



## Everest Base Camp Trek - 15 Days

### Tour Dates

Tour Dates: 2017 : May 28th, Oct 01st, 19th | Nov 04th, 18th | Dec 02nd, 23rd

2018 : Mar 03rd, 17th, 31st | Apr 21st | May 05th, 19th

Includes - Breakfast, lunch & dinner during the trek • Beverages (Tea/Coffee) • Travel Insurance (includes cover for Medical Evacuation) • KTM - Lukla return flights • Tea-house stay during the trek

# Rs. 66,000\*

For information and bookings

write to [adventure@coxandkings.com](mailto:adventure@coxandkings.com) or call us on 1800 123 6898

## OVERVIEW

Many stories have been written and tales have been told about this most majestic of mountains. Now its time for you to write your own story by embarking on your own adventure to the Base of the World's highest mountain on your own two feet!! Every day the scenery changes as you climb higher and higher; in the beginning you will cross over bridges with fast flowing glacial water beneath you and by the end you will be walking along side these same glaciers, now frozen and solid! Your view will change from lush forests around Lukla and Phakding all the way to an ethereal moonscape by the time we reach Dingboche and Lobuche. The Himalaya's are some of the best that nature can offer us and you'll get to spend 12 days hiking in its glory.



### HIGHLIGHTS

- Push your physical self on this trek day after day
- Watch the landscape change each day from Pine forests to "moon-scape"
- Get a close view of the world's highest peak
- Trek to EVEREST BASE CAMP!
- Make a small attempt to bring back travelers to Nepal
- Enjoy delicious meals cooked by our Sherpa chefs on the trek

### INCLUSIONS

- 14 nights accommodation
- Arrival & departure transfer
- Transportation in air conditioned vehicles.
- Return Domestic flights between Kathmandu and Lukla
- English speaking leader/guide.
- Local Trekking guides (Sherpas).
- One porter to every two trekkers during the trek.
- Meals as mentioned in the itinerary
- 14 Breakfasts, 11 Lunches and 12 Dinners.
- Everest National Park Fee.
- All permits.
- Insurance for trek guide and porters.
- Travel Insurance/ Emergency Evacuation Cost.

### EXCLUSIONS

- International Airfare • Airport Taxes • Visas.
- All optional additional tours or activities during free time.
- Transportation outside of the tour program.
- Personal expenses (beverage, laundry, telephone call, etc).
- Tips.
- Costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.
- Any meals not mentioned in the itinerary.
- Government Service Tax of 4.50% payable to Govt. of India.



## TOUR ITINERARY

### Day 1 – Arrival in Kathmandu

Today we will arrive in the Ancient Mountain Kingdom of Nepal's most vibrant of cities – Kathmandu where we will be transferred to our hotel. Upon arrival, those who may need to still purchase or rent clothing/equipment, arrangements will be made for us to do so. Our tour leader or a representative will be around to offer advice about clothing/equipment should we have any questions. In the evening the whole group will come together along with the Tour Leader, going through our program for the next couple of weeks along with checking out our equipment to make sure we are properly prepared for the climatic changes ahead of us. After our equipment check we will go for dinner to a local Nepalese restaurant where we can sample the local food delights as well as culture.

### Day 2 – Fly from Kathmandu (1356) to Lukla (2840); hike from Lukla to Phakding (2652) – Approx 3 hrs walking

This morning we transfer to the domestic airport for our flight to Lukla, the starting point for all treks into the Everest Region – the so called Gateway to Everest! It is a 40 min awe inspiring flight from the valley of Kathmandu all the way to the foothills of the Himalaya's (please be aware that this flight is subject to strict weather conditions and therefore at times may be delayed or cancelled); On arrival in Lukla we will meet our Sherpa crew of guides who will be looking after us and all our gear along with their trusted Djokbe's. Once all preparations have been complete we will begin our first trek, out of Lukla. From Lukla we will descend on a wide trail northwest to the village of Choblung in the Dudh Kosi Valley. We will be treated to beautiful views and smells of pine forest and rhododendrons. This sections walking is fairly easy, meandering along the rivers course, through the village of Ghat all the way to the small village of Phakding which is our destination for tonight.

