



## EVEREST BASE CAMP TREK -14 DAYS

### Trip fact:

<b>Maximum Altitude</b>	: 5,644 m at Kalapatthar
<b>Accommodation</b>	: Hotels, Lodge, Teahouse
<b>Meals</b>	: All meals during the trek (B,L,D)
<b>Transportation</b>	: Domestic flight (Kathmandu – Lukla – Kathmandu) and private vehicle (Transportation)
<b>Activity per day</b>	: 4-6 hours walking

### Outline Itinerary:

**Day 01:** Arrival in Kathmandu

**Day 02:** Flight from Kathmandu to Lukla airport (2,846 m/9,337 ft) and trek to Phakding (2,610 m/8,563 ft)

**Day 03:** Trek from Phakding to Namche Bazaar (3,440 m/11,290 ft)

**Day 04:** Acclimatization in Namche Bazaar: hike to Syangboche Airstrip (3,748 m/12,297 ft) and Everest View Hotel (3,962 m/13,000 ft)

**Day 05:** Trek from Namche Bazaar to Tengboche Monastery (3,860 m/12,660 ft)

**Day 06:** Trek from Tengboche to Dingboche (4,410 m/14,470 ft)

**Day 07:** Acclimatization in Dingboche; hike to Nagarjuna Hill (5,100 m/16,732 ft)

**Day 08:** Trek from Dingboche to Lobuche (4,940 m/16,210 ft)

**Day 09:** Trek from Lobuche to Everest Base Camp (5,364 m/17,598 ft) via Gorak Shep (5,164 m/16,942 ft) and back to Gorak Shep for a night's stay

**Day 10:** Hike to Kala Patthar (5,644 m/18,519 ft) early in the morning and trek down to Pheriche (4,371 m/14,340 ft)

**Day 11:** Trek from Pheriche to Namche Bazaar (3,440 m/11,290 ft)

**Day 12:** Trek Namche Bazaar to Lukla (2,846 m/9,337 ft)

**Day 13:** Morning flight back to Kathmandu (1,400 m/4,600 ft) (from Lukla airport & farewell dinner in the late evening)

**Day 14:** Final departure



## Cost Include:

- ✔ Private car service to and from the airport.
- ✔ Two nights at a standard hotel in Kathmandu with breakfast for two people sharing a room.
- ✔ During the trek, you will be provided with three meals a day: breakfast, lunch, and dinner with one cup of tea.
- ✔ During the trek, you will be provided with Trekking Lodges (Tea Houses).
- ✔ All papers that need to be done, Fees for entering Sagarmatha National Park and Khumbu Pasang Lhamu Rural Municipality
- ✔ Flight from Kathmandu to Lukla and back to Kathmandu, with a private airport transfer and airport tax within Nepal.
- ✔ A highly experienced, helpful, knowledgeable, friendly, English-speaking guide with all of his salary, food, drinks, lodging, transportation, and insurance covered.
- ✔ Strong, helpful porters with the right safety gear and walking gear, as well as a salary, food, a place to live, and insurance. (one porter for two people).
- ✔ Setting up a service for an emergency helicopter (paid by your Travel Insurance company).
- ✔ Taxes and official costs paid to the government.
- ✔ Everest base camp trekking map.
- ✔ Trip completion certificate
- ✔ Oximeter to check your pulse, oxygen saturation, and heart rate twice a day (very helpful to check for signs of Altitude Mountain Sickness, or AMS). This will make sure that your trek is in the safest hands possible, no matter how experienced you are.
- ✔ Assistant guide group size above 10+ people.
- ✔ Sleeping bag, Down jacket in rent and duffle bag free

