

Everest Base Camp

Where mountains meet the sky



Embark on an unforgettable adventure, as we follow the footsteps of Hillary and Tenzing to the world's highest mountain with our Everest Base Camp Trek. This ultimate challenge offers breathtaking mountain panoramas, making it one of the most inspiring treks globally for avid walkers.

- ✓ Sightseeing in **Bhaktapur Durbar Square**, **Swayambhunath** (the Monkey Temple), **Pashupatinath** (a major Hindu shrine) and the giant **Buddhist Stupa** at Boudhanath.
- ✓ Scenic flight to and from **Lukla**.
- ✓ Experiencing life as the "mountain people" live, in the heart of Himalaya.
- ✓ Visiting **Tengboche Monastery**.
- ✓ Remarkable views of **Khumbu Icefall**.
- ✓ Climbing **Kalapatthar** at elevation of 5,555m.
- ✓ Everest Base Camp and walking on the **Khumbu Glacier**.

Minimum of 2 required. Private dates available on request.

We recommended checking out the Kathmandu Weather Forecast ahead of booking your trip.

What's Included

Departure and Return Location

Tribhuvan International Airport

Price includes

- ✓ Airport / Hotel / Airport pick up & drop by private tourist vehicle.
- ✓ Standard twin sharing accommodation in a three star hotel in Kathmandu; Breakfast included (4 nights)
- ✓ Guided city tour in Kathmandu by private tourist vehicle.
- ✓ All your standard meals during the trek (breakfast, lunch and dinner).
- ✓ Guesthouse accommodation during the trek (11 nights Trekking Guesthouse in twin sharing and occasionally dormitory style).
- ✓ Local licensed English speaking guide.
- ✓ The required number of local staff and porters to carry your luggage during the trek (we assign one porter for every two guests).
- ✓ Food, accommodation, salary, insurance, equipment and medicine for all staff.
- ✓ Everest National Park permits and TIMS permit for trekking.
- ✓ Airfare from Kathmandu – Lukla – Kathmandu including airport departure tax in Kathmandu and Lukla airport.
- ✓ Surface transfer from and to Kathmandu.
- ✓ Sightseeing/Monument entrance fees in Kathmandu (Day 2).
- ✓ Farewell dinner in typical Nepali Restaurant with cultural dance show (Day 15).
- ✓ All our government taxes, vat, tourist service charges.
- ✓ Official expenses.
- ✓ **FREE** Getaway Trekking Certificate of Completion.
- ✓ **FREE** Duffel/kit bag and sun hat.
- ✓ **FREE** Getaway Trekking quick-dry walking shirt.
- ✓ **FREE** Training walks in Victoria.

Price excludes

- ✘ Lunch and dinner whilst in Kathmandu.
- ✘ Travel insurance which covers emergency rescue and evacuation.
- ✘ International airfare and airport departure tax.
- ✘ Nepal entry visa.
- ✘ Alcoholic, hot and cold drinks.
- ✘ Personal trekking equipment (see the trekking equipment page).
- ✘ Extra cash to tip trekking staff and driver (tipping is expected).
- ✘ Any other expenses which are not mentioned in the 'Price Includes' section.

Itinerary

Day 1 Arrival in Kathmandu airport – Transfer to the city

1,345m

Upon your arrival in Kathmandu, you'll be picked up from the Tribuwan International Airport.

Our driver and guide will transfer you to your hotel in the city centre. Spend the evening relaxing from your travels and getting ready for this amazing adventure. You will spend the first night in a hotel in Kathmandu.

- Transfer from Airport to Hotel
- Overnight at Hotel

Day 2 Sightseeing around Kathmandu valley and pre-trip briefing

In the first morning, we will embark on a morning sightseeing trip. We will visit the sacred Pashupatinath Temple, and the impressive Boudhanath Stupa, followed by a stroll through Bhaktapur Durbar Square.

The afternoon is free for you to explore the vibrant streets of Thamel. You will then return to the hotel, where we will have the pre-trek briefing, where you will receive your duffel bag and cap. Get to know your fellow trekkers in the evening with the first group dinner. We will spend the night in the hotel in Kathmandu.

- Sightseeing Trip
- Overnight at Hotel

Day 3 Kathmandu–Lukla–Phakding

2,804m | 3 hours

Enjoy a 35-minute scenic morning flight to Tenzing and Hillary Airport in Lukla at 2804 metres. The trek begins as we descend towards the Dudh Koshi River, joining the main trail that leads to Namche Bazaar, perched just above Chaunrikharka (2,713m). It's a relaxed day with a short walk to Phakding, allowing you to soak in the stunning surroundings as we make our way through this beautiful landscape.

Settle into the guesthouse for the night.

- Overnight in Guesthouse
- Incl. Breakfast, Lunch and Dinner

Day 4 Phakding–Namche Bazaar

3,441m | 5.5 hours

After breakfast, we will continue our trek alongside the banks of the Dudh Koshi River, crossing several suspension bridges adorned with prayer flags. We then enter the Sagarmatha National Park, with its steep ascent and breathtaking views, before arriving at our location for the evening, Namche Bazaar, known as the 'Gateway to Everest'. Namche Bazaar is one of the biggest villages we will see and has many quality restaurants, lodges, shops, money

exchanges, internet cafes and bakeries. Explore the vibrant village before dinner and the night spent at the Guesthouse.

- Overnight in Guesthouse
- Incl. Breakfast, Lunch and Dinner

Day 5 Namche Bazaar acclimatisation day

3,441m

The purpose of this day is acclimatisation, so that we can adjust to the thinning of the air. After breakfast, we take a short trek up the Syangboche Airport to the Everest View Hotel, for stunning views of the Himalayas. Enjoy the stunning sunrise and sunset over the panorama of Khumbu peaks. We will spend the afternoon exploring Namche Bazaar, before dinner and overnight at the Guesthouse.

