

**EVEREST BASE CAMP**  
**5600M KALAPATHAR**



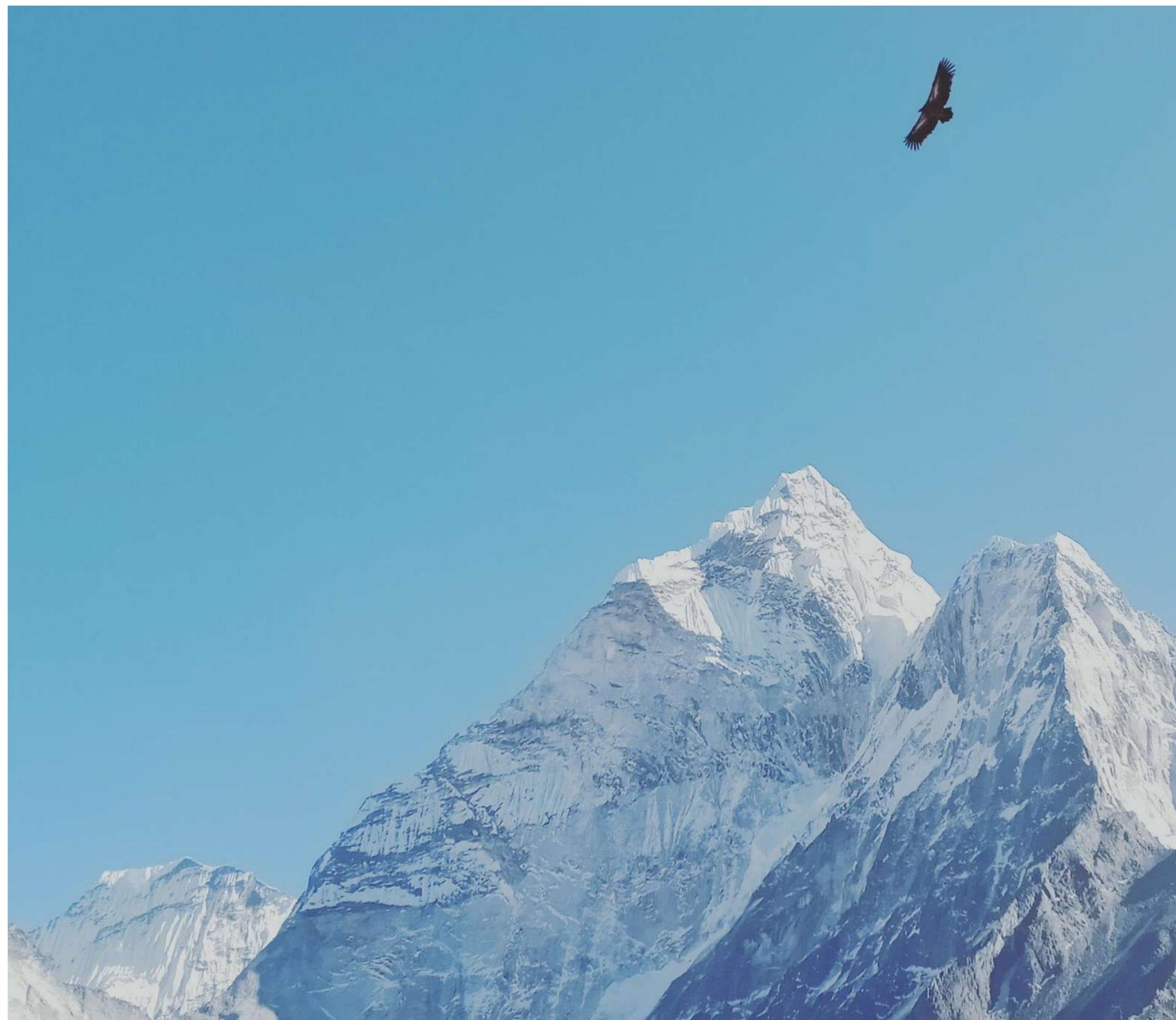


# EVEREST BASE CAMP 5600M KALAPATHAR



TRAVEL WITH TRAVELMAKER SOUTH ASIA PVT. LTD

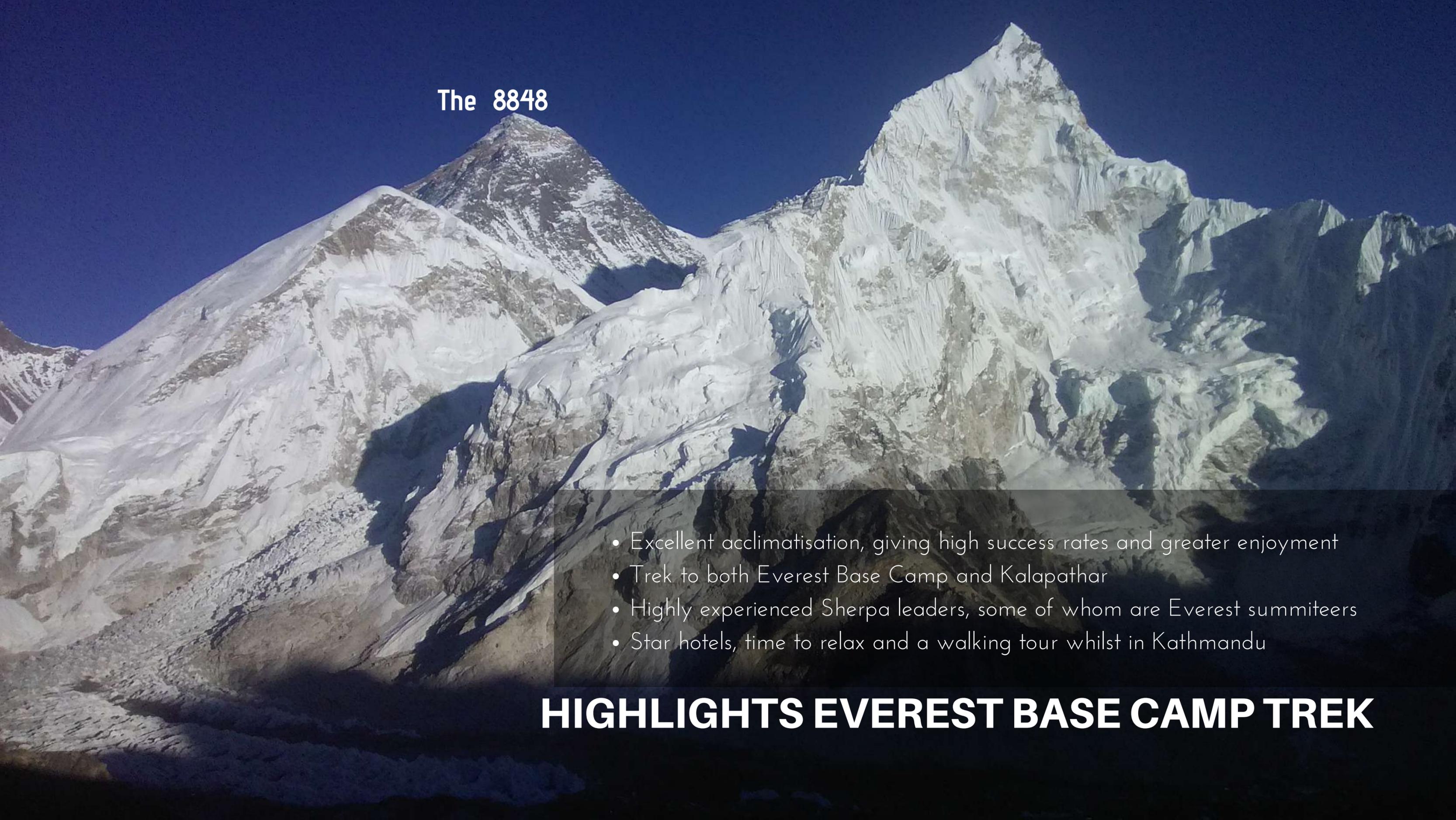
REGISTERED IN





# WHY EMBARK ON THIS TREK?

The Trek to Everest Base Camp is one of the most thrilling and fulfilling adventure that is a dream of every daredevil mountain climber out there. The unyielding beauty, the majestic landscapes and the cold fresh air will make every trekker feel what real nature is. Famous for a wide range of soaring peaks and the heartwarming hospitality of the locals (the Sherpa), the Everest region is among the most popular spots for exploring the wild in Nepal. Lasting about two weeks, the trek to Everest Base Camp is a wholesome package for mountain lovers.



