



Sagarmatha (Everest) Base Camp Trek

Overview

Embark on a thrilling adventure starting with a briefing in Kathmandu, where our journey unfolds with a scenic flight to Lukla. Trekking through picturesque valleys, we'll explore Namche and its Sherpa culture, bask in the spiritual aura of Thyangboche, and venture to the highest Sherpa settlement in Dingboche. Ascend Nagarjun Hill for breathtaking vistas before reaching Labuche for acclimatisation. Summit day dawns as we journey to Everest Base Camp via Gorakshep, a pinnacle moment amid the world's highest peaks. Descend to Pheriche, then retrace our steps to Namche before concluding our trek in Phakding and returning to Kathmandu. Reflect on the unforgettable journey with a celebratory dinner, marking the end of an incredible adventure. Throughout our expedition, enjoy comfortable accommodations and hearty meals, ensuring an enriching experience from start to finish.

Highlights

- Explore Sagarmatha National Park, encountering diverse wildlife amidst stunning natural landscapes.
- Follow the footsteps of mountaineering legends like Sir Edmund Hillary on thrilling treks amidst towering mountains and glaciers.
- Witness the awe-inspiring presence of four mountain ranges towering above 8000 metres, offering limitless horizons and breathtaking vistas along your trekking path.
- Immerse yourself in Nepal's rich Buddhist culture, discovering the spiritual essence that permeates the land.
- **Total 14 nights and 15 days package**

Entire trip price

Total trip cost: Pounds £1599 and USA dollars \$1999

Cost includes:

- One professional guide
- One dedicated porter
- Bed and breakfast, trekking transports and related trekking permits
- Welcome and every morning wake-up tea.

Does not include:

1. Lunch, dinner and any drinks are self-paid and optional activities
2. International flight
3. Trekking Insurance covers above 5000 mts to 5500 mts

Trek Itinerary

Day 1: Kathmandu - Our initial meeting is scheduled for the evening at 5 pm at Hotel Holy Himalaya Thamel Kathmandu Nepal. This is where the group will gather for a pre-trek briefing, during which important information about the trek and upcoming highlights will be covered. Additionally, the leader will arrange the first group dinner after everyone joins.

A: Include a room share and breakfast (require separate room to pay extra).

B: Elevation 1250 metres (4,101ft)

Day 2: Phakding - We'll begin with an early morning scenic flight to Lukla, where we'll follow Sir Edmund Hillary and Tenzing Norgay's footsteps through the Dudh Kosi Valley to Phakding.

A: Flight for 25 to 30 minutes and trek for 3 to 4 hours.

B: Includes teahouse room and breakfast.

C: Elevation 2,600 metres (6,102ft)

D: Ascent 1,350 metres (3,280ft).

E: Cover of the day (flight 88.7 miles (143 km) and (trek 4 miles (6.4 km)

Day 3: Namche - Day walk along the Dudh Koshi river, traversing suspension bridges amidst towering crops while enjoying magnificent mountain views. En route to Namche, the capital of Sherpa town, we'll catch some glimpses of Mt. Sagarmatha.

A: Trek for 7 to 8 hours.

B: Includes teahouse room and breakfast.

C: Elevation 3,440 metres (10,958ft)

D: Ascent 860 metres (2,821ft).

E: Cover of the day 8.3 miles (13.5km)

Day 4: Namche - A day hike to the Mt. Sagarmatha viewpoint, offering stunning vistas of Mount Ama Dablam and numerous other peaks. Following this, we'll proceed with an acclimatisation day and remain in Namche.

A: Acclimatisation 3 to 4 hours.

B: Includes teahouse room and breakfast.

C: Elevation 3,900 metres (12,795ft)

D: Ascent 460 metres (1,509ft)

E: Cover of the day 4 miles (6.4 km)

Day 5: Thyangboche - The day hike provides breathtaking views of the mountains, landscape, and rhododendron forest, nestled in the shadow of the majestic Mt. Sagarmatha and Mt. Ama Dablam. The trip encompasses the spiritual essence of Buddhism.

A: Trek for 6 to 7 hours.

B: Includes teahouse room and breakfast.

C: Elevation 3,867 metres (12,867ft)

D: Ascent 427 metres (1,400ft).

E: Cover of the day 7 miles (11.5 km)

Day 6: Explore Dingboche - Trek through the highest Sherpa settlement in the Sagarmatha region, near the stunning Mt. Ama Dablam and continue to Dingboche.

- A: Trek for 6 to 7 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 4,400 metres (14,435.7ft)
- D: Ascent 533 metres (1,748ft).
- E: Cover of the day 8 miles (12.8km)

Day 7: Dingboche - A steep acclimatisation hike to Nagarjun Hill, offering fantastic views of Mt. Ama Dablam and Mt. Makalu, the 4th highest mountain in the world. After reaching the summit, we will return to Dingboche.

- A: Trek for 4 to 5 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 5,100 metres (16,732.2ft)
- D: Ascent 700 metres (2,296.7ft).
- E: Cover of the day 4 miles (6.4km)

Day 8: Labuche – Now close, a day walk up with Yaks, through an open valley next to the Sagarmatha glacier and surrounding mountains. Upon our arrival at Labuche, we will engage in a brief acclimatisation session to enjoy the view of the Everest glacier.

- A: Trek for 4 to 5 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation: 4,910 metres (16,108ft)
- D: Ascent: 510 metres (1,673.2ft).
- E: Cover of the day: 6 miles (9 km)

Day 9: Gorakshep – This day of great accomplishment begins early in the morning for our journey to Sagarmatha (Everest) Base Camp via Gorakshep. We will stop at Gorak Shep shortly, prepare for the final destination and then return to the highest tea house in the world. The day is long and challenging with altitude and adventure. Stepping onto the highest glacier in the world beside the Khumbu icefall makes it a magnificent day for the entire trip.

