



## Trekking – Nepal - Everest Base Camp

**12 Days 11 Nights**

**Day 1** Transfer to domestic airport and fly to LUKLA (45 minutes 2750 mtrs.) trek to PHAKDING (3 hours 2630 mtr.) Overnight at lodge.

**Day 2** PHAKDING – NAMCHE (3440 mtr. 6/7 hours.)  
Overnight at Lodge.

**Day 3** NAMCHE Acclimatization day visit to Sherpa culture museum and climbers museum  
Overnight at Lodge.

**Day 4** NAMCHE – Tengboche (5/6 hours 3867 miters.)  
Overnight at Lodge.

**Day 5** TENGBOCHE - PHERICHE (6/7 hours 4230 miters.)  
Overnight at Lodge.

**Day 6** Rest day for acclimatization  
Overnight at Lodge.

**Day 7** PHERICHE – LOBUCHE (6 hours 4860 miters.)  
Overnight at Lodge.

**Day 8** LOBUCHE - VISIT KALAPATHAR (5 hours 5545 miters.)  
BACK TO LABUCHE over night at Lodge.

**Day 9** LABUCHE-THYANGBOCHE (6/7 hours)  
Overnight at lodge.

**Day 10** THYANBOCHE - JORSELA (6/7 hours.)  
Overnight at Lodge.

**Day 11** JORSELA - LUKLA (6 HOURS WALKING)  
Overnight at Lodge.

**Day 12** Fly back to Kathmandu (45 minutes) and transfer to selected hotel

## **COST \$1,300 per person twin share**

### **Includes:**

- To and from domestic airport pick up and drop off service,
- One English speaking government registered guide,
- Return Lukla flight tickets,
- Lodge accommodation on the way,
- All meals (Breakfast, Lunch and dinner with tea/coffee three times a day
- National Park entrance permit and all applicable trekking permits,
- Guide's food, lodge, flight, insurance, equipment, salary etc.

### **Excludes:**

- Hard and soft table drinks such as, Coke, beer, mineral, water,
- Hot shower
- Emergency evacuation charges,
- Personal expenditure
- Telephone Calls, Laundry service, tips etc.