The 8848

- Excellent acclimatisation, giving high success rates and greater enjoyment
- Trek to both Everest Base Camp and Kalapathar
- Highly experienced Sherpa leaders, some of whom are Everest summiteers
- Star hotels, time to relax and a walking tour whilst in Kathmandu

**HIGHLIGHTS EVEREST BASE CAMP TREK**

## **GETTING HERE**

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the fastest way is to take fly to lukla, (closest airstrip to the Everest region) for about 35 min from Kathmandu or take a bus to jiri 8 hrs drive from Kathmandu and a week walk till lukla, once you arrive in lukla your walking adventure of the classic Everest Base Camp begins



# TRIP FACTS



15 days



**SPRING:** March-May  
**AUTUMN:** September-November



Moderate to Rigorous Grade Trek



Hotels, Lodges and Tea Houses



5545 metres (Kalapathar



Lunch and Dinner

# Everest Base Camp Route Map



# OUTLINE DAY TO DAY ITINERARY :

Day 01: Arrival Kathmandu 1360m, overnight Kathmandu

Day 02: Kathmandu trek preparation. Breakfast

Day 03: Fly to Lukla and trek to Phakding (2650m), 4 hours, overnight teahouse. B, L, D

Day 04: Trek to Namche Bazaar (3435m), 5-6 hours, overnight teahouse. B, L, D

Day 05: Rest day in Namche Bazaar (3435m) Side Walk around Namche bazaar. B, L, D

Day 06: Trek to Deboche (3820m), via Tengboche Monastery beautiful sun set (3860m), 6-7 hours, overnight teahouse. B, L, D

Day 07: Trek to Dingboche (4410m) via Pangboche Monastery, 6 hours, overnight teahouse. B, L, D

Day 08: Rest day in Dingboche (4750m), side treks, 4-5 hours, overnight teahouse. B, L, D

Day 09: Trek to Lobuche (4900m), 5-6 hours, overnight teahouse. B, L, D

Day 10: Trek to Everest Base Camp (5357m) and back to Gorakshep (5100m), 8-10 hours, overnight teahouse. B, L, D

Day 11: Climb Kalapathar (5545m) for sunrise\* (2 hours) and trek to Pheriche (4240m), 4 hours, overnight teahouse. B, L, D

Day 12: Trek to Monjo (2840m) or Namche Bazaar (3435m), 5-6 hours, overnight teahouse. B, L, D

Day 13: Trek to Lukla (2800m), 6 hours, overnight teahouse. B, L, D

Day 14: Fly to Kathmandu 35 mins B, over night at hotel. Breakfast

Day 15: Departure or trip can be extended ( check last page) breakfast

# TRIP COSTS

TREK CODE TMSA010EBC

PRICES ARE SUBJECT TO CHANGE

MINIMUM 10PAX  
US\$ 1185/- per person

MINIMUM 6 PAX  
US\$ 1220/- per person

MINIMUM 4 PAX  
US\$ 1310 per person

MINIMUM 2 PAX  
US\$ 1478 per person

## COST INCLUDES:

- All air and ground transportation by private car/van/tourist bus
- All sight seeing and trekking with certified English speaking guide
- All accommodation in cities in 2 stars rating hotels and descent mountain lodges in mountains

**KTM:** Shangri La Boutique Hotel/ Kurmari Boutique Hotel/ M Hotel

**PKR:** Hotel Karuna/ Pokhara Boutique Hotel

- All necessary government and local permits and entrance fees
- Descent Sleeping bag during the trek
- All breakfast, lunch and dinner during the trek
- Basic emergency first aid kit
- required no. of porters and assistant. max weight 17 kg for 1 porter

