



## **Everest base camp trek / Short EBC trek price - Itinerary**

### **1. Day 1**

Kathmandu – Lukla Flight (35 min) & Lukla / 2850m – Phakding Trek (866ft., 2640m.): 3 - 4 hours– B.L.D

### **2. Day 2**

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

### **3. Day 3**

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

### **4. Day 4**

Trek to Thukla (4620m): 6-7 hours– B.L.D

### **5. Day 5**

Trek to Everest Base Camp then Back to Gorakshep– B.L.D

### **6. Day 6**

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

### **7. Day 7**

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

### **8. Day 8**

Trek to Lukla: 7 hours– B.L.D

### **9. Day 9**

Fly back to Kathmandu– B.D

## **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 & 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/print/157](https://www.sunriseadventuretrek.com/print/157)