### Day 3 – Trek from Phakding (2652m) to Namche Bazaar (3440m), approx. 6 hours walking

This trek also takes us through beautiful pine forest, along the Dudh Kosi river and across many suspension bridges, the most famous of which being The Hillary Suspension Bridge! From today we can start seeing, learning and guessing at the many peaks that will start to present themselves to us! All weather permitting of course!! Our first view might be Mt Thamserku standing proud at 6618m. We then trek through Sherpa settlements known as Benkar, Chumoa, Monjo and then onto our Checkpoint at the Sagarmatha National Park where we register ourselves for our trek. From here we will soon slowly begin to climb up through forests and across bridges, until we reach the confluence of the Dudh Kosi and Bhote Kosi rivers. Then begins our first steep climb for about an hour (slowly, slowly!) which brings us a great reward at the end – our (hopefully) first views of Mount Everest peering over the Lhotse-Nuptse ridge. We will take a well earned rest to enjoy the view before continuing on our last hour to the trading town of Namche Bazaar and our home for the next 2 nights.

### Day 4 – Acclimatization Day at Namche Bazaar (3440m)

Altitude, when it strikes, usually begins from 3000m and above so today we take the opportunity to allow our bodies to acclimatize to the altitude by sleeping two nights in Namche Bazaar but of course not too much resting!! We have to keep moving! We will take a short hike in the morning to the Sherpa Museum and Visitor's centre, strike some poses and take some selfies at another Everest viewpoint and then in the afternoon take a hike up the valley towards the village of Thamo which is approximately

a 4 hours round trip. Alternatively, we can opt to take this as a rest day but be warned our tour leader will do everything to encourage us out on the hike so as best to help us acclimatize.

#### Day 5 – Namche Bazaar (3440m) to Tengboche (3440m) – approx. 6 hours walking

Today we ascend from Namche Bazaar, following a high, fairly level path above the Dudh Kosi river, enjoying the spectacular mountain views of Everest, Nuptse and Lhotse as we hike along our trail. Then after some time and meandering, our path begins to descend through a forest of blue pine to cross the Dudh Kosi again at Phunki (3250), following which we will begin our ascent on a switch back trail all the way up to reach the spectacularly sited Thyangboche Monastery (3867m) from where there are (hopefully) brilliant views of Everest, Lhotse, Nuptse, Ama Dablam and Taboche. This ascending and descending will work wonders on our acclimatization plus our appetites! Helping us to enjoy our hearty dinner at the teahouse close to the Monastery in Tengboche.

#### Day 6 – Tengboche (3870m) to Dingboche(4410m)

Today we start our trekking by descending through the Rhododendron forest, to the Imja Khola, where we walk across the exciting bridge at Imja Khola and along the Mani stone wall to reach the village of Pangboche. Our route then continues through summer pastures to Dingboche, our home for the next 2 nights.

#### Day 7 – Acclimatization day in Dingboche (4410m) – approx. 5 hours walking up to 4730m and back

Today is another day for us to take in our ever changing surroundings. At this altitude we will start to see changes coming in the landscape. Trees and vegetation will be less and less and will be replaced by scrub with the landscape slowly beginning to take on a surreal 'moon-like' feeling to it. We marvel at the way people are ingeniously still carving a living out of this landscape, cultivating and shaping the land... Our walk today takes us up through the Valley of Chukung, giving us breathtaking views of Ama Dablam, deemed one of the worlds most beautiful mountains, along with Makalu, Tawoche, Lhotse, Nuptse and Island Peak. Today, because we are returning back to Dingboche, we can take our time, acclimatize and take in our surroundings. There's never any hurry in these mountains!!

#### Day 8 – Dingboche (4410m) to Lobuche(4930m) – approx. 6 hours walking

After today's walk we really do notice the difference in the landscape as we get above the tree line. Walking, slowly as always, we actually first descend past Dusa to a stream at 4580m and from there we ascend slowly, slowly, up to the Teahouse at Dugla and then on to a ridge which contains the memorial site for Sherpa's who gave their lives on expeditions to the top of Everest. Once past this ridge we really start to see changes in landscape because we will now be walking alongside the moraine of the Khumbu Glacier with views of Kala Pattar and Pumori to entertain us as we hike all the way to Lobuche our stopping point for tonight.