## cost not included:

- any beverages (you can buy them on tea houses.
- tips for guides and porters

## Note

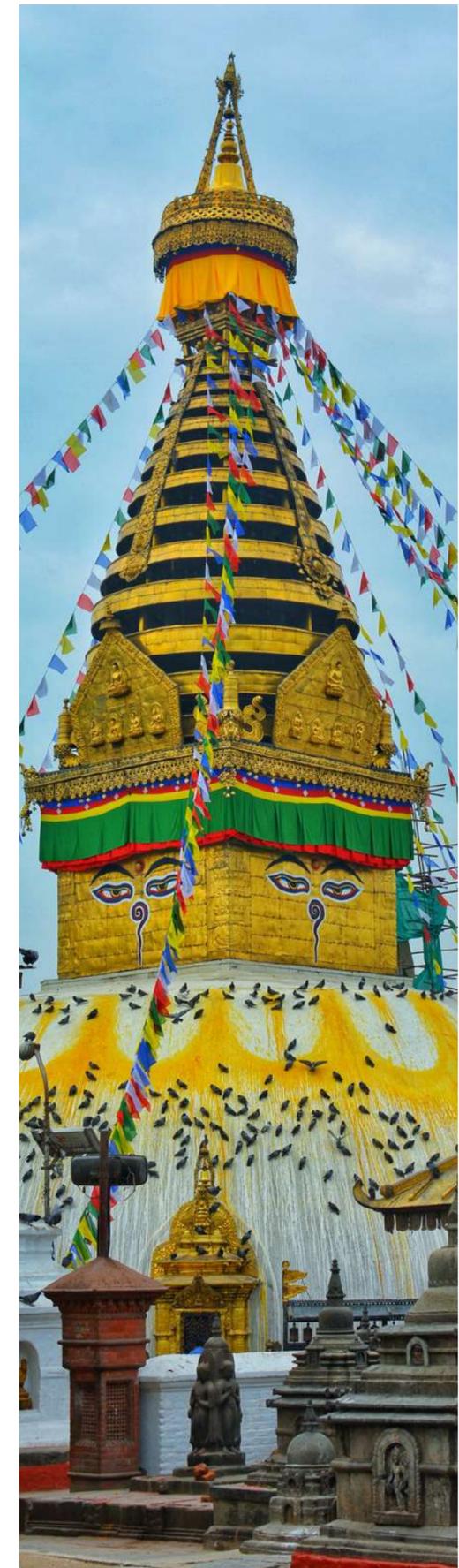
- In case of trek in completion, we will provide you other option for remaining days of your trek.
- for trekking/ climbing equipment we can provide you hiring options aswell



## DAY 1 ARRIVAL IN KATHMANDU

Local representative will transfer you to your hotel. A welcome drink in the evening followed by trip briefing and excellent local cuisine





## DAY 2 CITY SIGHTSEEING OF KATHMANDU'S CULTURAL SITES

City sight seeing of Kathmandu's ancient cultural, religious and historical UNESCO sites like Boudhanath, Pashupatinath Temple, Swayambhunath and Durbar Square. Overnight at hotel.



DAY 3

## FLY TO LUKLA AND TREK TO PHAKDING (2650M)

We take the fantastic flight from Kathmandu to Lukla at 2827m. Flight time is about 40 minutes to the airstrip built by Sir Edmund Hillary and the Sherpas in the mid-1960s. We begin the trek by descending towards the Dudh Kosi River, where we join the main trail to Namche Bazaar, just above Chaurikharka at 2713m. The walking is easy and after passing through the small village of Ghat at 2550m, it's a short walk to the first local village of Phakding where we'll crash out for the night.



## DAY 4

### **TREK TO NAMCHE BAZAAR (3435M)**

Walking through a beautiful pine forest, the track leads us along the Dudh Koshi River, we catch superb scenes of the glistening Mt. Thamserku (6618m). The trail climbs through the forests and bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers. After a final steep ascent of about two hours we get first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. We still need to hike about 1.5 hours to reach Namche Bazaar, a gateway to Mt. Everest and the main trading center of this region.



DAY 5

## ACCLIMATIZATION(3435M)

This is the first 'acclimatization' day for this trek. We either spend the day taking a day hike to view point, maybe we could just relax and explore the lively Namche Bazaar itself. This is the nerve centre of the Everest (Khumbu) region and has government offices, ATMs, Internet cafes, shops, restaurants, a bakery and a colorful market each Friday evening and Saturday.



DAY 6

## **TREK TO DEBOCHE (3820M) VIA TENGBOCHE MONASTERY**

Our trek follows a gradual trail with few ups and downs overlooking brilliant views of the awesome Himalayas. Along the routes, we come across some wild fauna that include pheasants, musk deer, and sometimes a herd of Himalayan Thar. we reach Phunki Tenga, a small settlement with a couple of teahouses amidst the alpine woods. After lunch and some rest at Phunki Tenga, Tengboche is a perfect spot for close-up views of Ama-Dablam, Nuptse, and Everest and it has the largest Buddhist monastery in the Khumbu region. Hiking by rhododendron forests for something like an hour, we reach Deboche.

