LILAWATI TOUR N TRAVELS

**About Everest Base Camp Treks.**

**Nowhere in the world is more spectacular than in the Everest region. It is where four of the world's six tallest peaks Mt. Everest, Mt. Lhotse, Mt. Makalu, and Cho Oyu rise above everything else, crowning the towering ridges that straddle the forbidding Himalayans. The Everest Base Camp trek is the grandest walk in the land of the Himalayas. Trekking through the Everest region offers astounding mountain views, and opportunities to get a glimpse into the life of world famous climbers (the Sherpas). The trek further offers the opportunities to go sightseeing around Sagarmatha National Park, a world heritage site that is home to a variety of Himalayan floras and faunas, to get a closer look at the highest Buddhist monasteries in the world, and, of course, the most gratifying of them all, the trip to Everest Base Camp itself. It is an opportunity to embark on an epic journey that Sir Edmund Hillary and Tenzing Norgay set off on in 1953. But nothing beats the thrill and sense of accomplishment that grips travelers on seeing the power and grace of the mighty Everest up close**

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**Everest Base Camp Trek 15 Nights 16 Days**

**Itinerary Detail**

| **Day 01:** | **Kathmandu at arrival** | | | | | |  | |
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| Arrive at Kathmandu, Tribhuvan International Airport, and Adventure Himalayan representative will pick you up and transfer to your hotel. After refreshment, you will be short briefed about your tour by our guide or tour leader.  If you have any questions or doubts about your trip should be asked and clarified at this time. Overnight stay at hotel. | | | | | | | | |
| **Day 02:** | **Kathmandu Sightseeing Tour** | | | | | | **(B)** | |
| After breakfast then leave for Kathmandu city sightseeing tour. Our English speaking tour guide will be escorting to your entire tour and he will try to give you full taste of our culture, heritage and local people. In our sightseeing tour we go to Pashupatinath Temple, Swayambhunath Stupa and Patan Durbar Square.  **Pashupatinath Temple:** Pashupatinath Temple is one of the most significant Hindu temples of lord Shiva in the world. It is located on the banks of the Bagmati River in the eastern part of Kathmandu. Pashupatinath Temple is the oldest Hindu temple in Kathmandu. Pashupatinath Temple's existence dates back to 400 A.D. The richly-ornamented pagoda houses the sacred linga or holy symbol of Lord Shiva. The temple is of the Nepalese pagoda style of architecture. All the features of pagoda style are founded here like cubic constructions, beautifully carved wooden rafters on which they rest (tundal). The two level roofs are of copper with gold covering. It has four main doors, all covered with silver sheets. This temple has a gold pinnacle, (Gajur), which is a symbol of religious thought. The western door has a statue of large bull or Nandi, plated in bronze. The deity is of black stone, about 6 feet in height and the same in circumference. Inside the temple it is a narrow ambulatory around the sanctum. The sanctum contains a one-meter high linga with four faces (chaturmukha) representing Pashupati, as well as images of Vishnu, Surya, Devi and Ganesh. Pashupati Temple's extensive grounds include many other old and important temples, shrines and statues. South of the temple, for instance, is Chadeshvar, an inscribed Licchavi linga from the 7th century, and north of the temple is a 9th-century temple of Brahma. On the south side of Pashupati temple is the Dharmashila, a stone where sacred oaths are taken, and pillars with statues of various Shah Kings. In the northeast corner of the temple courtyard is the small pagoda temple of Vasuki, the King of the Nagas. Vasuki has the form of a Naga (mythical snake) from the waist upwards, while the lower parts are an intricate tangle of snakes' bodies. According to local belief, Vasuki took up residence here in order to protect Pashupati. One can often see devotees circumambulating and worshipping Vasuki before entering the main sanctum.  **Swayambhunath Stupa:**  Swayambhunath is among the oldest religious sites in Nepal. It is situated 6.5 kilometer west of Kathmandu. It is also known as the Monkey Temple as there are holy monkeys living in the north-west parts of the temple. It is probably the most sacred among Buddhist pilgrimage sites. The stupa has Buddha's eyes and eyebrows painted on. Between them, there is something painted which looks likes the nose - but is the Nepali symbol of 'unity', in the main Nepali language dialect. There is a large pair of eyes on each of the four sides of the main stupa which represent Wisdom and Compassion. Above each pair of eyes is another eye, the third eye. It is said that when Buddha preaches, cosmic rays emanate from the third eye which act as messages to heavenly beings, so that those interested can come down to earth to listen to the Buddha. The hellish beings and beings below the human realm cannot come to earth to listen to the Buddha's teaching; however, the cosmic rays relieve their suffering when Buddha preaches. There are carvings of the Panch Buddhas (five Buddhas) on each of the four sides of stupa. There are also statues of the Buddhas at the base of the stupas. Panch Buddhas are Buddha in metaphorical sense in Tantrayana. They are Vairochana (occupies the center and is the master of the temple), Akshobhya (faces the east and represents the cosmic element of consciousness), Ratna Sambhava (faces the south and represents the cosmic element of sensation), Amitabha (He represents cosmic element of Sanjna (name) and always faces the West) and Amoghsiddhi (He represents the cosmic element of conformation and faces the north).  **Patan Durbar Square:** Patan Durbar Square is situated at the centre of Lalitpur city. It is one of the three Durbar Squares in the Kathmandu Valley, all of which are UNESCO World Heritage Sites. One of its attractions is The Ancient Royal Palace where Malla Kings of Lalitpur resided. Patan is one of the oldest know Buddhist City. It is a center of both Hinduism and Buddhism with 136 bahals or courtyards and 55 major temples. Most of these structures are in the vicinity of the Durbar Square. The Durbar Square is a marvel of Newa architecture. The Square floor is tiled with red bricks. There are many temples and idols in the area. The main temples are aligned opposite of the western face of the palace. The entrance of the temples faces east, towards the palace. There is also a bell situated in the alignment beside the main temples. The Square also holds old Newari residential houses. There are various other temples and structures in and around Patan Durbar Square build by the Newa People.  **Note:** we can provide any language speaking guide on your request | | | | | | | | |
| **Day 03:** | **Fly From Kathmandu to Lukla (2886m) and Trek to Phakding (2640m)** | | | | | | **(BLD)** | |
| Fly from Kathmandu to Lukla (2886m.) which takes approximately 30 minutes and trek from Lukla to Phakding (2640m.) which takes three hours. You transfer to the domestic airport for your flight to Lukla. It is a small town with an airport. There are few tea shops, lodges, hotels and general stores. You begin today’s trek from Lukla following a gentle climb up the mountainside on the left bank of the Dudh Koshi. Nupla (5885m) can be seen in the distance on the opposite bank, is a peak atop the Kongde Ridge. You descend a mountainside path that merges into your route to Everest, with views to a valley to your right; and at its far end, Kusum Kang (6367m.) The Dudh Kosi approaches as you pass a Mani wall and arrive at Ghat teahouse. You continue along a small path with many climbs and descents following the left bank of Dudh Koshi to Phakding. Overnight in Trekking Lodges | | | | | | | | |
| **Day 04:** | **Trek from Phakding to Namche Bazaar (3440m)** | | | | | | **(BLD)** | |
