

NEPAL

Everest base camp & Kala Pattar trek

WSA03

Trip Duration: 16 days in total

Grade: Demanding

Activity: 11 day Trek

Accommodation: 11 night's Trekking Guesthouse, 4 nights three/four star hotels in Kathmandu.

Maximum Altitude: 5555meters

Daily Walking Hours: Approximately 4 to 6.

Season: Late Spring/early summer (March, April, May, September and October).

Group Size: Min One – max 20

Trip cost based on min group size 7: \$2355.00

Single supplement applies \$240.00

CONTACT WILD SPIRIT FOR TREK NOTES , FULLY COMPREHENSIVE ITINERY AND SMALLER GROUP COSTINGS.

Trip Summary

One of the great treks in the world. There's far more to this trip than just a trek: the villages, the lukla flight, the Sherpas, the Tengboche monastery, the Khumbu glacier, Kala Pattar and of course Everest.

Our Everest base camp trek is a great introductory lodge trek that offers sensational mountain views and an insight into the lives of the Sherpa people. After exploring the temples, shrines, bazaars and restaurants of Kathmandu we take an exciting mountain flight to Lukla and trek up the Dudh Kosi Valley, surrounded by the soaring peaks of Thamserku and Kusum Kanguru. It's a steep ascent to Namche Bazaar, capital of the Kumbu Sherpas, where we are again greeted by spectacular mountain vistas. We then follow the trail to famous Tengboche, located high on a ridge where a magnificent 360-degree panorama awaits. The views of Everest, the Lhotse-Nuptse Wall, Ama Dablam and Kantega dominate this peaceful and spiritual location – surely one of the most tranquil and inspiring places in the world.

16 Days Itinerary

Day 01- Arrival in Kathmandu airport (1345meters).

Day 02- Pre-trip Meeting and Sightseeing around Kathmandu valley.

Day 03- Fly to Lukla (2804 meters) trek to Phakding (2610 meters) 3 hours.

Day 04- Trek to Namche Bazaar (3441 meters) 5.30 hours.

Day 05- Namche Bazaar Acclimatization day.

Day 06- Trek to Tengboche Monastery (3860 meters) 5 hours.

Day 07- Trek to Dingboche (4350 meters) 5.30 hours.

Day 08- Trek to Chhukung (4710 meters) and trek back to Dingboche. 4.30 hours.

Day 09- Trek to Lobuche (4910 meters) 5 hours.

Day 10- Trek to Everest Base Camp (5365 meters) then back to Gorak Shep (5180 meters). 8 hours.

Day 11- Hike up to Kalapattar (5555 meters) early in the morning and trek down to Periche (41200 meters). 7 hours

Day 12- Trek to Namche Bazaar (3441 meters) 5.30 hours.

Day 13- Trek to Lukla (3404 meters) 6 hours.

Day 10- Trek to Everest Base Camp (5365 meters) then back to Gorak Shep (5180 meters). 8 hours.

Day 11- Hike up to Kalapattar (5555 meters) early in the morning and trek down to Periche (41200 meters). 7 hours

Day 12- Trek to Namche Bazaar (3441 meters) 5.30 hours.

Day 13- Trek to Lukla (3404 meters) 6 hours.

Day 14- Morning flight back to Kathmandu

Day 15- Leisure day in Kathmandu.

Day 16- Transfer for your final flight departure

.. NOTE: On adventure trek of this type, weather, local politics, transport or a multitude of other factors beyond our control can result in a change of itinerary. It is, however, very unlikely that the itinerary would be substantially altered; if alterations are necessary the leader will decide what is the best alternative, taking into consideration the best interests of the whole group. Where a change does occur, we do everything we can to minimize its effect, but we cannot be responsible for the results of changes or delays.

Trip Highlights

- Sightseeing in Bhaktapur Durbar Square, Swayambhunath (the Monkey Temple), Pashupatinath (a major Hindu shrine) and the giant Buddhist Stupa at Bodhnath.
- Scenic flight to and from Lukla
- Step inside and experience life as the “mountain people” live, in the heart of Himalaya.
- Visiting Tengboche Monastery.
- Remarkable views of Khumbu Ice fall.
- Climbing Kalapattar at elevation of 5555 meters.
- Everest Base Camp and walking on the Khumbu glacier.

Inclusions

1. Airport / Hotel / Airport pick up & drop by tourist vehicle.
2. Standard twin sharing accommodation in three/four star hotel in Kathmandu including breakfast. (4 nights)
3. Guided city tour in Kathmandu by tourist vehicle.
4. All your standard Meals during the trek (15 Breakfasts, 11 lunches, 11 Dinners).
5. Twin sharing Lodges/Guesthouses accommodation during the trek (11 night's Trekking Guesthouse).
6. Local licensed English speaking Guides.
7. The required number of local staff and Porters to carry your luggage during the trek.
8. Food, accommodation, salary, insurance, equipment and medicine for all staff.
9. Everest National Park permits.
10. Down Jacket and sleeping bag by Wild Spirit (which needs to be returned after the trek.)
11. Airfare from Kathmandu – Lukla - Kathmandu including airport departure tax in Kathmandu and Lukla airport.
12. Surface transfer from and to Kathmandu.
13. Free Wild Spirit duffel/kit bag and T-shirt (Yours to keep)
14. Group first air medical kit supply.
15. All our government taxes.
16. Official expense.
17. Pre-departure Information, with all you need to know for your trek.

Exclusions

1. Lunch and dinner whilst in Kathmandu (*allow about US\$5 to US\$8 per meal*).
2. Your travel insurance (compulsory).
3. International airfare and airport departure tax.
4. Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
5. Alcoholic, hot and cold drinks
6. Personal trekking Equipment.
7. Tips for trekking staff and driver. (Tipping is expected).

8. Sightseeing/Monument entrance fees.

9. Any others expenses which are not mentioned on Price Includes section

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