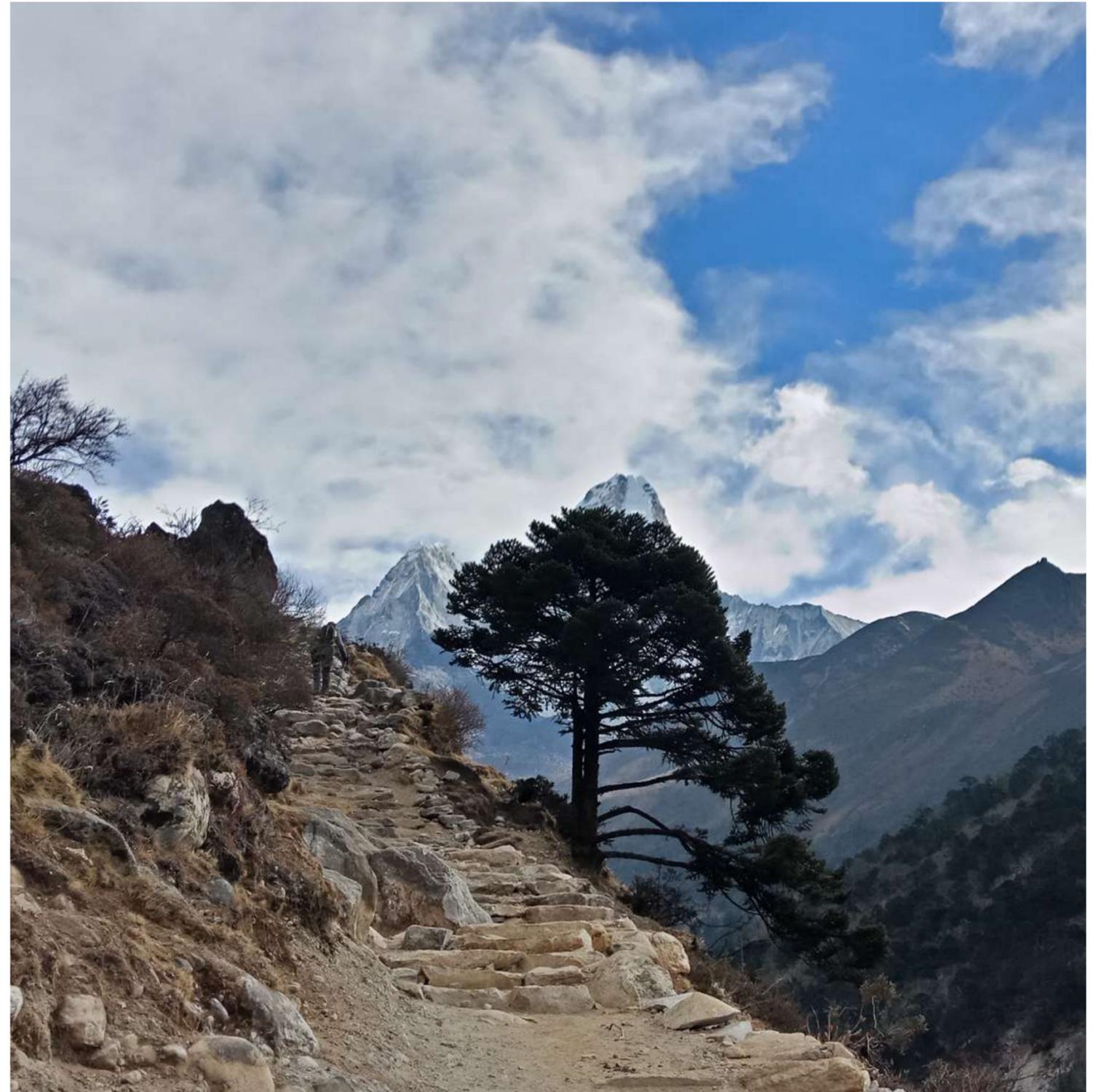


DAY 7

## **TREK TO DINGBOCHE (4410M)**

### **VIA PANGBOCHE MONASTERY**

We hike through a few Chortens, mani walls and some small villages after which, we haul up for some grub and while enjoying our meals we savor some upfront views of Amadablam towering just above us; We trek via Pangboche, the highest of the true lasting settlements in the valley and reach the regular settlement, the final steepest climb of the day on our way to Dingboche. With 867 meters of ascent and 416 metres of descent, we finally hit the sack at a local lodge for the night in Dingboche



