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The Luxury Everest Base Camp Trek is the classic trek in Nepal that visits the highest base camp in the world. On the priority list of trekkers, Everest Base Camp is one of the most visited regions in Nepal Himalayas. Below are the most popular highlights of this trek

- ❖ Sightseeing in Kathmandu, including Kathmandu Durbar Square, Pashupatinath Temple, Patan Durbar Square, and Boudhanath Stupa.
- ❖ 35-minute scenic flight from Kathmandu to Lukla and back
- ❖ Discover the unique and lively tradition and culture of the Sherpa People
- ❖ Visit Sagarmatha National Park habitat with exotic animals
- ❖ Stand at the foot of the highest mountain in the world, the Mount Everest
- ❖ Catch an exceptional view of the sunrise over the mountain Everest from Kalapatthar
- ❖ Luxury hotels for accommodation during the trek
- ❖ Enjoy panoramic views of mountains like Cho Oyu, Ama Dablam, Nuptse, Lhotse, Nuptse, Lobuche, etc.
- ❖ Enjoy the helicopter flight from Everest base camp to Kathmandu when trek ends

The Luxury Everest Base Camp trek is the highly recommended trip for those who prefer to use luxurious lodges with luxurious facilities throughout the journey. It is the best option for those who have limited time and would like to go to Everest base camp

It is may not be possible to Conquer the height of Mount Everest for everyone. However, trek to your base camp can be a great exploration. The trek from Lukla

Airport to Everest Base Camp is not about what you should explore, but how much you can explore. All the mountain landscape offers a beautiful view of the highest peaks in the world, including the Mount Everest, Lhotse, Nuptse, Cho Oyu, and Makalu. If you observe the diverse flora and fauna in Sagarmatha National Park, you can also experience the unique culture, tradition, rituals, and lifestyle of the Sherpa.

The trek goes through the Khumbu region to the foot of Mount Everest and offers hikers the opportunity to climb the Kala Patthar, which is at an altitude of 5545 meters. Enjoy the helicopter flight from Everest Base Camp to Kathmandu once the hike ends. All of this makes the Luxury Everest Base Camp trek a perfect short break and dream experience.

We intend to maintain the daily itinerary described below, although there may be some flexibility due to local conditions or other factors beyond our control. In this case, the trekking guide will do everything possible to fix the route change and minimize the inconvenience.

### **Day 1: Arrival in Kathmandu (1,400 m).**

Welcome to Kathmandu, Nepal. Upon your arrival at Kathmandu International Airport, one of our airport representatives will welcome you and take to one of the best five-star hotels in Kathmandu. In the evening, we will host a trip briefing session and introduce the tour guide. The rest of the day is at your disposal, and you can explore and buy all the items you need during the trek. Night stay at the hotel.

Meals included: None

### **Day 2: Trekking preparation and Sightseeing tour in Kathmandu valley.**

After delicious breakfast at the hotel, we start a guided city tour of the Kathmandu Valley that visits four World Heritage Sites. Today you will visit sights such as Kathmandu Durbar Square, Pashupatinath Temple, Boudhanath Stupa, and Swayambhunath (Monkey temple). After spending a few hours exploring

these UNESCO World Heritage Sites, we will drop to our office for the final preparation of the trip. Then they will bring you back to the hotel for the night stay.

Meals included: Breakfast

### **Day 3: Kathmandu to Lukla by flight and trek to Phakding: Walking 3-4 hours**

Flights to Lukla are always scheduled early in the morning due to weather conditions so we will take to the airport to board a flight to Lukla around 6:30 a.m. After the 35-40 minute scenic flight, you will land at Tenzing-Hillary Airport in Lukla. Your porters and other team members will be waiting for you at Lukla airport. As soon as everything is ready, the hike begins, and we walk towards Phakding. Today's trek is a short walk for about 3-4 hours from Lukla. The ascending and descending path consists of curves and stone stairs cut into the mountains. The trail is also accompanied by small Sherpa villages, prayer wheels, and mani stones with carved Buddhist inscriptions. We finally arrived at the goal of the day: phakding. We will spend the night in one of the luxury hotels.

Meals included: Breakfast, lunch, and dinner.

### **Day 4: Trek From Phakding to the Namche Bazaar: Walking Distance 6 - 7 hours.**

After breakfast, we go to the first suspension bridge on the way to the Namche Bazaar. After crossing the bridge, a gentle walk takes us uphill through small settlements like Zapute, Toktok, Benkar, and Chumoa to Monjo, a gateway to Sagarmatha National Park. After completing the formalities at the park entrance, we continue to the suspension bridge that crosses the Dudh Koshi River. After crossing this bridge, we climbed the hill and enjoyed the first view of Everest and reach the day's goal: the Namche Bazaar. After arrived the Namche Bazaar, you will check- into the Luxury Hotel, which is located on the upper slope of the historic capital of the Khumbu region. We will provide Dinner and world-class accommodations where you can enjoy a fresh and organic dinner as well as other facilities. Such as a bathroom with hot and cold running water, a well-stocked bar, a recreation room with a fireplace and free Wi-Fi. You will spend the night at a standard lodge in Namche

Meals included: Breakfast, lunch, and dinner.