#### Day 9 – Lobuche (4930m) to Gorakshep (5180m) & EVEREST BASE CAMP (5364m) – approx. 8 hours of walking

We start our day again following the Khumbu Glacier northwards to Gorakshep. Every which way we turn the scenery is incredible; out of this world...Every ounce of effort is worth it when we take a look around us. After about 3 hours we reach Gorakshep. From here we take a well earned break for a bit before the excitement just becomes too much and we set off to our Final Destination – Everest Base

Camp! Again, we continue along side the glacial moraine for around 2 hours before we then actually start walking on the rocky glacial moraine itself. We can see the camp long before we reach it which makes it even more enticing as we wind our way along the trails all the way to Everest Base Camp! From Base Camp we get fantastic views of the Khumbu Ice fall which is one of the most difficult traverses for those attempting to summit Everest. This we get to see along with other spectacular peaks. After the required time spent clicking selfies and group photos, patting each other the back and generally basking in glory, we will then about turn, with grins on our faces, making our way back to Gorakshep for our well-earned food and night-stop.

#### Day 10 – Gorakshep (5180m) to Kala Pattar (5545m) and descent to Pheriche (4280m) from Gorakshep after breakfast. Approx walking 8/9 hours

Again today, more sublime reward for our supreme effort as we walk early in the morning to climb up Kala Pattar to reach the highest point on the trail. Slow is a must as we meander up the switch backs to enjoy the first light of the day shining on Mount Everest from Kala Pattar. This is definitely a hike of effort versus reward! Once we reach Kala Pattar we can climb and nestle ourselves amongst the rocky outcrops here. While sitting amongst the prayer flags on these outcrops, enjoying chai and biscuits and watching the day break on the highest point in the whole world is something to really cherish. Once we've had our moments, we will slowly return to Gorakshep for our well-earned breakfast before then setting off back to Lobuche for lunch and onto Pheriche for our overnight stop.

(Please note that the walk to Everest Base Camp and the climb to Kala Pattar are both tough. Sometimes we may change the order in which we tackle the walks depending on the group's ability and the current weather conditions).

#### Day 11 - Pheriche (4280m) to Namche Bazaar (3440m) – approx. 9 hours walking

And so begins our meander back to our start!! Exhilarated, excited, tired, overjoyed, all those emotions will help carry us back down our trail! Today's walk is still quite a long walk but as we meander back downhill, with increased oxygen, we find increased high levels of energy so we may even skip down some parts of today's route!! We retrace our steps to Pangboche, down to the Imja Khola and up through the forest to Debucho, through Tengboche, and onto Namche Bazaar, our stop for tonight.

#### Day 12 – Namche Bazaar (3440m) to Lukla (2840m)– approx. 9 hours walking

We are now back to below the tree line, the scenery has changed back to beautiful pine forest and rhododendrons. We start crossing our suspension bridges again, climbing up the opposite side of the valley to reach the contouring path leading back along the Dudh Kosi river through the small village of Monjo and finally our last and final push onto to Lukla to complete our circle to the tip of the world and back!! Tiring as it may be, it will be nothing compared to the exhilaration at having completed such an amazing feat, despite the sore feet!!

#### Day 13 – Fly back from Lukla to Kathmandu

It will seem surreal to consider all we've seen, achieved and done as we settle ourselves back into the seat for our return flight to Kathmandu, back through the mountain views, which slowly make way for the valley views, bringing us back down to Kathmandu and all its hustle and bustle. Once checked into the hotel, the rest of the day will be free to do as we please! Sip a cold beer, take a long hot shower, wander the streets of Kathmandu, buy some souvenirs, download photos.

## Day 14 – Free day in Kathmandu

We purposely leave this day free in Kathmandu in case of any increment weather in Lukla which may delay our return flight. If all goes to plan, then on this day we can chose to arrange along with fellow group members to visit some of the sites of Kathmandu. This can easily be explained and arranged by our tour leader. In the evening, we will all go out to celebrate our victory with dinner, reminiscing and reminding ourselves of our fabulous Adventure and hopefully planning for the next!

## Day 15 – Depart Kathmandu

We will be dropped at the airport for our international flights back home.

