

Everest BaseCamp

14 Nights / 15 Days

Day 01: Arrival in Kathmandu (1,300m/4,264ft)

After arriving in Kathmandu, our representative will pick you up from the airport and take you to our hotel. Today we will have welcome dinner hosted by Tibet Holidays in order to introduce your guide and trip briefing.

Accommodation: 3 Star Hotel

Meal: N/A

Day 02: Kathmandu Sightseeing and Trip Preparation

Today after breakfast you will be taken for Kathmandu valley sightseeing. You will have all UNESCO world heritage sites sightseeing including Patan, Baudhanath, Pashupatinath, Darbar Square and Swoyambhunath. Evening short briefing about your further trip.

Accommodation: 3 Star Hotel

Meal: Breakfast

Day 03: Kathmandu - Lukla Flight / Trek to Phakding (2610m / 3 hrs)

After landing we have time to explore the village while our Sherpa crew sort and load our trekking equipment. Then we begin our trek by descending towards the Dudh Kosi River where we join the main trail to Namche Bazaar, located just above Chaunrikharka (2,713 m). The walking is easy. After passing through the small village of Ghat (2,550 m), it is a short walk to Phakding.

Accommodation: Tea House

Meal: Breakfast, Lunch & Dinner

Marcopolo Ecotourism Center

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Day 04: Trek to Namche Bazaar (3,441 m) - 5.5 hours

We continue trekking along the banks of the Dudh Koshi, crossing the majestic river many times on exciting suspension bridges laden with prayer flags. After entering the Sagarmatha National Park, the trail climbs steeply with breathtaking views. Namche Bazaar (considered the 'Gateway to Everest') is home to many quality restaurants, hotels, lodges, shops, money exchange services, internet cafes and bakeries. Namche is the biggest town along the Everest trail.

Accommodation: Hotel or Guesthouse

Meal: Breakfast, Lunch & Dinner

Day 05: Namche Bazaar Acclimatization Day

We will spend a day in Namche Bazaar in order to acclimatize and adjust to the thinning air. We will trek a short distance to a museum that is celebrated for its exhibits of the traditional customs of the Sherpa people. We will also hike up to Syangboche Airport and the Everest View Hotel, one of the highest-placed hotels in the world. From this point, we can see rewarding views of the Himalayas including Mt Everest.

Accommodation: Hotel or Guesthouse

Meal: Breakfast, Lunch & Dinner

Day 06: Trek to Tengboche (3,860 m) - 5 hours

The trek continues along the rushing glacial waters of the Dudh Koshi with magnificent views of the mountains. We'll have trekked to an altitude of 3,860m upon reaching Tengboche. Inside the monastery are incredibly ornate wall hangings, a 20-foot sculpture of Buddha, and the musical instruments and robes of the Lamas. The group will be taken to observe a prayer ceremony either in the evening or in the morning dependent on the day's trek.

Accommodation: Ghesthouse / Tea House

Meal: Breakfast, Lunch & Dinner

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Day 07: Trek to Dingboche (4,350 m) - 5 hours

From Tengboche, the trail drops to Debuche, crosses another exciting suspension bridge on the Imja Khola, and climbs to Pangboche amongst thousands of mani stones. Our uphill trek continues, taking us to the quaint traditional Sherpa village of Dingboche with its exquisite views of Lhotse, Island Peak, and Ama Dablam. We take our time, so we avoid getting affected by the altitude.

Accommodation: Ghesthouse / Tea House

Meal: Breakfast, Lunch & Dinner

Day 08: Acclimatization Hike to Nangkartshang Peak (5,083 m) - 4 hours

This day is planned as acclimatization day. We don't make progress towards Everest Base Camp. Instead we will take a hike to Nangkartshang Peak just above Dingboche. The peak is an excellent view point especially of the gorgeous Ama Dablam. If weather is clear, we will get to see Ama Dablam in its entirety. You can spend the afternoon strolling around the village or resting.

Accommodation: Ghesthouse / Tea House

Meal: Breakfast, Lunch & Dinner)

Day 09: Trek to Lobuche (4,910 m) - 5 hours

Today, the trail continues along the lateral moraine of the Khumbu Glacier and passes by stone memorials for climbers who have perished on nearby summits. We continue to climb as we are heading to the village of Lobuche which is located at the foot of giant Lobuche peak.

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Meal: Breakfast, Lunch & Dinner

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Day 10: Trek to Everest Base Camp (5,365 m) and then Back to Gorak Shep (5,180 m) - 8 hours

This is a big and difficult day walk along the Khumbu Glacier and up to Everest Base Camp at 5,365 m, the closest you can get to Mt. Everest without mountaineering equipment. During spring, there will likely be expedition teams about to attempt the summit. The view of the Khumbu Icefall from Base Camp is spectacular. We return back to Gorak Shep for the night.

Accommodation: Ghesthouse / Tea House

Meal: Breakfast, Lunch & Dinner

Day 11: Morning hike up to Kala Patthar (5,555 m) & descend to Pheriche (4,200 m) - 7 hours

This will be one of the most difficult yet rewarding days of the trek. Most of the morning is spent climbing Kala Patthar, a small peak at 5,555 m. The ascent is demanding but the climber gets the most magnificent mountain panorama – Everest, the highest point on the planet at 8,848 m, towers directly ahead and on all sides loom the giants such as Nuptse, Pumori, Chagatse, Lhotse and countless others. We make a quick descent to Gorak Shep and have a hot breakfast, and then trek down to Pheriche.

Accommodation: Ghesthouse / Tea House

Meal: Breakfast, Lunch & Dinner

Day 12: Trek to Namche Bazaar (3,441 m) - 7 hours

Leaving the mountains behind us, our descent takes us through Pangboche and Tengboche before continuing to the town of Namche Bazaar. We arrive back to Namche in the afternoon.

Accommodation: Ghesthouse / Tea House

Meal: Breakfast, Lunch & Dinner

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Day 13: Trek to Lukla (2,804 m) - 6 hours

This is our last day of trekking as we return to Lukla where the trek began. We enjoy this time to reflect on the trek as a group and the personal achievement of all those who took part. The afternoon is free, so you can wander about, relax and enjoy a hot shower! In the evening, have a few celebratory drinks and dance with your trek mates.

Accommodation: Ghesthouse / Tea House

Meal: Breakfast, Lunch & Dinner

Day 14: Morning Flight from Lukla to Kathmandu

Enjoying the last glimpse of the mountains we have recently visited, the 35 minutes scenic flight takes us back to Kathmandu. On arrival in Kathmandu, we are met and transferred back to our hotel and day time free for shopping or walk around Market/City. Evening Farewell dinner and party for successful journey!

Accommodation: 5 Star Hotel

Meal: Breakfast, Lunch & Dinner

Day 15: Final Departure

Today you are free until your airport reporting time. Then drop off to airport for final departure to your Home. See you again with Happy memories!!

Accommodation: N/A

Meal: Breakfast

***** **End of the Trip** *****

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