



ADVENTHRILL: Mountaineering, Trekking & Outdoors
+91-9808444432 | info@adventhrill.com | www.adventhrill.com

Everest Base Camp Trek

Duration: 18 Days

Difficulty Standard: Medium

Accommodation: Tea House

Transportation: Car/Van/Domestic Flight

Best Season: April/May – October/November

Walking per day: About 4-6 hrs

Trip Highlights: Scenic flight to Lukla; Sherpa home town; Monasteries; amazing view of Mt. Everest, Lhotse, Nuptse, Amadablam, Thamserku, Views of Khumbu Ice - Fall, Tengboche Monastery, Everest Base Camp, Kalapatthar and so on.

OUTLINE ITINERARY

Day	Plan
1.	Arrival in Kathmandu and transfer to hotel and briefing about the trek
2.	Free Day in Kathmandu
3.	Free Day in Kathmandu
4.	Early in the morning fly to Lukla (2804m) and trek to Phakding (2623m)
5.	Trek to Namche (3440m)
6.	Hike to Syangboche(3753m) and back to Namche (3440m)
7.	Trek to Tengboche (3867m)
8.	Trek to Dingboche (4530m)
9.	Rest day at Dingboche
10.	Trek to Lobuche (4930m)
11.	Trek to Gorakshep (5264m) further trek to EBC(5364m) and back to Gorakshep
12.	Early in the morning hike to Kalapathar (5545m) and back to Pheriche (4280m)
13.	Trek back to Tengboche (3867m)
14.	Trek back to Monjo (2850m)
15.	Trek back to Lukla (2623m)
16.	Fly out from Lukla to Kathmandu
17.	Free day in Kathmandu
18.	Departure from Kathmandu

Total Cost of Everest Base Camp Trek is INR 1,15,000 per person based.





ADVENTHRILL: Mountaineering, Trekking & Outdoors
+91-9808444432 | info@adventhrill.com | www.adventhrill.com

Services Details

COST INCLUDES

- ✓ All airport/hotel transfers
- ✓ 5 nights hotel in Kathmandu on twin sharing basis with breakfast
- ✓ Kathmandu-Lukla-Kathmandu flight and departure taxes
- ✓ Food and Accommodation during trekking on full board basis (Breakfast, Lunch & Dinner)
- ✓ An experienced English speaking trekking guide, assistant guides and porters to carry luggage including their salary, insurance, equipment, flight, food and lodging
- ✓ All necessary paper works (National Park Fee and Trekking Permit)
- ✓ Trekking duffel bag, cap and trekking map
- ✓ Boiled water
- ✓ Travel and rescue arrangements
- ✓ Special farewell dinner in Nepali restaurant with cultural show

COST EXCLUDES

- International air fare
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain(due to any reason) than the scheduled itinerary
- Personal trekking gear
- Meals in Kathmandu except breakfast and farewell dinner
- Alcohol and Beverages during the trek and climbing season
- Personal expenses (phone calls, laundry, bar bills, battery recharge, shower etc.)
- Emergency Medical Evacuation Cost
- Tips for guides and porters

