

Everest Base Camp and Kalapathar Trek – 15 Days



View from Kalapathar

Outline Itinerary

Day 01: Arrival In Kathmandu & Preparation For The Trek (4,265 Ft)

Accommodation: Yatri Suites and Spa

Day 02: Fly To Lukla (9,318 Ft) Then Trek To Phakding (8,563 Ft)

Distance: 40 min flight and 3 – 4 hours trek (8 km)

Included meals: Breakfast, Lunch, and Dinner

Accommodation: Mountain Resort

Day 03: Phakding To Namche Bazaar (11,286 Ft)

Distance: 5 – 6 hours trek (11 km)

Included meals: Breakfast, Lunch, and Dinner

Accommodation: Hotel Namche



Day 04: Namche Bazaar (1st Acclimatization/Rest Day)

Distance: (Optional) Hike 2 hrs up to Syangboche and 1 hr return to Namche

Included meals: Breakfast, Lunch, and Dinner

Accommodation: Hotel Namche

Day 05: Namche Bazaar To Tengboche (12,664 Ft)

Distance: 5 – 6 hours trek (10 km)

Included meals: Breakfast, Lunch, and Dinner

Accommodation: Tashi Delek Lodge

Day 06: Tengboche To Dingboche (14,469 Ft)

Distance: 5 – 6 hours trek (9 km)

Included meals: Breakfast, Lunch, and Dinner

Accommodation: Hotel Countryside

Day 07: Dingboche (2nd Acclimatization/Rest Day)

Included meals: Breakfast, Lunch, and Dinner

Accommodation: Hotel Countryside

Day 08: Dingboche To Lobuche (16,109 Ft)

Distance: 5 – 6 hours trek (11 km)

Included meals: Breakfast, Lunch, and Dinner

Accommodation: Himalayan Eco Resort

Day 09: Lobuche To Gorak Shep (16,864 Ft): Visit Everest Base Camp (17,651 Ft)

Distance: 7 – 8 hours trek (13 km)

Included meals: Breakfast, Lunch, and Dinner

Accommodation: Everest Inn



Day 10: Gorak Shep To Kala Patthar (18,209 Ft) To Pheriche (13,911 Ft)

Distance: 8 – 9 hours trek (16 km)

Included meals: Breakfast, Lunch, and Dinner

Accommodation: The Edelweiss

Day 11: Pheriche To Namche Bazaar (11,286 Ft)

Distance: 6 – 7 hours trek (20 km)

Included meals: Breakfast, Lunch, and Dinner

Accommodation: Hotel Namche

Day 12: Namche Bazaar To Lukla (9,318 Ft)

Distance: 7 – 8 hours trek (19 km)

Included meals: Breakfast, Lunch, and Dinner

Accommodation: Lukla Nombur Hotel

Day 13: Lukla To Kathmandu (4,265 Ft)

Distance: 40 min flight

Included meals: Breakfast and Farewell Dinner

Accommodation: Yatri Suites and Spa

Day 14: Reserve Day In Kathmandu

Included meals: Breakfast

Accommodation: Yatri Suites and Spa

Day 15: Final Departure

Included meals: Breakfast



Total Trip Cost:

USD 1890 per person (Price is based on twin sharing basis)

Price Includes:

- ✓ All airport transfers
- ✓ Deluxe 3-star hotel with breakfast, 3 nights in Kathmandu
- ✓ Standard & comfortable, clean & hygienic teahouse accommodation during the trek
- ✓ All accommodations on twin-sharing basis (Single supplement available)
- ✓ Breakfasts in Kathmandu, full board meals during the trek (breakfast/lunch/dinner + fruits, desserts and tea/coffee)
- ✓ Guided excursions with local, fully trained, certified, English speaking professional trek leader,
- ✓ Sherpa porters for carrying luggage.
- ✓ Staff salary, insurance, equipment, flight, food and accommodation
- ✓ All ground transportation in comfortable private vehicle(s)
- ✓ Round trip domestic flights from Kathmandu to Lukla to Kathmandu
- ✓ Down jacket, four seasonal sleeping bag, duffel bag, T-Shirt, and trekking map (down jacket and sleeping bag are to be returned after the trip)
- ✓ A comprehensive medical kit
- ✓ All necessary paperwork and permits (National park permit)
- ✓ All taxes payable to central and state governments
- ✓ Environment management fees
- ✓ Farewell dinner

What's Not Included:

- ✗ Nepal Visa fee (bring accurate USD cash and two passport photographs)
- ✗ Extra night accommodation, if required (in Kathmandu)
- ✗ Lunch and dinner in Kathmandu
- ✗ Any optional activities other than above included the ones during the free time
- ✗ International flights
- ✗ Travel and rescue insurance
- ✗ Tips for staff
- ✗ Services not mentioned in the 'Trip Cost Included' section
- ✗ Personal expenses such as phone calls, laundry, bar bills, battery recharge, extra porters, bottled or boiled water, shower etc.
- ✗ Lodging and dining in Kathmandu, in case of early arrival than the scheduled date from the trek

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Group at Everest Base Camp

We look forward to organizing wonderful trip for you.