### **Day 5: Acclimatization time at Namche Bazaar**

When you reach the Namche Bazaar, cross the 3000 altitude mark, which is the safe border for altitude sickness. Here you have to acclimatize to adapt your body to height altitude. You can take an optional hike to the lookout point near Namche, For example, to Everest Viewpoint, Everest View Hotel, etc. You can also hike around Namche, interact with locals, and buy the missing gears if they get lost as this is your last chance.

Meals included: Breakfast, lunch, and dinner.

### **Day 6: Trek from Namche Bazar to Tengboche: Walking Distance 5-6 hours**

After breakfast at Namche Bazaar, walk to Tengboche. The road to Tengboche offers a beautiful view of the mountains. You cross the river first and make some ascents and descents through the ridges. Then you will reach your destination Tengboche. Tengboche itself is a high vantage point for great mountain views. Especially the view of Ama Dablam and the Mount Everest is incredible from here. You can visit Tengboche Monastery, the largest monastery in the Everest region. Spend time with the moving sight and songs of the monastery. You spend the night in the luxury hotel.

Meals included: Breakfast, lunch, and dinner.

### **Day 7: Trekking from Tengboche to Dingboche: Walking Distance 5-6 hours**

Today trek will go through rhododendrons and oak forests. Along the way, you can see farmhouses and stone walls to protect the farm from the strong wind. You have to go through the village of Pangboche to reach Dingboche. You can also take an optional walk to Pangboche Monastery. If you go further, you will reach Dingboche. From here, you have an incredible view of the Rocky Mountains and landscapes. You will spend the night in the deluxe hotel.

Meals included: Breakfast, lunch, and dinner.

### **Day 8: Acclimatization day in Dingboche**

You stay in Dingboche as your second acclimatization day. However, you can explore the area around Dingboche. You can take an optional hike to Chukung Ri, the Amphu Laptsa high passes, and Makalu Barun National Park. You can also climb Garstang Hill for incredible mountain views. If you want to rest, you can stroll through Dingboche and explore the lifestyle of the local Sherpa people. You spend the night in the deluxe hotel.

Meals included: Breakfast, lunch, and dinner.

### **Day 9: Trekking from Dingboche to Lobuche: Walking Distance 6 to 7 hours**

After having breakfast, with a view of Lobuche, the walk continues. Lobuche is one of the last villages on the way to Everest base camp. The path first leads to the wooden bridge at Dughla. After crossing the bridge, we climbed the steep terminal of the Khumbu Glacier, which offers monuments to the Sherpas who lost their lives in the mountain glaciers in Everest. We left the Khumbu Glacier behind and gently climbed Lobuche. You will spend the night in a comfortable Lodge in Lobuche, and dinner is also served in the same hotel.

Meals included: Breakfast, lunch, and dinner.

### **Day 10: Trekking to Gorakshep and hike to Kala Patthar in the afternoon.**

After breakfast in Lobuche, the hike from Lobuche goes steadily along the Khumbu glacier and leads past the path to the Italian pyramid. Initially, the route is relatively easy with a slight slope; after about an hour, we cross the Kangri Nup glacier. Then the path leads through an up and down always in the glacier moraine. Shortly afterwards, we reached Gorakshep at the foot of the Kala Patthar. We have lunch, rest for a while, and go to Kala Patthar in the evening to enjoy the view of the sunset and Mount Everest from base camp to the summit. Not only the mountain but also the Kala Patthar summit welcomes you with a lovely view of Nuptse, Pumori, and the Khumbu glacier. After enjoying the view, we go back to Gorakshep for the night. Dinner and accommodation are organized in a very comfortable Lodge in Gorakshep.

Meals included: Breakfast, lunch, and dinner.

### **Day 11: Trekking to Everest base camp and helicopter flight to Kathmandu.**

Today finally, you reach your goal: Everest Base Camp. After breakfast at the hostel, a 2-hour walk from Gorakshep will take you to Everest Base Camp near the Khumbu icefall. The hike is on the glacier with enough ups and downs. In addition to the terrain, you can also enjoy avalanches and rockfalls. Upon arrival at base camp, we will spend time taking photos and enjoying the view. Then we will pick you up by helicopter and fly back to Kathmandu by private helicopter. We will take you to the five-star hotels from Kathmandu Airport.

Meals included: Breakfast and lunch

### **Day 12: Free day in Kathmandu**

Today is a free day in Kathmandu. Therefore, you can relax in the hotel or take a walk through the Kathmandu market. If you are looking for a day trip, we can make the best arrangements for such trips. You will be spent the night in the same hotel in Kathmandu.

Meals included: Breakfast

### **Day 13: day of departure**

Today is a final day of Everest trek. Therefore, according to your flight schedule, a representative of the company will take you to the airport for departure.

