



## Everest Base Camp



### Introduction

Everest base camp trek. "The adventure of a lifetime, a journey" Without a doubt, one of the most renowned travel destinations in the world. For adventure travelers an exciting opportunity to be at the foot of the world's highest mountain – Mount Everest (8,848m/29,029ft) and World Heritage Site as well. Those whose dreams soar higher than even the clouds. Miles from cars, conveniences, and daily luxuries, you'll saturate your spirit in natural beauty and stretch your personal endurance beyond what you thought possible. The path begins in ancient Kathmandu, where you'll acclimate and explore the city at your leisure while anticipating your ascent. Your trek to Everest Base Camp at 5,364m (over 3.5 miles!) to the base of the world's tallest mountain will bring you over suspension bridges spanning chasms of thin air, through hidden Buddhist monasteries, and into the heart of the warm, rugged Sherpa culture. With a climb of Kala Pattar (5,545m/18,187ft), you will observe the incredible panoramic view of Mount Everest surrounded by adjoining mountains. The specialty of the Kala Pattar is to serve you the closest view of, Mt Everest (8,848m/29,028ft), Lhotse (8,516m/24,940ft), Nuptse (7,855m/25,772ft), Makalu (8,463m/27,758ft), Pumori (7,161m/23,488ft), Tharmarsarku (6,623m/21,723ft), Mt. Amadablam (6,812m/22,349.08ft) and many more...

### Facts

- Altitude: 5448m<
- Duration: 14 days
- Grade: Moderate to adventurous

- Group: 2 - 15
- Country: Nepal
- Best Season: March-May and Sept-Nov (Spring/Autumn)
- Start/Ends: Lukla/Lukla
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

## Highlights

- Scenic flight to and from Lukla
- Explore Sherpa museum in Namche Bazar
- Panoramic view from Syangboche
- Experiencing life as the "mountain people" live, in the heart of Himalaya
- Visit Tyangboche Monastery
- Remarkable views of Khumbu Ice fall
- Climbing Kalapatthar at elevation of 5,555m
- Spectacular Mt. views from Kalapatar

## Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Fly to Lukla ; Trek to Phakding (2650m/8693ft) 3 hrs walking. Meal includes:Breakfast/Lunch/Dinner
- **Day 3** : Trek to Namche Bazaar (3440m/11283 ft) 6 hours walking. Meal includes:Breakfast/Lunch/Dinner
- **Day 4** : Namche Acclimatization & Rest Day (3440m/11283 ft), 3 hours of acclimatization Hike. Meal includes:Breakfast/Lunch/Dinner
- **Day 5** : Trek to Tengboche or Deboche (3870m/12693ft), 5 hours walk. Meal includes:Breakfast/Lunch/Dinner
- **Day 6** : Trek to Dingboche (4410m/14465ft), 5 hours of walking. Meal includes:Breakfast/Lunch/Dinner
- **Day 7** : Dingboche- Rest Day, (4410m/14465ft) 2/3 hours of acclimatization Hike. Meal includes:Breakfast/Lunch/Dinner
- **Day 8** : Trek to Lobuche (4910m/16105ft) 5 to 6 hours of walking. Meal includes:Breakfast/Lunch/Dinner
- **Day 9** : Trek to Gorak Shep (5364m/17762ft) and then to Everest Base Camp (5364m) and back to Gorak Shep 5/6 hours. Meal includes:Breakfast/Lunch/Dinner
- **Day 10** : Trek to Kala Patthar (5555m/18225ft) and back to Periche 4240m (4910m/16105ft) 6 hours of Walking. Meal includes:Breakfast/Lunch/Dinner
- **Day 11** : Trek to Phortse 3842m, 6 hours of walking. Meal includes:Breakfast/Lunch/Dinner
- **Day 12** : Trek to Monjo 2825m 5 hours of walking. Meal includes:Breakfast/Lunch/Dinner.
- **Day 13** : Monjo to Lukla. Meal includes:Breakfast/Lunch/Dinner.
- **Day 14** : Fly to Kathmandu (1350m/4428 ft), 35 minute flight. Meal includes:Breakfast/Dinner.
- **Day 15** : Departure day from Kathmandu (1400m). Meal includes:Breakfast

**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- Airport pickups and drops in a private vehicle as per group size.
- 3-star hotel accommodation in Kathmandu with breakfast
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- Teahouse accommodation during the Everest base camp trek
- 3 times meals (breakfast, lunch and dinner) during the trek
- All ground transportation on a comfortable private vehicle as per the itinerary
- City tour in Kathmandu around historical monuments and world's heritage sites by city guide.
- Highly experienced, English-speaking and government-licensed trek leader and assistant trek leader (5 trekkers: 1 assistant guide)

- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- Porter service (2 trekkers: 1 porter)
- Staff wages, insurance, equipment, domestic airfare, food and accommodation
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- Medical kit (carried by your trek leader)
- All government and local taxes
- Welcome and farewell dinners

## Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

## Why we don't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climb Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions in full arrangement package and basic arrangement service (full board or base camp service) which differ the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in \_\_\_\_\_ or login to \_\_\_\_\_ for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Nepalese visa fee
- Excess baggage charge(s)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide, Porter's and supporting crew.