| Trek from Phakding to Namche Bazaar (3440 m.) which takes about five hours. This day you trek and cross the river on high suspension bridges. Beyond Monjo (2800m.) is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve this fragile mountain environment. You then ascend quite steeply to Namche and along the way, if the weather is clear, catch a first glimpse of Mt Everest in the distance. You can also enjoy the view of Mt. Kusum Kangaru, Thamserku, Konde-Ri and Tawache peak. You can also visit some of the village monasteries on the way of trekking to Namche Bazaar (3440 m.). Namche is the main trading village in the Khumbu region and holds a busy Saturday market. There is set a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have reached there by crossing the glaciated Nangpa La. Overnight in Trekking Lodges | | | | | | | | |
| **Day 05:** | | **Rest at Namche Bazaar for acclimatization** | | | | **(BLD)** | | |
| Rest at Namche Bazar for acclimatization and excursion around the places. Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops as well as a magnificent outlook. It is an ideal place to spend a rest day for acclimatization at the high altitude before heading off towards Tyangboche. For the acclimatization you walk up to Khunde Hospital which was set-up by Sir Edmund Hillary, or an hour walk up to the Tyangboche (3800m.) where Everest View Hotel is situated above Namche for the outstanding view of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. There are also good views from the National Park Centre and Museum just above the town. Overnight in Trekking Lodges | | | | | | | | |
| **Day 06:** | | **Trek from Namche Bazaar to Tyangboche (3867 M)** | | | | **(BLD)** | | |
| Trek from Namche Bazaar to Tyangboche which takes about five hours. Leaving the village you climb to the top of a ridge and level mountain path that offers an excellent panorama of Thamserku, Kantega, and Kusum Kangrib. After a gentle descent the mountain path ends; you will come to the fork leading to Gokyo. You descend past two tea houses through the village of Trashinga. It is a long climb to Tyangboche; the first half is especially steep. As you trek through the forested zone, the incline eases and a panoramic view of Everest, Lotse, Nuptse and Ama Dablam appears. You continue climbing the mountainside diagonally until you reach to the stone gate built by lamas which marks your entry into Tyangboche (3860m). You spend the night at the lodge | | | | | | | | |
| **Day 07:** | | **Trek from Tyangboche to Dingboche (4260 M)** | | | | | **(BLD)** | |
| Trek from Tyangboche to Dingboche which takes approximately five hours. Now you leave Tyangboche and the Khumbu mountains as a backdrop-and descend a rhododendron covered area to come at a pleasant level area. Ascend the mountain path while looking up at Ama Dablam and Kantega (6779m) as they appear on the opposite bank. Climb the chorten-lined route, come to a fork, the upper path passes Pangboche and a monastery, take the lower route to Pangboche Olin and its stone wall-enclosed potato field. Go through the village and cross a stream to a path skirting a rocky area to terraced hills along the riverbank. The trails climb gently winding above the Imjatse River, to a big Mani Stupa. From here, the walk is fairly moderate as you enter the Imjatse Valley beneath the mighty peaks of Ama Dablam, Nuptse and Lhotse with views of the eastern snow capped mountains including the Island Peak or Imjatse (6,189m). Dingboche is a beautiful patchwork of fields enclosed by stone walls protecting the crops of barley, buckwheat and potatoes from the cold winds and grazing animals. You can stay overnight at a lodge. | | | | | | | | |
| **Day 08:** | **Rest day at Dingboche (4260 M) for acclimatization** | | | | | | | **(BLD)** |
| You rest at Dingboche for acclimatization. There are some outstanding views of the North face of Ama Dablam and the Lhotse-Nuptse ridge as you explore this beautiful valley that leads up to Island Peak. From here you can enjoy the breathtaking view of Island peak, Ama Dablaml, Makalu, Tawoche peak and others. You can stay overnight at a lodge. | | | | | | | | |
| **Day 09:** | **Trek from Dingboche to Lobuche (4930 M)** | | | | | | | **(BLD)** |
| Trek from Dingboche to Lobuche which takes about five and half hours. The trek follows a downward path to Pheriche village. Today's walk offers views of the Mt.Tawache, Ama Dablam and to the north-Pokalde (5741m), Kongma-tse (5820m) and the great wall of Nuptse. After two hours walk, the trail from Pheriche joins near Dugla (4595m) before a small wooden bridge over the river of Khumbu glacier. After a short break at Dugla, continue trekking up to Lobuche, hidden and sheltered from the wind. You can stay overnight at a lodge.  everst base camp 2.jpg | | | | | | | | |
