

Everest Base Camp Trekking
13 Nights 14 Days
2022



Detailed Itinerary

Day: 01 Arrival at Kathmandu.

You will be welcomed by our staff standing with your name-card in the airport arrival terminal and transferred to your hotel by the private vehicle. There will be a small meeting about the trip in the evening.

Hotel on BB (Bed and Breakfast) | Private Vehicle

Day 02: Flight to Lukla and trek to Phakding (2,653m/8,700ft) 3 hrs

Wake up early before 4AM. Enjoy your breakfast and get ready to go to airport after checking out for your flight to Lukla. After a 45 minutes long flight you will be trekking to Phakding which will be around 3 to 4 hours trek. Upon reaching relax enjoy your dinner and stay overnight.

Local Guest Houses on MAP (Bed and Breakfast and Dinner)

Day 03: Trek to Namche Bazaar (3,440 m/11,280ft) 6 hrs

On the third day after your early breakfast, relax for a while. Then you will start your trek again to Namche Bazar. The trek will last for approximately 6 hours. Upon reaching, enjoy your dinner and stay overnight.

Local Guest Houses on AB (Bed and Breakfast, Lunch and Dinner)



Day 04: Acclimatization Day

You will spend the day at Namche Bazar to get used to the new climate, weather, and atmospheric pressure. You can explore Namche Bazar on your own.

Local Guest Houses on AB (Bed and Breakfast, Lunch and Dinner)

Day 05: Trek to Tengboche (3,870m/11,280ft) 5 hrs

On the fifth day enjoy your early morning breakfast relax for a while and get ready to trek to Tengboche. It will be a trek of approximately 6 hours. Upon reaching Tengboche relax, enjoy your dinner, and stay overnight.

Local Guest Houses on AB (Bed and Breakfast, Lunch and Dinner)

Day 06: Trek to Dingboche (4,360m/14,300ft) 5 hrs

Enjoy your early breakfast and relax for a while. After that, you will be trekking to Dingboche. This will be approximately 6-hours long trek. Upon reaching Dingboche relax, enjoy your dinner, and stay overnight.

Local Guest Houses on AB (Bed and Breakfast, Lunch and Dinner)

Day 07: Rest day in Dingboche for Acclimatization

You will spend the day at Dingboche to get used to the new climate, weather, and atmospheric pressure. You can explore Dingboche on your own.

Local Guest Houses on AB (Bed and Breakfast, Lunch and Dinner)

Day 08: Trek to Lobuche (4,940m/16,207 ft) 6-7 hrs

On the eighth day, enjoy your early breakfast and relax for a while. After that, you will trek to Lobuche. This will be a 5 to 6 hours long trek. Upon reaching, you can relax, enjoy your dinner, and stay overnight.

Local Guest Houses on AB (Bed and Breakfast, Lunch and Dinner)

Day 09: Lobuche to Gorakshep (5,170m/16,961ft) 8-9 hrs

On the ninth day after your early breakfast rest for a while. You will then be trekking to Everest basecamp and back to Gorakshep. The whole trek will be approximately 8 hours long. Upon reaching basecamp. You can enjoy some sightseeing and take pictures. And at Gorakshep relax, enjoy your dinner, and stay overnight.

Local Guest Houses on AB (Bed and Breakfast, Lunch and Dinner)

Day 10: Gorakshep to Kala Patthar (5,545m/18,192ft) and on to Pheriche (4,280 m/14,070 ft) 5-6 hrs.

On the tenth day after your breakfast, you will be trekking to Pheriche via Kalapatthar. The trek will last for approximately 6 hours. Upon reaching Pheriche relax; enjoy your dinner and stay overnight.

Local Guest Houses on AB (Bed and Breakfast, Lunch and Dinner)

Day 11: Trek to Namche Bazar (3,440m/11,280 ft) 6-7 hrs

Enjoy your early breakfast and relax for a while. Then you will be trekking to Namche Bazar. The trek will last approximately 8 hours. Upon reaching Namche Bazar relax, enjoy your dinner, and stay overnight.

Local Guest Houses on AB (Bed and Breakfast, Lunch and Dinner)



Day 12: Retrace your trail back to Lukla (2,800m/9,186ft) 6-7 hrs

Enjoy your early breakfast and relax for a while. Then you will be trekking to Phakding and to Lukla on the same day. The trek will last approximately 7 hours. Upon reaching Lukla relax, enjoy your dinner, and stay overnight.