### Tour Dates:

8th October, 2016

16th December, 2016

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### Is this trip for me?

Everest Base Camp Trek is graded as Strenuous. To be able to comfortably complete this trek one must be of good health and fitness. This means one must be able to comfortably walk for 6 to 7 hours a day on average. This walking includes ascending and descending, not just walking on flat group. Previous hiking experience is highly desirable. It is more than possible that one can train for this trek and detailed training sheets can be provided at a later date.

Along with physical attributes, a strong mind and positive attitude will take you a long way on this trek. If you love to challenge yourself both physically and mentally and love to see and experience new and vastly different landscapes then this trek is definitely for you!!

### What about the Altitude?

A concern for everyone thinking of hiking to this altitude! Altitude can and does affect everyone differently. No two bodies react the same and indeed even the same person can react differently at altitude depending on circumstances. Being fit helps your body to recover from the long hikes quickly thus allowing your body to acclimatize faster. Coupled with this, walking slowly, slowly all the time is another sure way of giving you the most comfortable experience at high altitude. Again, a detailed sheet on altitude, its affects and how to mitigate them will be provided at a later date. For now, suffice to say that all treks will carry with them oxygen cylinders and other treatments necessary for helping the affects of altitude. Also, the Everest region is probably the best equipped region for helping people deal with altitude considering the number of trekkers and summiteers it sees every year.

### Visa:

A visa is not required for Indian nationals. You do not need to apply for one before leaving India. You will receive a stamp on arrival at Kathmandu. But you need to carry your passport to gain entry in Nepal.

### Spending money

There isn't really much opportunity for spending money on the trek except for maybe soft drinks at the teahouses however, for Kathmandu you will need money for any souvenirs you wish to buy, sightseeing

visits, renting or purchasing of equipment and meals not included. ATM's are available in Kathmandu. It might be possible that your debit/credit card doesn't work outside of India so please check with your bank before leaving to ensure your card is unblocked for foreign transactions. The best and safest way to carry money is using Forex Cards which are currently offered in India through many of the nationalized banks.

### Tipping

Nepal after the earthquake has seen tremendous pressure on its eco system and many people's livelihoods have been affected. While tipping is optional it will be highly appreciated if you can factor in some money for tipping.

### Travel Insurance

Travel insurance is a must for this trip. You can do a quick search on the internet to get the best deals on your travel insurance. Policy bazaar also can give you a few competitive options. Please ensure that your travel insurance covers trekking. Additionally a Helicopter Rescue Insurance can be arranged in Kathmandu for a premium.

Note: Travel Insurance has been included in the package price. The final details regarding the same will be shared 15 days prior to the departure date.

### Important Note

Although we do our best to follow the schedule above, this itinerary is subject to change due to weather, route conditions, and other factors beyond our control. Any additional cost incurred due to unforeseen circumstances will need to be covered from your end.

### Flights

We would suggest getting the flexible fair tickets for this tour. Kathmandu international airport can be reached by a direct flight from Delhi and there are regular flights from other International Airports of India. Please contact us for the best way to get to the beginning of this tour.

### FAQ

#### What level of fitness is required for this trek?

Everest Base Camp is one of the most strenuous treks in the world. Having said that you don't need to be an athlete to do the trek, but physical fitness is necessary for this demanding trek. Your ability to enjoy the adventure depends on your health and fitness level.

There are many ways you can condition yourself for the trek. We believe the best form of training is stimulating the activity you are training for and then increasing the level of exertion as the routine becomes easier. For example, walking uphill and stair climbing are excellent ways to train your lower body, heart and lungs for climbing. Begin slowly, without the weight of a pack, and eventually add weight as you increase your training pace. Subsequently supplement these workouts with running, swimming, cycling or other forms of aerobic activities. Additionally we highly recommend that you incorporate a weight training program into your training to build upper body strength.

## **How many people do you allow on Everest Base Camp Trek?**

We have a maximum group size of 16 for this trek.

## **Equipment:**

PLEASE ADD FROM THE PREVIOUS LIST

Can I rent some gear in Kathmandu?

Its possible to rent some gears in Kathmandu. Please give us a call 15 days before the departure date to confirm the items and sizes so we can procure the same for you.

**For information and bookings**

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