DAY 8

## **REST DAY IN DINGBOCHE (4750M)**

Our acclimatizing gets with our hike to nearby peak 500m and as we top it with gasping breath we soon realize the gritty climb was worth the go; the rewards are as lovely as it comes with the natural beauty that greets us for our efforts, the jaw-dropping vistas of Cho Oyu at 8201m, Pumori at 7161m, the gigantic Lhotse wall at 8400m, Amadablam at 6812m, Makalu at 8481m & Baruntse at 7129m all put together set our hearts on top gear as it skips a beat while watching these massive peaks. Overnight at our lodge in Dingboche



DAY 9

## TREK TO LOBUCHE (4900M)

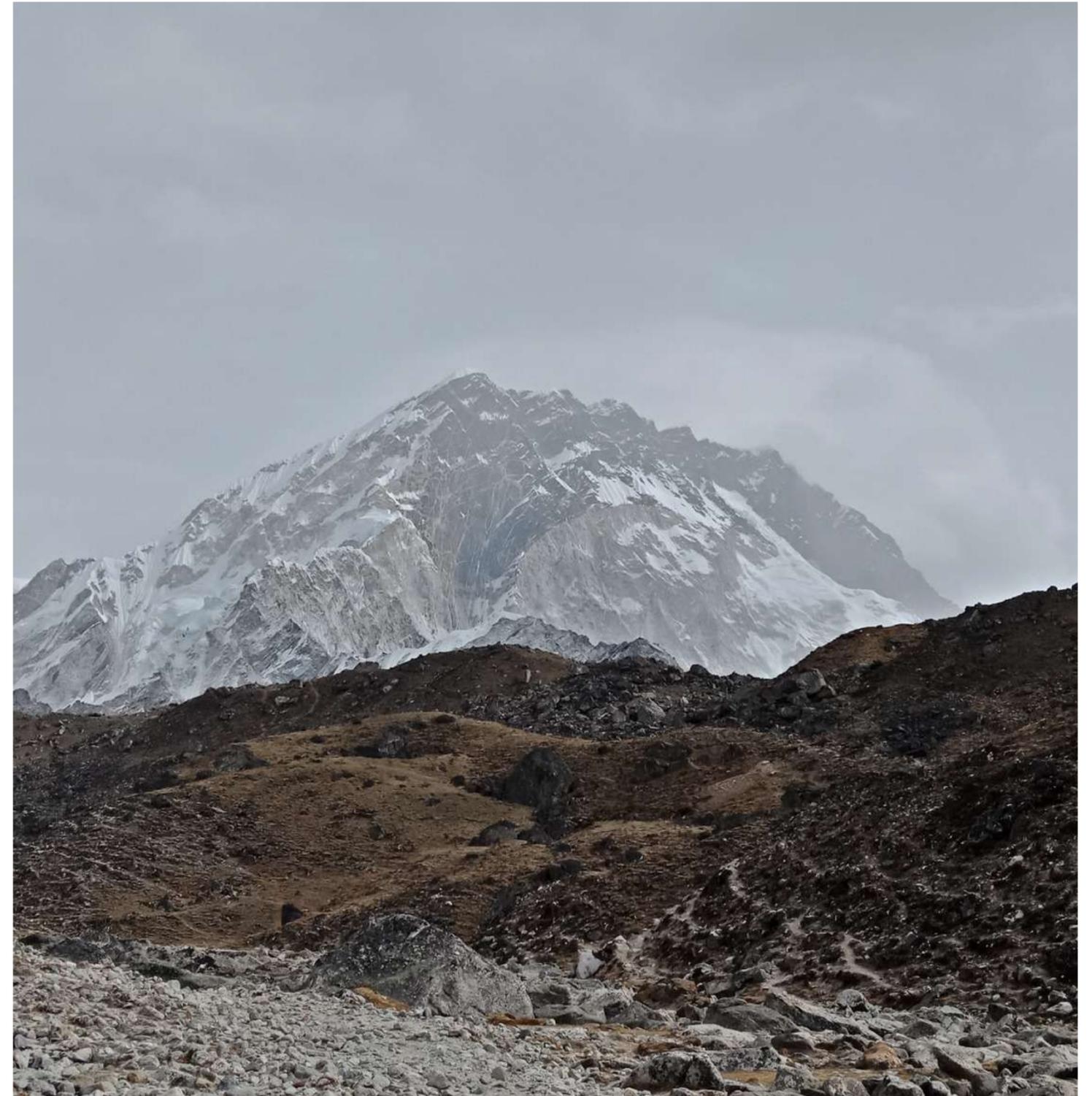
After crossing by some of the teahouses of Dughla, we plod higher onto the pretty risky moraine of the Khumbu glacier, passing a chain of stone monuments built in memory of Sherpas who have died on mountaineering expeditions to Mt Everest. From hereabouts, the trail lowers and goes by the west side of the valley to Lobuche. The sunset on Nuptse from this point is an amazing sight to behold. Overnight at Lobuche



