

EVEREST BASE CAMP (EBC)

THE THRILL OF BEING ON THE TOP OF THE WORLD



Nepal; the glorious land of Himalayas lies peacefully between the two-giant economy of the world, India and China. Though being a landlock country Nepal is blessed with white fast flowing rivers, lakes, ponds and many more. You will always be surprised with the snake like turning highways and the incredible view of green hills and the feel of villages throughout your journey.

Kathmandu; the capital of the nation is also known as land of temples as you will encounter with either big or small temple in almost every step you take. Kathmandu is an incredibly diverse historic city with breathtaking architecture, centuries old Hindu and Buddhist religious sites. Not only in Kathmandu but in every part of Nepal you will experience different culture and its unique magnificence.

Everest is the dream of all the mountain lovers around the world. The peaceful looking Everest holds the story of adventure, struggle and accomplishment of many people.

A thrill seeker like you will surely enjoy the thrill of being on the top of the world. Don't miss the adventure!!!

Climate: In northern Nepal summers are cool and winters are severe, while in the south summers are very hot while winters are mild to cold. Eighty percent of all the rain in

Nepal is received during the monsoon (June-September). Winter rains are more pronounced in the western hills.

Currency: 1 USD = NPR 113.49 (*subject to change)

TOUR HIGHLIGHTS:

DESTINATION	LUKLA, NAMCHE, TENGBOCHE, DINGBOCHE, LOBOJE, KATHMANDU
TOUR DURATION	13 NIGHTS AND 14 DAYS
HOTEL CATEGORY	3 STAR/ TEA HOUSE DURING TREK
MEAL PLAN	BREAKFAST BASIS DURING TREK: B/L/D

BRIEF ITINERARY:

- DAY 1: ARRIVAL IN KATHMANDU
- DAY 2: FLY LUKLA | TREK TO PHAKDING
- DAY 3: PHAKDING TO NAMCHE TREK
- DAY 4: NAMCHE – REST/ACCLIMATISATION DAY
- DAY 5: TREK TO TENGBOCHE
- DAY 6: TENGBOCHE TO DINGBOCHE
- DAY 7: TREK TO LOBOJE
- DAY 8: LOBOJE – KALA PATHHAR – GORAK SHEP
- DAY 9: TREK FROM GORAK SHEP – EVEREST BASE CAMP – BACK TO LOBOJE
- DAY 10: LOBOJE – PHORTSE
- DAY 11: PHORTSE- NAMCHE
- DAY 12: NAMCHE -LUKLA
- DAY 13: FLY BACK KATHMANDU
- DAY 14: DEPARTURE

DETAIL ITINERARY:

DAY 1: ARRIVAL IN KATHMANDU



Welcome to the vibrant capital of Nepal. Upon your arrival in Tribhuvan International Airport, you will be greeted by our representatives and transferred to hotel.

Overnight at Hotel in Kathmandu

DAY 2: FLY LUKLA | TREK TO PHAKDING

Enjoy your breakfast at hotel. Then, you will be dropped to airport for your flight to Lukla. On arrival at Lukla airport - one of the most dangerous airports of the world, we meet our Sherpas and after a cup of tea we pick up the trail out of Lukla. Surprisingly, this high-altitude trek begins by descending to the river at Phakding.



Overnight at Local Tea House

DAY 3: PHAKDING TO NAMCHE TREK



After breakfast we will start our walk to Namche Bazaar. At about half-way up the hill, a gap in the trees allow us to pick a glance at Everest for the first time, if the weather is good. Namche Bazaar is the prosperous and largest town in Solukhumbu district. On Saturdays, a beautiful bazaar is held here where they sell groceries, hand made clothes, boots and many more.

Overnight at Local Tea House

DAY 4: NAMCHE – REST/ACCLIMATISATION DAY

Treat yourself with breakfast and relax today. Make yourself comfortable with the atmosphere and the altitude. Enjoy the freshly-baked cinnamon rolls and the market of Namche Bazaar, where there's always something that will attract you.

Overnight at Local Tea House

DAY 5: TREK TO TENGBOCHE



After breakfast we will start our trek to Tengboche. A short yet hard climb towards Kyanjua, we will see the breathtaking view of mountain ranges from Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Ama Dablam, Thamserku, Kondge and many more mountains. Today we will be following the trail on which we will be descending to Fungi Tanga then ascends to Thyangboche past the forest. In the evening you can visit the Thyangboche monastery.

Overnight at Local teahouse/lodge

DAY 6: TENGBOCHE TO DINGBOCHE

Enjoy your breakfast and continue your journey. We will proceed towards Dingboche through the beautiful rhododendron forest. We will cross the thrilling bridge of Imja Khola; the exciting growling river which flows right below the bridge. Then a slow and gradual climb takes us to the village of Lower Pangboche. Here, we can see the majestic Ama Dablam. The Khumbu breaks left, up to Periche, but we take a detour right to the hamlet at Dingboche at the start of the Imja Tse valley.

