

# 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/activities/tibet-kailash-tour