Local Guest Houses on AB (Bed and Breakfast, Lunch and Dinner)

Day 13: Fly Lukla to Kathmandu

Wake up early, enjoy your morning tea and get ready to go to airport to fly back to Kathmandu. The flight will be 45 minutes long. Upon reaching Kathmandu you will be assisted to your hotel, check-in and enjoy your day. Have your dinner in the evening and stay overnight.

Local Guest Houses on AB (Bed and Breakfast, Lunch and Dinner)

Day 14: Final Departure

On the day of your departure, enjoy your breakfast at the hotel and complete the checkout procedure. Our staff of IME Travels will see you off at the Tribhuvan International Airport for your flight for your onward destinations.

You can then get ready to depart home after completing your amazing journey in The Himalayan Country.

(Bed and Breakfast)

*****TRIP ENDS*****

Total Trek cost per person: (Validity: End of December 2022)

No of PAX payable	Rate per Person
Minimum 02 – 04 PAX	US\$ 1550.00/- Per Person

✓ **Rates are change upon the increase/decrease of number of Pax.**

Above Cost Includes:

- ✓ Airport pickup and drop services in a private transportation before and after the trek
- ✓ Round trip flight Kathmandu -Lukla-Kathmandu including domestic airport taxes for guests & guide.
- ✓ Accommodation in Kathmandu with breakfast as per the program.
- ✓ All necessary ground transportation
- ✓ Three meals (breakfast, lunch, and dinner) every day with tea/coffee during the trek
- ✓ Best available twin sharing room for accommodation during the trek.
- ✓ Experienced English speaking, helpful, friendly and most importantly Government Certified Trekking Guide.



- ✓ Assisted by Porter with their lodging and food, their salary and the insurance for all staff.
- ✓ First aid medicine kit carried by the Trekking Guide
- ✓ Sagarmatha National Park fee, Khumbu Entryfee, as well as the TIMS (Trekker Information Management System) fee and other necessary permits.
- ✓ Necessary documentation, all government taxes, and Agency service charge

Above Cost Excludes:

- ✗ **Meals not specified in the Inclusions as itinerary**
 - ✗ International airfare, Nepal visa fee, payable at the airport on arrival.
 - ✗ Lunch, dinner, drinks and other expenses in the cities.
 - ✗ Personal trekking and adventure gear, clothing and accessories.
 - ✗ Hot shower during the trekking.
 - ✗ Extra supporting staff, Wifi, laundry, battery charge, communication expenses etc.
 - ✗ Personal expenses like drinking water, bar bill, and beverage, snacks, hot shower, etc.
 - ✗ Medical and Nepal travel insurance, emergency evacuation/natural disaster or personal reasons.
 - ✗ Tips and gratitude for the members of the trekking or the tour.
 - ✗ All cost incurred in case of early returns and late departures than the scheduled itinerary.
 - ✗ **Any further services not mentioned in Cost Includes.**
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- **The driving times mentioned are approximate times and do not include breaks in the journey for sightseeing, photo/tea/meal/rest stops. There may be delays in transfer time due road conditions, road repair/widening works, inclement weather and other unforeseen circumstances.**
 - **Please note that at the moment there are numerous areas where road conditions are not very good due to road widening/repair works and you may experience rough and bumpy drives and traffic congestion in places.**
 - **You acknowledge that the nature of travel requires flexibility and will permit reasonable alterations to products, services or itineraries by IME Travels. The route, schedules, accommodations, activities, amenities and mode of transportation are subject to change without notice due to unforeseeable circumstances or events outside our control (including but not limited to Force Majeure, illness, mechanical breakdown, flight cancellations, strikes, political events and entry or border difficulties). No reimbursements, discounts or refunds will be issued for services that are missed or unused after departure due to no fault of the service provider.**



Payment Policy:

- ✚ Payment must be made in advance or before arrival
- ✚ Late payment may effect on services and provided itinerary program as well.
- ✚ Payment Mode would be, Remit, Bank Swift or Card payment.
- ✚ Payment made by credit card will incur additional 3 percent bank service charge of the total payment.

Travel Insurance:

- ❖ You are requested to ensure that you are adequately insured for the full duration of the tour in respect of illness, injury, death, loss of baggage and personal items, cancellation and curtailment. The choice of insurer is the sole discretion of the client.

