

## The details of the itinerary

A Once-in-a-lifetime journey trekking through the Mountain of Nepal, Including Sightseeing of Local village and, of course, majestic Mount Everest. An incredible bucket-list adventure-11 days trekking through Himalaya in Nepal

Duration: 11N/12days trek and 4 night hotel in Kathmandu=15N/16D

Start: Kathmandu

Ending: Kathmandu

Trip area: Everest Base Camp Trekking

### Day 01

Arrival and transfer to Hotel Thamel or similar

Meals: No meals

### Day 02

Leisure day in Kathmandu-Trek preparation day

Meals: Breakfast

### Day 03

Kathmandu-Lukla and trek to Phakding 4hrs/8km. Overnight at Guest House. 2620m.

Morning fly to Lukla (135Km) and begins the trek through the Tamang and Sherpa village. Lukla has mostly inhabited my Sherpa tribes. The trail goes gradually down and flat and easy to Phakding.

Meals: Full board

### Day 04

Phakding-Namche Bazaar 5 hrs/12km. Overnight at Guest House (3440m).

You are approaching the Himalaya closely. Viewing all mountain and pine forest and following the yak take you to Namche Bazar. On the way, you will have the first encounter of Mount Everest, Amadablem, Thamserku and many more.

Meals: Full board plan

### Day 05

Rest day in Namche for acclimatization-6km

Optional hike to Thame/Khumjung Monastery/Everest View Hotel. Overnight at Guesthouse.

Meals: full board plan

### Day 06

Namche-Trek to Tengboche 5hrs-11km. Overnight at guest House 3680m.

Trek begins very easily first part then the trail goes downhill to Phunki Tanga on the riverside. From here the Buddhism was introduced into the Khumbu valley. Then ascend about 800m to Tengboche through the pine forest.

Meals: Full board plan

### Day 07

Tengboche- Trek to Dingboche 5hrs-13km. Overnight at Guest House 4400m.

Tengboche is the best place to view Mount Everest, Amadablam, and Thamserku in the back. Tengboche monastery is another attraction of the tourist so GAT staffs take you there in the morning to participate for Puja and descend through the Rhododendron forest. Walking through pastureland and outlook the giant mountain range towards Chhukung valley.

Meals: Full board plan

#### Day 08

Dingboche Exploration day-Optional hike to Chhukung valley-5km.

Meals: Full board plan

#### Day 09

Dingboche -Lobuche 5hrs-12km. Overnight at Guest House

As we are walking in high altitude area so we are trekking like a slog. When we cross the small river in Dhukla the path goes steeply up to Lobuche. You visit Chorten, Mane stone and all panoramic view of above eight thousand meters mountain. Overnight at Guesthouse.

Meals: Full board plan

#### Day 10

Lobuche-Gorekshep 3hrs Overnight at Guest House 5100m-6km. Hike to Everest Base Camp-4+4km

You are on the lap of the Himalayan range. Gorek shep is the initial base camp of Everest. Until 1950s climber set their camp at this place. Hiked up to Everest base camp and back to lodge. Overnight at Guesthouse.

Meals: Full board plan

#### Day 11

Gorekshep-Pheriche Overnight at Guest House 4110m-6hrs/15km

Early morning start your trip to Kala pathar (2km+2km) for amazing sunrise at the closest proximity of Lhotse and Mt. Everest and on the button, you will view the biggest Khumbu glacier. After breakfast trek to Pheriche for your comfort overnight.

Meals: Full board plan

#### Day 12

Pheriche-Namche 6hrs/17km.Overnight at Guest House

Walking through the wide valley offers you the great views of Himalaya and takes your time to visit the giant Sherpa village and monastery along the way to Namche Bazar. You might see the Trans Himalayan Market in Namche Bazar on Saturday, overnight at Guesthouse.

Meals: Full board plan

#### Day 13

Namche Bazar - Lukla 6hrs/20km.Overnight at Guest House

Even though you are trekking back same trails but a lot of different views and Sherpa village will keep your mind busy. Overnight at Guesthouse.

Meals: Full board plan

#### Day 14

Lukla-Morning fly back to Kathmandu (30 minutes) transfer to your hotel, Hotel is included

Meals:Breakfast

#### Day 15

Leisure day in Kathmandu, wellness day

#### Day 16

Kathmandu -departure

After having breakfast in Hotel we transfer to Kathmandu International airport for final departure.