settled guest houses and lodges. All the foods are using from local restaurant build from same lodges. This makes your packing list minimize. In general spiking, the trekking



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equipments you need for the Everest Trekking is surprisingly little. Most important is, you are trekking in both temperatures, Hot and chilly. Accordingly you have to choose suitable clothes to pack.

General Packing List

Clothing

- A pair of light weight hiking boots, Normal and warm boots that makes your walking easy and comfortable. No need to be water proof.
- Extra a pair light shoes or sandal for using at other times besides your walking
- Hiking shocks:- 3 pair of hiking warm , thick shocks and 02 pair thin
- Pair of warm tracksuit wearing at morning and evening during lodge time
- Lightweight long sleeve trekking shirts. Long sleeves short are helpful to get protection from sun.
- Lightweight trouser for walking at day time during your walking in low land region.
- T-Shirts: 2/3 pairs of light t - shirt for walking day time and using at night at your sleeping
- Sun covered hat and warm woolen hat to cover yours head till ears
- A pair or warm woolen or leather gloves
- A rain and wind proof jacket and trouser
- Rain coat to cover your body and your small backpack if raining
- A warm or down jacket
- Warm inner under and over thermal
- Under wears, swimming costume
- Sunglass – UV protection

Other Accessories

- Duffel bag or rucksack to put your things that you don't need at day time. Your porter will hand over after reaching your hotel/ lodge every day.
- Small bag pack carried with you to keep important things and needy during the day like toilet items, camera, small towel, soap, some sweets,
- Small kit bag with important medicine
- 2 Water bottles. One for drinking and another for keeping extra water
- Money belt to keep your money and other documents
- May be an umbrella, which will be more useful to procted from sun and rain
- Toiletries, washing items, one small towel and a big towel
- Water purification tablet or purification drop
- Head lamp
- Camera, ply cards
- Swiss knife, notepad, pencil
- Walking sticks
- Sleeping bag, inner thermal for sleeping bag if you are doing high altitude trek