DAY 10

## **TREK TO EVEREST BASE CAMP (5357M) AND BACK TO GORAKSHEP (5100M)**

A real early start is required to reach the Everest Base Camp. It takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. After a brief lunch and rest, we take the trail to Everest Base Camp. Nuptse, Khumbuste and Pumori are the mountains we can view from the base camp. On the return leg, we can take a higher route to get a grand view of the Khumbu icefall and the route to the South Col. We return to Gorakshep for a restful night.



DAY 11

## **CLIMB KALAPATHAR (5545M) FOR SUNRISE (2 HOURS) AND TREK TO PHERICHE (4240M)**

We start at early morning, dark and cold temperature (-10 to -14 C) departure beforehand. Plus there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren, Khumbutse, Changtse tower to the east even as Everest begins to expose itself emerging between the west shoulder crest and Nuptse. once we reach Kalapatthar. From here, we scuttle to climb the rocky outcrop near to the summit marked by cairns and prayer flags. After this we make our way back to Pheriche with a slow descent; for a good night's rest which we truly deserve.



DAY 12

## TREK TO MONJO (2840M)

The trek till Panboche is a combination of a little steep up and a steep down, from there we follow the same trails as walked before. A steep descent from Namche Hill leads to Monjo. Upon this juncture, we are out of the Sagarmatha National Park after exiting from its official entrance near Monjo and finally reach Monjo Village. Monjo is comparatively a quieter place to stay than Namche.



DAY 13

## TREK TO LUKLA (2800M)

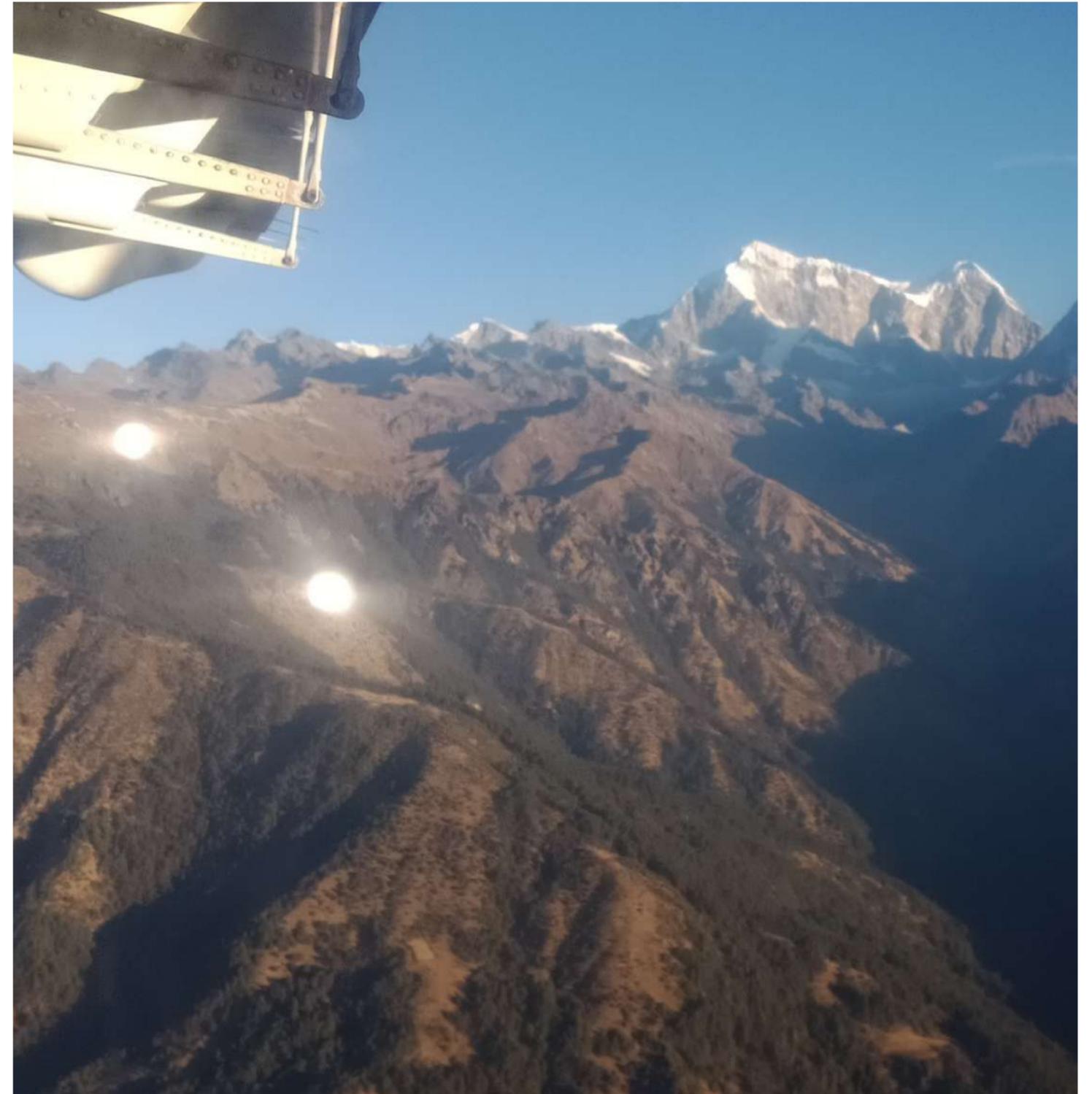
Today, we are traveling the same route down, we enjoy completely different views. We snap a mixture of open plains, rhododendron and pine forests, and in the distance snow covered peaks. Upon arrival in Lukla, we have plenty of time to relax, stretch those aching legs, and recall the experiences of the last couple of days. our guid will re-confirm our flight ticket. In the evening, we enjoy last dinner with our crew and make it a party night which calls for a celebration.



