



## **Short Everest Base Camp trekking / Short EBC trek cost - Itinerary**

### **1. Day 1: Kathmandu – Lukla Flight (35 min) & Lukla 2850 m –Phakding Trek (866 ft.2640m.): 3 – 4 hours– B.L.D**

After an early breakfast, we will take a flight to Lukla. Due to weather condition, the flight from Kathmandu to Lukla always leave early in the morning. Meeting with other porters before heading off towards Phakding. The journey of the village of Phakding lies in Dudh Koshi (“Milk River”) valley north of Lukla, goes through the different cultural village including Cheplung village from where the view of the sacred Mount Khumbila is beautiful. And finally, after hiking via the Himalayan jungle and crossing several swing bridges, a gradual walk downwards from Cheplung leads to the village Phakding. From Phakding, the sight of the Kusum Kangraru Mountain can be seen. overnight stay at the guesthouse/lodge.

### **2. Day 2: Phakding – Namche Bazaar trek (3440m., 11319ft.): 5 – 6 hours– B.L.D**

Namche Bazaar is the main administrative and trading centre for the Khumbu region. With the inclusive of magnificent forests of blue pine, fir, juniper, and rhododendron as well as the first view of Everest, it helps you to control the anticipation of the thrilling journey. In the way to Namche, several small villages are crossed like Jorsale, Monjo. Where Monjo is the entry point of Sagarmatha National Park, which lies in the north of Phakding. Phakding is located on a mountainside and views of the Thamserku Peak and the Kongdi Ri Himal see the amazing views. Likewise, the beautiful scenes of the different Himalayans including Lhotse, Nuptse and many more are seen. It is the main trending center in the Everest region. You can explore the beautiful Khumbu valley. Overnight stay at the Guesthouse.

### **3. Day 3: Trek to Tengboche(3860m., 12694ft.): 6 – 7 hours– B.L.D**

The trek from Namche to Tengboche is unbelievably stunning, Far below is the Dudh Koshi and Thamserku, Kantenga, Ama Dablam, Lhotse, and Everest rises in front. Woods, Rhododendron Forest, Mani Walls, Chorten (Stupas), and suspension bridges across the rivers make this a lovely walk. The village of Tengboche is also famous for the Tengboche Monastery, the largest monastery of the Khumbu region. The Tengboche Monastery is also regarded as the spiritual hub of the Khumbu region and surrounded by forest that is inhabited by Impeyan Pheasant and eagles. Stay at a Guesthouse.

### **4. Day 4: Trek to Dingboche (4410m., 14300ft.): 5 – 6 hours– B.L.D**

Continue trek to Dingboche. The trekking trail crosses the Imja River and passes through lush forest and take a gradual climb up to the Pangboche valley. From Dingboche we can enjoy the scenic views of Ama Dablam, Dingboche is the only place in the region where barley is produced. Dingboche is called the ‘Summer Valley’ of the Khumbu and contains a kilometre long wall built to protect the village’s crops from the cold winds that descend down the Imja valley. Tame pheasants are regularly seen in this area. Overnight stay at the Guesthouse.

### **5. Day 5: Trek to Lobuche 4940m 5/6 hrs– B.L.D**

The ascent towards Everest Base Camp continues through Alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier. At the moraine, there are stone monuments to six sherpas who died in the avalanche, as well as monuments to other climbers. From here, it is a steep, tough climb towards the village of Gorak Shep. Continue on towards Lobuche, where the view is straight towards Nuptse and the sunset is truly magnificent. You can also get an amazing view of other peaks including Pumori, Khumbuste, Lingtren, and Mahalangur Himal. You'll spend a night at Lobuche.

## **6. Day 6: Trek to Everest Base Camp then Back to Gorakshep– B.L.D**

The higher altitude makes this day's trekking quite challenging. The Changri Glacier looms ahead as the trek heads for Gorakshep. Walking for about 2-3 hours you will get to Gorakshep a small, usually frozen, lake, by lunchtime. Relax and get adjusted to the altitude before the attempt to reach Everest Base Camp. From here the path moves all the way to the top of the edge, finally arriving at the Everest Base Camp. Here, the sight of Khumbu Icefall and the view of the Khumbutse and Lingtren mountains are quite heavenly. Return back to Gorakshep after spending some time at the base camp. Overnight at Gorakshep.

## **7. Day 7: Hike to Kalapatthar (5550m., 16962ft.): 2hr 30min then trek down to Pheriche (4200m.): 7 hours– B.L.D**

You can see a different view of Everest today, with a trek up to Kala Pattar. Known to have the best views of Everest, this is a challenging trek, but worth it on a clear day. Similarly, the hike to Kalapatthar is done early at dawn because the sight of the rising sun seen from the vantage point is absolutely amazing. After spending some time on Kalapatthar, begin the descent from Kala Pattar, heading for Pheriche. This is not the most challenging of hikes, but the altitude can make the many uphill sections below Gorakshep seem tough. Stop to look around; the views are quite spectacular.

## **8. Day 8: Trek back to Namche Bazaar (3441m.): 6 hours– B.L.D**

Today we trek back to Namche which takes us around 6 hours. The trails drop downhill up to Pangbochevillage and drop along the riverside. You will cross the bridge over Imja Khola all the way to Tengboche. From Tengboche, we will move down towards Phungki Thanka, pass the Kyangjuma and Reach Namche. Enjoy the surrounding and meet local peoples.

## **9. Day 9: Trek back to Namche Bazaar (3441m.): 6 hours– B.L.D**

Today we trek back to Namche which takes us around 6 hours. The trails drop downhill up to Pangbochevillage and drop along the riverside. You will cross the bridge over Imja Khola all the way to Tengboche. From Tengboche, we will move down towards Phungki Thanka, pass the Kyangjuma and Reach Namche. Enjoy the surrounding and meet local peoples.

## **10. Day 10: Fly back to Kathmandu– B.**

We take the short 30 minutes flight back to Kathmandu; we will enjoy changing sight of the landscape on last time while on the flight. After landing at Kathmandu airport, the rest of the day is free for shopping, sightseeing, or relaxing in one of the many rooftop cafes. Around in the evening join a special dinner program.

## **INCLUSIONS**

- All airport pick up and departure

- All transportation two-way flight ticket -fly Kathmandu to Lukla & Fly out from Lukla to Kathmandu and drive in jeep, van, bus during trips
- Nice trekking lodge during trekking
- Whole accommodations during trips
- We will provide a sleeping bag & down-jacket during the trek if you need
- 3 meals during trekking as mention in the itinerary (Breakfast, Lunch, and Dinner)
- First aid medicine item, Oximeter
- Some seasonal fruits
- Our T-shirt & Trip achievement certificate
- Trekking permit & TIMS card (Trekking Information Management System)
- Guide and porter their salary, accommodation, meals and insurance (for 2 guest 1 Sherpa porter)
- One special farewell dinner program
- Our government tax official expenses

## EXCLUSIONS

- Extra meals in the Kathmandu, accommodation & your personal expenses, drinks and dessert items, during trekking, hot shower bills etc
- Your international air ticket & travel insurance
- Tips for the guide and porters

URL: <https://www.sunriseadventuretrek.com>