Overnight at Local teahouse/lodge



DAY 7: TREK TO LOBOJE



Treat yourself with breakfast. Today we will climb up to the ridge behind Periche and stay high. Get ready to be charmed by the views of Tawoche and Cholatse, until we reach the tea houses at Dughla. After that, we will be tackling a steep, stiff ascent to the terminal moraine of the Khumbu glacier. You will then, witness many stone monuments to commemorate the climbers who have not yet returned from the expedition. We will get past through rough trail that cuts across left away from the glacier to our camp site at Loboje. Enjoy the view of

Loboje Peak (6156m). The Lhotse ridge is simply awesome from this angle.

Overnight at Local teahouse/lodge

DAY 8: LOBOJE – KALA PATHHAR – GORAK SHEP

Today you will be continuing your journey to Kala Patthar – Gorak Shep. As today will be the long day so we will have an early start. We will trek along the path of Khumbu glaciers till the tea shacks at Gorak Shep. Behind rises the attractive 7000m peak of Pumori which dwarfs our trek's summit of Kala Pattar. The route up is straightforward and takes most people between 90 minutes and 2 hours. All the peaks – Everest, Lhotse, Nuptse, Changtse, Ama Dablam and scores of other lesser peaks can be seen from this wonderful viewpoint.



We will follow the trail from Lobuche along with the grassy valley then, cross the tributary glacier and finally reach the dry lake of Gorak Shep. Lastly, we will climb the Kala Patthar (5545m) from where you can take pleasure of the incredible view of Everest and Everest Base Camp.

Overnight at Local teahouse/lodge

DAY 9: TREK FROM GORAK SHEP – EVEREST BASE CAMP – BACK TO LOBOJE



Today is the day, we have been journeying for. We begin our trek to Everest Base Camp through Gorak Shep Lake. We reach at Indian mountaineers memorials. The path here is tricky so we have to follow our Sherpa. As go on through rocky dunes, moraine and streams we reach Everest Base Camp. We get views of Nuptse, Khumbuste and Pumori from here. We go back to Gorak Shep for night sleep. We go up to the Everest Base Camp and return trek to Lobuche for overnight stay.

Overnight at Local teahouse/lodge

DAY 10: LOBOJE – PHORTSE

We descend all morning via Periche to Pangboche, whereupon we stay high on the west bank of the river all the way to the Sherpa village of Phortse, which lies on the lower southern flank of Tawoche, directly across the valley from Tengboche.

Overnight at Local teahouse/lodge



DAY 11: PHORTSE- NAMCHE



We now descend through a forest to the Dudh Kosi. From the very pretty crossing point, we climb to a chorten where there are wonderful views back across the valley to Phortse, Tengboche and the surrounding mountains. Eventually we turn south off the main trail to Khunde and Khumjung, contouring past the Everest View Hotel. The route then leads down the hill to Namche and more cinnamon roll

Overnight at Local teahouse/lodge

DAY 12: NAMCHE -LUKLA

Most people head towards Lukla with a heavy heart. There is something very special about the setting, the villages and the people of the high Khumbu hills and valleys and our memories help us up the deceptively long, final climb into Lukla. Our campsite and house are well located and offer a good final resting spot.

Overnight at Local teahouse/lodge



DAY 13: FLY BACK TO KATHMANDU



You will fly back to Kathmandu today. Rest of the time is free to explore the streets of Kathmandu on your own.

Overnight at hotel in Kathmandu.

DAY 14: DEPARTURE

Today you will bid your farewell to Nepal until next time as you board your flight back home.

END OF TOUR!!!

INCLUSIONS:





- All Airport and hotel transfer on private a/c vehicle.
- Two nights' accommodation in a 3 star category hotel in Kathmandu.
- Full board accommodation on sharing basis during the trek.

- Three times meal (breakfast, lunch and dinner) during the trek .
- One highly experienced male guide, porters (1 porter for 2 people)
- Sleeping bag with liner , trekking map
- TIMS Fee- Trekkers' Information Management System (Please avail us with 2 passport size photos required for your permit).
- National Park Entry Permits.
- All forms of Government taxes.



EXCLUSIONS:

- Travel Insurance
- International airfare to and from Nepal
- Nepal Tourist Visa Fee US\$25 or equivalent foreign currency with multiple entry for 15days, US\$40 or equivalent foreign currency with multiple entry for 30days. Visa can be issued upon arrival at Tribhuwan International Airport- Kathmandu
- Items of personal nature
- Alcoholic beverages, cold drinks, mineral water, laundry, phone call, etc
- Any extra services which is not included in the "Cost includes" column

REMEMBER:

-  No reservation of hotel and airline has been made till we receive the confirmation
-  The room availability is subject to availability
-  Standard check in time at 1400 hrs and check out time is 12:00 hrs local time
-  If any extreme changes of unforeseen economical fluctuation such as fuel surcharge or exchange rates, otherwise rates should be re – proposed

TERMS FOR BOOKING:

-  50% of the total package cost must be deposited as booking amount and full payment must be done before departure
-  All the bookings are non-refundable once visa is applied and confirmation is done. Up to 100% cancellation charge can be applied depending upon airlines.

WHY US?

- ✓ Excellent Service
- ✓ Fair price
- ✓ Better Customer Relation

We, Rupse Holidays team express our earnest gratitude for selecting us as your travel partner and wish you a holiday with wonderful memories.

Bon Voyage!!!

RUPSE HOLIDAYS

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