### **What is included in Package?**

- ❖ Collection of arrival and departure in a luxury car
- ❖ Four-night luxury accommodation in a five-star hotel with breakfast.
- ❖ Only Breakfast at the Kathmandu hotel, all meals during the trip
- ❖ Guided tour of Kathmandu valley on private car
- ❖ Entrance fees to the monument during the tour of Kathmandu
- ❖ Flight tickets from Kathmandu to Lukla with airport taxes
- ❖ Private helicopter ride to Kathmandu from Everest base camp
- ❖ Luxury lodges during your Everest Base Camp Trek
- ❖ Fresh fruit after dinner during a trip

- ❖ Trekking permit, Sagarmatha National Park fee and TIMS permit
- ❖ Purified safe drinking water during a walk
- ❖ English speaking trekking guide with Government licensed and trained
- ❖ Porters and all their expenses.
- ❖ Guide and Porter insurance
- ❖ All necessary local and state taxes

### **What is not included in this package?**

- ❖ International Air ticket from/to Kathmandu
- ❖ Tour and trekking insurance.
- ❖ Entry visa fee to Nepal
- ❖ Lunch and dinner while in Kathmandu
- ❖ Personal expenses including alcoholic and soft drinks
- ❖ Tips for guide and porter

### **How challenging is the trek, and how should I prepare for it?**

The difficulty of trekking in the Everest base camp is tiring. At temperatures down to -15 degrees Celsius, you have to walk almost 7 to 8 hours a day. Also, strenuous excursions are much longer than moderate plus hikes. Tiring trips take an average of 13 to 20 days. Trekking in such cold weather and for such a long period requires the right level of fitness. Also, you need mental strength to complete these trips.

Because altitude sickness poses a high risk when walking the Everest Base Camp Trek, you should not hurry during the trek. You have to do your slow and steady hike to get to Everest base camp without being exhausted. On average, you can walk 6 to 7 hours a day. However, the higher you go, the more difficult it will be to walk.

### **What are the recommended preparations for Everest Base Camp?**

We suggest you do Cardiovascular exercises such as running, cycling, and jogging 3-4 days a week for a few months before the trip can be beneficial. You can also

do other muscle strengthening and endurance training sessions. Examining how your body responds to high altitude increases the success rate of your trip.

### **What is the best time to go for a trek in the Everest region?**

Fall and spring are the best seasons for trekking at Everest Base Camp. During these times, the weather is fewer likely to get great. The humidity is low, and the chance of rain is also very low. In winter, we can have a foggy climate, but on bright days the snow in these mountains thickens by a few extra centimetres, which increases the beauty of the Himalayas. However, the temperature this season drops below freezing. During the summer, the mountains are exposed to heavy rainfall on most days. It is also the least suitable season for the flight. At this time of year, the weather can become drastic in seconds. We plan the hike according to the weather forecast, giving priority to your safety. Even in autumn and spring, you should prepare for some cold nights as you approach the base camp.

### **Food and accommodation**

Whether you are in Kathmandu or hiking, you get the best luxury hotel there is. Not all luxury services may be available in the village during the walk. However, we make sure you get the best service possible at every breakpoint. You get comfortable private rooms with an attached bathroom and all necessary facilities such as a hot shower, heating, and additional blankets.

In Kathmandu, your hotel offers a hearty breakfast. You can try different items every day. There is every dish you want to try, with different themes and incredible hospitality.

While on the trek, foods such as rice, noodles, soup, dal Bhat, eggs, potatoes, vegetables, etc. are usually available. Avoid meat and other overly spicy things that are difficult to digest. You can also bring dry food, energy bars, and snack chocolates. As a bonus for your luxury trip, you get unlimited boiled water, tea, and coffee. At high altitudes like Everest base camp, drinking alcohol can increase the possibility of altitude sickness, so don't drink alcohol until you come back to a lower elevation.

## **Travel insurance**

Travel insurance for each of our company's travel routes is a prerequisite for booking a vacation. You must have at least one emergency and repatriation insurance that should cover the cost of the mountain rescue. Read the terms of your insurers carefully, especially make sure that the following is covered: 1) activity (i.e., tourism, trekking or mountaineering) 2) maximum altitude reached on the trek 3) evacuation of the helicopter for the case of an emergency. You must understand that you are ultimately responsible for all costs associated with evacuation and return procedures and that it is your responsibility to bear the costs of evacuations or medical treatment. You should be fully aware of the effects of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that under certain circumstances, our company leader can initiate helicopter rescue (or other necessary means) in medical emergencies without first asking your insurance company for approval.

## **Physical condition and experience requirements**

The Luxury Everest Trek is moderate. If you can walk about 5 to 6 hours a day, you can easily walk longer hours with a light backpack. The trail is relatively more comfortable for those who regularly walk at higher altitudes. We kindly ask you to run and train regularly at least a few months before the start of your trip. Past hiking experiences would be a bonus, but you do not need technical skills for this trip. It is also essential that you consult with your doctor before booking the trek.

Altitude acclimatization is the adaptation process to lower the oxygen content at higher altitudes to avoid altitude sickness. We have booked two separate days to complete the hike and minimize the risk of acute mountain sickness, two different days in Namche Bazaar and Gokyo.