



# Adventure Altitude

## Treks & Expedition Pvt. Ltd.

### ITINERARY

#### Everest base camp trekking

**Day 1:** Arrival in Kathmandu and transfer to the hotel. (1334m.)

**Day 2:** Kathmandu Valley Sightseeing and preparation day.

**Day 3:** Fly to Lukla (2810m./ 35 minutes flight) and trek to Phakding (2610m./4-5 hours trek).

**Day 4:** Trek to Namche Bazar (3440m./6-7 hours trek).

**Day 5:** Hike to Syanboche (3,780m./ 1-hour hike) and explore Namche Bazar

**Day 6:** Trek to Tengboche (3,860m./4-5 hours trek)

**Day 7:** Trek to Dingboche (4,410m./4-5 hours trek)

**Day 8:** Hike to Nagarjun Hill (5,083m./ 2 hours hike) and then rest at Dingboche

**Day 9:** Trek to Lobuche (4,910m./3-4 hours trek)

**Day 10:** Trek to Everest Base Camp (5,364m.) via Gorakshep and retrace back to Gorakshep. (5,140m./7/8 hours trek)

**Day 11:** Hike up to Kalapatthar (5,545m./1-hour hike) for the sunrise and trek back to Pheriche (4240m./4-5 hours trek)

**Day 12:** Trek back to Namche Bazar (3440m./4-5 hours trek)

**Day 13:** Trek back to Phakding (2,610m./4-5 hours trek)

**Day 14:** Trek back to Lukla (2,840m./3-4 hours trek).

**Day 15:** Fly back to Kathmandu (35 minutes) and last-minute shopping.

**Day 16:** Transfer to Kathmandu airport to catch your returning flight (30 minutes' drive).

## **INCLUDES & EXCLUDES**

### Whats included

- Airport pick up and drop off by a private vehicle
- 3 Nights hotel in Kathmandu at 3-star category hotel with breakfast in twin sharing basis
- Kathmandu Valley sightseeing (Private vehicle and a tour guide)
- Flight (Kathmandu-Lukla and Lukla-Kathmandu)
- Sagarmatha National Park fee and Pasang Lhamu Village entrance fees.
- An experienced English-speaking guide and his all expenses including his insurance
- Porter (1 porter for 2 trekkers) including their all expenses including their insurance
- Food in the full board during the trekking with 3 complimentary teas and teahouse accommodation.
- First aid kit
- All the Governmental taxes and service charges

### Whats excluded

- *International airfare*
- *Travel insurance*
- *Nepal visa fees*
- *Personal expenses (Wifi, bar bills, laundries, hot shower during the trekking, gadget charging fees- US\$ 1- US\$ 5 per gadget, mobile recharge, etc)*
- *Extra nights accommodation in Kathmandu in case of early arrival from the trek due to unforeseen circumstances*
- *Extra luggage charges (Only 15 kgs- 10kgs+5kgs are included if more you need to pay US\$ 2 per kilogram)*
- *Emergency evacuation (our company will help to arrange the evacuation if needed)*
- *Tipping*
- *Anything does not mention in the inclusion list*

***Have A safe journey***