- Overnight in Guesthouse
- Incl. Breakfast, Lunch and Dinner

Mount Everest Base Camp





Tengboche Monastery

Day 6 Namche Bazaar– Tengboche

3,860m | 5 hours

We will depart from Namche Bazaar and trek along the rushing glacial waters of the Dudh Koshi, with magnificent views of mountains. Visit the Tengboche Monastery, where we can observe a prayer ceremony. Marvel at the ornate wall hangings, a 20-foot sculpture of Buddha, and the musical instruments and robes of the Lamas. We will spend the night in the Tengboche Guesthouse.

- Overnight in Guesthouse
- Incl. Breakfast, Lunch and Dinner

Day 7 Tengboche–Dingboche

4,350m | 5.5 hours

This trek takes you to the quaint village of Dingboche. We will descent to Debuche, before crossing another exciting suspension bridge on the Imja Khola. We climb to Pangboche amongst thousands of mani stones. Our uphill trek continues, but our pace is relaxed to allow acclimatisation. We arrive at the quaint traditional Sherpa village of Dingboche with its exquisite views of Lhotse, Island Peak, and Ama Dablam. We will spend the night in the Dingboche Guesthouse.

- Overnight in Guesthouse
- Incl. Breakfast, Lunch and Dinner

Day 8 Acclimatisation trek: Dingboche–Nangkartshang–Dingboche

5,083m | 4 hours

We will spend the day acclimatising with a trip to Nangkartshang Peak for a breathtaking view of the surrounding mountains, especially Lhotse’s massive south wall. We will return to Dingboche in the afternoon to rest and prepare for the next leg of the journey. We will spend the night in the Dingboche Guesthouse..

- Overnight in Guesthouse
- Incl. Breakfast, Lunch and Dinner

Day 9 Dingboche–Lobuche

4,910m | 5 hours

This day will be spent trekking along the lateral moraine of Khumbu Glacier, passing stone memorials for climbers who have perished on nearby summits. Continue to climb slowly to avoid breathing issues, and arrive at Lobuche, a small settlement of huts at the foot of giant Lobuche peak. We will spend the night in the Lobuche Guesthouse.

- Overnight in Guesthouse
- Incl. Breakfast, Lunch and Dinner

Day 10 Lobuche–Everest Base Camp–Gorak Shep

3,565 | 8 hours

This day is challenging yet rewarding. We will walk along the Khumbu Glacier and up to Everest Base Camp at 5365 metres, this is the closest you can get to Mt. Everest without mountaineering equipment. There will likely be a team about to attempt the summit. The view of the Khumbu Icefall from Base Camp is spectacular. After exploring, we return to Gorak Shep where we will spend the night in the Guesthouse.

- Overnight in Guesthouse
- Incl. Breakfast, Lunch and Dinner

Day 11 Gorak Shep–Kalapatthar–Periche

5,555m | 7 hours

On this, another big trekking day, we will rise early and spend most of morning climbing Mt. Kala Patthar, a small peak (by the Himalayan standards) at 5,555m. The ascent is demanding but unveils magnificent mountain panorama: Everest, the highest point on the planet at 29,028ft (8,848m), towers directly ahead and on all sides loom the other giants, Nuptse, Pumori, Chagatse, Lhotse and countless others. After taking in the magnificent sights, we make a quick descent to Gorak Shep, a tiny hamlet at 5,180m then trek down to Periche, where we will spend the night in the Guesthouse.

- Overnight in Guesthouse
- Incl. Breakfast, Lunch and Dinner

Day 12 Periche– Namche Bazaar

3,441 | 5 hours

We will retrace our steps with a slightly different route down to Orsho then to Pangboche village. Here is the oldest monastery in the region which contains what is said to be the scalp and bones of a Yeti, or abominable snowman. Leaving mountains behind us we descend to the Tengboche Monastery at elevation 3,860m, before continuing to Namche Bazaar at 3,441m in the early afternoon. We will spend the night in the Namche Bazaar Guesthouse.

- Overnight in Guesthouse
- Incl. Breakfast, Lunch and Dinner

Day 13 Namche Bazaar–Lukla

2,804m | 6 hours

Finally, we return to Lukla where we started our trek, what seems like a lifetime ago. We'll spend some time enjoying and reflecting on the trek as a group and the personal achievement of all those who took part. We also have some spare time to explore the town. We will spend overnight in the Lukla Guesthouse.

- Overnight in Guesthouse
- Incl. Breakfast, Lunch and Dinner

Day 14 Morning flight back to Kathmandu

Enjoy the last glimpse of the mountains we have recently visited on the 35-minute scenic flight back to Kathmandu. On arrival in Kathmandu, we are met by the driver and transferred back to our starting hotel, where we will spend the night.

- Overnight in Hotel
- Incl. Breakfast

Day 15 Leisure day and farewell dinner in Kathmandu

This is a spare day in case of bad weather in Lukla. We have the option to extend and continue onto Chitwan Jungle Safari, Rafting Adventure, Kathmandu Valley Shopping Tour, Scenic Everest Flight, Mountain Biking and other activities. In the evening, we will gather for the final farewell dinner in a traditional Nepalese restaurant with cultural performances. We will stay in the Kathmandu hotel overnight.

- Leisure Day
- Incl. Dinner

Day 16 Transfer for your final flight departure

3,441m

After breakfast, you'll be transferred to the international airport in Kathmandu for your departing flight, concluding your unforgettable adventure trekking Nepal.

- Incl. Breakfast

Namche Bazaar



Khumbu Glacier



Buddhist Stupa