| **Day 10:** | **Trek from Lobuche to Everest Base Camp via Gorakshep (5180 M)** | | | | | | | **(BLD)** |
| Trek from Lobuche to Everest Base Camp (5486m.) via Gorakshep (5180m.) which takes about seven hours. Climb up the valley following the rocky moraine path, view icy glacial ponds and icebergs down below of the Khumbu glacier. After the last rocky moraine dunes, a short downhill walk brings you to Gorakshep, the flat field below Kala Patthar (5545m) and Mt. Pumori (7145m.) Gorakshep is the location of the original Everest Base Camp with the new camp being further up the valley. Now the trail winds through a rocky path and the Khumbu glacier. After some moments, you retrace your steps back passing through the Khumbu glacier with panoramic views of Lobuche, Cholatse, Mt. Pumori and Tabuche. You can stay overnight at a lodge. | | | | | | | | |
| **Day 11:** | **Trek from Gorakshep to Kala Patther (5545M) & Pheriche (4243 M)** | | | | | | | **(BLD)** |
| You take an early morning climb to Kala Patthar (5545m.) and enjoy the breathtaking view of sunrise. From Kala Patthar you can have a glimpse of Mt. Everest and many other mountain peaks like Mt. Pumori, Mt. Lingtren, Mt. Khumbetse, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam, Mt. Thamserku and many more peaks. Also here is the Himalayan Rescue Association Aid Post and foreign volunteer doctors are available here most time of the year to provide medical treatment to trekkers as well as the local people. You can stay overnight at a lodge. | | | | | | | | |
| **Day 12:** | **Trek from Pheriche to Tyangboche (3867 M)** | | | | | | | **(BLD)** |
| Trek from Pheriche to Tyangboche which takes approximately four hours. An easier descent passing through rhododendron forest and continue walking to Tyangboche. It is a small village with a famous monastery offering you excellent views of Ama Dablam, massive green hills and river views. You can stay overnight at a lodge. | | | | | | | | |
| **Day 13:** | **Trek from Tyangboche to Namche Bazaar (3440 M)** | | | | | | | **(BLD)** |
| Trek from Tyangboche to Namche Bazaar which takes about four and half hours. The walk from Tyangboche is mostly downhill on the main busy trail with a few steep climbs for an hour from the bridge at Phungitenga, near to Shanasha. The walk to Namche is very beautiful on a long winding path. On the way you will visit traditional villages of Khumjung and Khunde. From Khumjung village another 30 minutes walk brings you to the village of Khunde, where you can visit the Khunde Hospital funded by Sir Edmund Hillary Trust. After Khunde, a scenic and pleasant walk brings you to Namche for an overnight stay. | | | | | | | | |
| **Day 14:** | **Trek from Namche Bazar to Lukla (2886 M)** | | | | | | | **(BLD)** |
| Trek from Namche Bazaar to Lukla and it takes about five hours. The last day of your trek leads from Namche Bazaar via Monjo to Lukla. En route you can have great views of mountains and picturesque scenery. The trek is pleasant, except for few short uphill climbs and then down to the Bhote-Koshi River crossing it three times. This last evening in the mountains is the best opportunity to organize a farewell party with the Sherpa guides and porters, taste chhang (a purely brewed local beer very popular on the mountains of Nepal) and do a jig to a Sherpa dance. You can stay overnight at a lodge. | | | | | | | | |
| **Day 15:** | **Fly from Lukla to Kathmandu** | | | | **(B)** | | | |
| Fly from Lukla to Kathmandu which takes 30 minutes on returning after the breathtaking experience. You can stay overnight at a Hotel. | | | | | | | | |
| **Day 16:** | **Final Departure** | | | | **(B)** | | | |
| After breakfast you have some free time until to leave the international airport for your final departure. | | | | | | | | |
| **1 person USD 1150**  **2to3 per person USD 1175**  **4 to 6 per person USD 1050**  **7 to 9 per person USD 1025**  **Over 10 pas per person USD 1000** | | | |  | | | | |