## Cost Exclude:

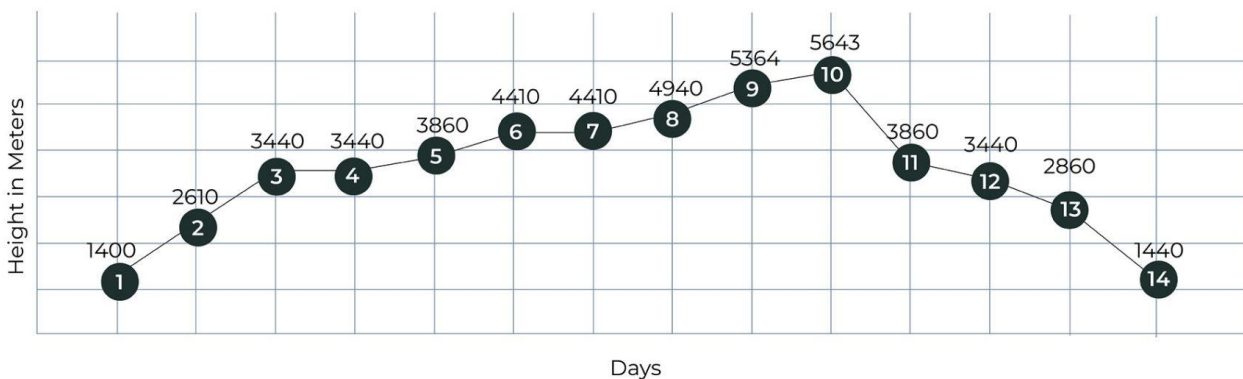
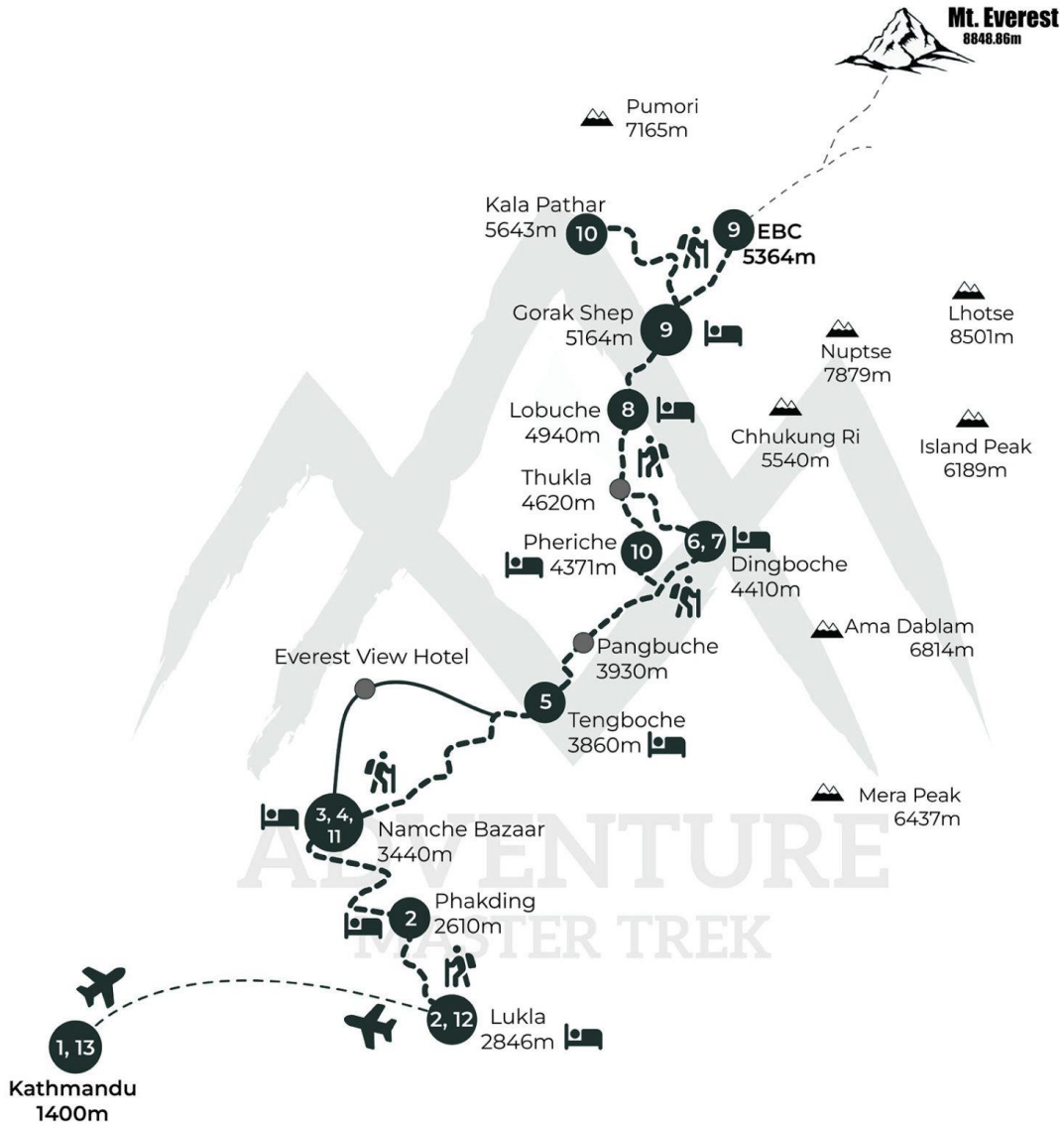
- ✘ Food that you will eat in Kathmandu for lunch and dinner
- ✘ The cost of a visa to enter Nepal is \$30 USD for a 15-day stay.
- ✘ Your insurance for travel and medical care.
- ✘ International Airfare.
- ✘ Your Personal Expenses.
- ✘ All of the alcoholic and non-alcoholic cold and hot drinks you buy on trek (along the way and in the Tea Houses at night).
- ✘ All of the sweet desserts, like chocolate, cake, pie, and pudding.
- ✘ The tea houses have hot showers and places to charge your phone which will cost you about 2\$ to 5\$
- ✘ Tip to the guide, the porter, and the driver. (Tipping is expected)
- ✘ More than 15 kg of extra luggage for the flight to Lukla.
- ✘ Payable internet available it will cost you \$2 per hours.