DAY 14

## **FLY FROM LUKLA TO KATHMANDU**

Today, after a hale and hearty b/fast, we fly back to Kathmandu after our long mountain journey. The early morning flight drops us in Kathmandu. We can rest and relax throughout the day at our hotel or visit some nearby shops or venture out in Thamel for typical Nepalese goods.



DAY 15

**DEPARTURE OR  
IF YOU HAVE  
MORE DAYS IN  
HANDS, WE WILL  
ARRANGE YOU  
SIDE TRIPS.**

Our office team will have a vehicle on standby to take you to the airport for your flight home. If you prefer to stay longer, you can go for short tours that could be a game drive at National parks, or wild water rafting, maybe a Tibet tour, or even a thrilling mountain bike ride through some of Nepal's urban trails etc. at Travel Maker South Asia, it was an honour to serve you and we do look forward to meeting you sometime again. We would like to wish you a safe journey home!!! Thank you for visiting our beautiful country Nepal.

# There are More to Go

## ADVENTURE

Mountaineering  
Rock Climbing  
Paragliding  
White Water Rafting  
Bungie Jumping  
Jugle Safari

## TOUR

City Tour  
Pokhara  
Chitwan  
Lumbini  
Janakpur

## PILGRIMAGE

Mt. Kailash,  
Pashupatinath  
Muktinath, Lumbini,  
Janakpur

## LOCAL FACTORY TOUR

Small and cottage  
industries in Kathmandu,  
its surrounding and entire  
Nepal

## ■ FOR RAIN:

poncho or rain coat, both you and your backpack, extra plastic bags to make sure imp. stuffs are extra protected.

## ■ FOR SUN:

UV protective sun glass, hat, suns cream

## ■ FOR COLD:

sleeping bag, winter jacket, termocot suit, gloves

## ■ FOR WALK:

Some foods on the go, Trekking stick, A good pair of walking shoes, trekking shoewater bottle (1.5 liter)

## ■ PERSONAL STUFFS:

Some foods on the go, trekking stick, water bottle (1.5 liter)

# TREK GEAR CHECK LIST

Above itinerary can be tailored upon discussion.  
Kindly let us know whether you would like to make a shorter or longer trek. We will follow accordingly.

**Wishing you a Best Trip to  
the Mountain**

NAMASTE



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