| **B= Breakfast L= Lunch D= Dinner** | | | | | | | | |
| **Cost Include** | | | **Cost Exclude** | | | | | |
| | * **>**Airport pickup and drop services on a private vehicle including before and after the trek * **>**3 Night Hotel with bed and beakfast in kathmandu * **>**Kathmandu - Lukla - Kathmandu domestic airline tickets including * **>12 night 13 days treks with** Meals on full board [Breakfast, Lunch and Dinner] during the trek * **>**Accommodation in tea houses / lodges along the trek as per the itinerary * **>**Everest National Park Entry Permit for all members * **>**Trekkers Information Management System [TIMS] registration card * **>E**xperienced English speaking, government licensed and ministry of tourism trained trekking guide with meals, accommodation, salary and insurance * **>** Trekking porter,Porter carry maximum 20 k.g( 1 porter between 2 proson) his meals, accommodation, salary and insurance * **>S**easonal sleeping bag, duffel bag and trekking map ( sleeping bag is to be returned after trip completion) * **>**Daily seasonal fresh fruits as per the availability * Comprehensive first aid medical kit carried by the guide * **>**American Medical Association approved Oximeter to measure your Oxygen and Pulse in high altitude (Imported from USA). Oximeter can be very helpful to measure body conditions in high altitude * **>**Necessary paper works, all government and local taxes * **>**Complimentary welcome or farewell dinner in Kathmandu at a cultural restaurant [optional] * **>**Pre-trip meeting in Kathmandu before the trek * **>**Worst case rescue and medical evacuation arrangements |  | | --- | --- |   **GOOD TO KNOW**Essential Equipment for Trekking in Nepal.  **-Warm backpacking sleeping bag comfort temperature up to -15 degree Celsius. -Comfortable hiking boots. Make sure they are tried and tested before you go. -Spare boot laces. -Lightweight trainers/shoes for wear in lodges. -Waterproof jacket. -Waterproof trousers. -Fleece jacket. -Down jacket. -Fleece/sweater -Light-weight fleece or wool vests. -Long or short-sleeved shirt; often more comfortable to wear than a fleece vest or T-shirt. -Warm hiking trousers. -Underwear. -Warm hat (can be purchased in Kathmandu for a couple of pounds). -Wide rimmed sun hat. -2 – 3 pairs good quality walking socks. -Warm gloves or mitts. -Large rucksack or Duffel bag. (55 to 70 liters) -Rucksack liner or thick bin bag. -Day sack (25 to 40 liters) -Dark sunglasses. -High factor sun-cream. -Lip balm preferably with sun bloc. -Ear plugs. (Walls in lodges are very thin) -Head torch/torch and spare batteries. -1 liter 2 water bottle. -Water purification kit. (On trek you will need to drink 3 – 4 liters of fluids each day) -Toiletries. -Small hand towel. (Do not bring large towel. They are bulky and heavy) -Toilet paper. (You can buy poor quality paper along the route) ……………………………………………………………………………………………………………………………… Non essential but recommended Equipment.**  -Walking or hiking pole(s). -Light-weight windproof jacket. -Neck warmer. -Sleeping bag liner. -Wet wipes -Length of string or para-cord. (12 feet) -Half a dozen clothes pegs. -Safety pins. (For attaching wet washing to rucksack to dry while trekking) -Plastic bags; shop carrier bags. These come in handy for a myriad of uses. -Shorts. -Camera. (Can recharge batteries for a small cost in lodges) -Binoculars. -Book/games/cards etc. -Travel diary. -Hand cleansing gel. -After-sun/moisturizer. | | | * **>International airfare, Nepal visa fees (two passport photographs ), travel and medical insurance, emergency evacuation)** * **>Personal nature expenses (bars and beverage bills, dessert, hot shower, drinking water, telephone, internet, laundry, titbits etc.)** * **>Costs arising from natural calamities, mishaps or anything beyond our control (Costs are not refundable and transferable in any mean if you leave the trek voluntarily and want to return from the trek)** * **>lunch and dinner in kathmandu (also in the case of early returns and late departures not include Hotel and meals)** * **>Services not mentioned in 'Services Includes' section (Please ask us if you are confused about any services)** * **Porter is available at an extra cost** | | | | | |