Route Map:



# Everest Base Camp Trek 14 Days



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## **Payment process**

You need to pay a 25% deposit up front. If you pay with a credit card, you might have to pay an extra 4% charge.

## **Cancellation policy**

The cancellation fees are calculated as a percentage of the total tour price:

- Cancellation one week before departure: 15% of full payment will be deducted
- Cancellation on the same day: 25% of full payment will be deducted
- No refund on cancellation after departure

## **List of Trekking Equipment for Everest Base Camp Trek**

For trekking to Everest base camp, you will need the following. You can rent or buy most of the gear mentioned in Thamel, Kathmandu.

### **Head and Hand**

- Sun Cap
- Wool/Fleece Hat
- Balaclava
- Neck Gaiter/High Neck
- Lightweight Synthetic Liner Glove
- Wind Stopper Fleece Gloves

### **Upper Body**

- Short-Sleeved Shirts/T-shirts
- Lightweight Top/Thermo Coat
- Synthetic or Fleece Jacket
- Down Insulated Jacket

### **Lower Body**

- Underwear
- Lightweight Long Underpants
- Midweight Long Underpants
- Trekking Pants
- Trekking Socks
- Sandals
- Lightweight Hiking/Trekking Boots



## **Toiletries**

- Hand Sanitizers & Hand wash
- Wet Tissues
- Toothpaste
- Toothbrush
- Bath Soap
- Shampoo
- Moisturizers
- Laundry Soap
- Garbage Bag
- Eye Drops
- Zip-Lock Bags
- Sunscreen (-50 Spf)
- Lips Guard (-20/-50 Spf)
- Water Purification Tablets
- Baby Wipes or Wet Towels

## **Miscellaneous**

- Swiss Knife
- Rucksacks (45 – 55 Ltr.)
- 1 Duffel Bag (provided by the company)
- Trekking poles
- Sleeping bag
- Torchlight
- Water Bottles
- Thermos/Flask
- Pack Towel
- Spare batteries
- Waterproof Stuff Sacks
- Satellite Phone (if possible)
- Solar chargeable power bank (optional)
- Journal/Pen
- Book/Board Game
- Bars & Snacks

## **Travel Document**

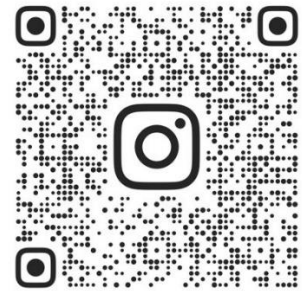
- Valid Passport
- Valid Visa
- 4 PP Size Photo
- Insurance Paper (Medical & Rescue) & Contact Address
- Family/Company Contact Number & Address
- Credit Card



If you are interested in firming up your trek you can simply reply to this email, head over to our website for more information and to contact us, message us on Instagram ([@adventuremastertrek](#)) or get in touch via [WhatsApp \(+9779851033195\)](#). A member of our team will get back to you as quickly as possible and be happy to assist you further.

Kindest regards and namaste!  
**Adventure Master Trek**

We are recommended on



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