- A: Trek 8 to 9 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation overnight: 5180 metres (16,994 ft) EBC 5364mts (17,598ft)
- D: Ascent: 454 metres (1,492ft).
- E: Cover of the day: 8 miles (12.8km)

Day 10: Pheriche - We begin another early start to Kalapathar, the highest point of the trek. It is a very tough day but the closest view of the Sagarmatha (Everest) is just 2 miles away. Afterwards, we will walk to the teahouse and breakfast and begin a descent elevation down to Pheriche.

- A: Trek Kalapathar for 2 to 3 hours and 6 to 7 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation overnight: 4200 metres (13,779)Optional 5545 metres (18,192ft)
- D: Descent: 980 metres (3,215ft).
- E: Cover of the day: 10 miles (16 km)

Day 11: Namche - We will descend back to Namche where we stayed before through Thyangboche Monastery. Considering altitude-related factors, individuals are permitted to partake in the consumption of alcoholic beverages.

- A: Trek 8 to 9 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 3340 metres (10,985ft)
- D: Descent 1,370 metres (4,520ft).
- E: Cover of the day 16 miles 25.7km)

Day 12: In Phakding - Our day begins with a walk downhill, passing the Dudh Koshi River and crossing many suspension bridges. At midday, the leader will select a suitable place for lunch promptly.

- A: Trek for 5 to 6 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 2,600 metres (10,958 ft)
- D: Descent 860 metres (2,821 ft).
- E: Cover of the day 8.3 miles (13.5 km)

Day 13: Lukla - Returning to our initial point and concluding the journey with the celebratory dinner; the leader will gather tips and distribute them to the team as a token of appreciation and gratitude.

- A: Trek for 3 to 4 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 2,800 metres (9,186 ft)
- D: Ascent 200 metres (656.2 ft).
- E: Cover of the day 4 miles (6.4 km)

Day 14: Kathmandu - Day morning flight to Kathmandu free time in the afternoon last night group dinner time set out by your leader.

- A: Flight for 25 to 30 minutes
- B: Include a room share and breakfast (require separate room to pay extra)
- C: Elevation 1250 metres (4,101ft)
- D: Descent 1,550 metres (5,085.3)
- E: Cover for the day 88.7 miles (143 km)

Day 15: End of trip - After the morning breakfast the trip ends at noon.

Total Distance and Duration:
Flight: 171.4 miles (276 km)
Trek: 85.6 miles (137.2km)
Total hours: 80 hrs 30 mins.

Trip information and preparation

At Gele Trekking, we ensure that our guests are well-prepared in advance. We have a great system for the trip we are running here and accordingly we advise you to prepare beforehand. We recommend you practise walking and running around a small hill before 3 months of the trek start. If not just run around wherever it's suitable for you and use existing tools enough to make yourself fit and healthy.

During trekking, there might be natural obstructions such as changing weather conditions, snowing blizzards and domestic flight changes such as Lukla and Pokhara. In these scenarios, your group leader at Gele Trekking will change for possible options.

Communication and Accommodation Facilities

Gele Trekking wishes to ensure that our guests are well-informed about accommodation facilities, including the Himalaya Tea House rooms—share, toilets, showers, and communication options. The rooms typically consist of twin bedrooms, with the possibility of sharing a dormitory and communal toilets located outside the building. Showers may be available with gas or electric heating and bucket showers, although washing basins may not be universally provided or available.

For instance, during the Annapurna Base Camp trek, accommodations often require sharing rooms with others due to limited teahouses and room availability. Occasionally, adjustments may be necessary, particularly during peak seasons. While Gele Trekking typically arranges bookings for our groups, there are instances where this may not be feasible.

Rest assured, our trip leaders are well-versed in handling such situations and have the authority to make necessary adjustments as needed.

Food and Drink Options

Gele Trekking aims to introduce food and drinks to all clients during their trekking period. We offer Himalayan organic food, with most dishes incorporating *noodles, rice, potatoes, and Yak Cheese*. Fresh vegetables such as *spinach, cabbage, carrots, cauliflower, spring onions and seasonal vegetables* are also available. While there is a limited selection of foreign food, we also offer some *cereals*. Our hot drink options include *hot chocolate, instant coffee, simple Nepali tea, and powdered milk*. Regarding cold drinks, we offer *mineral water, Coke, Fanta, Sprite, Pepsi, and some local products*.

Regarding alcohol, we offer local beers such as the popular *Everest beer*, and other beer options such as *whisky, and brandy*. Some locations may have small bars and offer wines, but it's important to note that ***alcohol consumption is subject to altitude limits and medical purposes***. Our trip leaders are well-versed in dealing with various issues, including altitude-related concerns, and have the authority to make necessary changes as needed.

Extra trip budget

During the trek, your approximate budget preparation guidelines: The approximate cost for lunch, dinner, and any drinks per day is £35 to £40, and in the USA, it's \$45 to \$50, when combined. Ensure that your overall budget for food and beverages includes a bit more to cover any additional expenses.

Total approximate in pounds: £520

Total approximate in dollars: \$650



Traditional Load-Carrying in Nepal

Gele Trekking is committed to bringing attention to the potential brain damage being caused everyday to countless Nepalese by the common practice of carrying heavy loads on their heads, known as 'head carrying'. Gele trekking has pledged to make this a top focus for their treks and to actively seek solutions, including having one sherpa accompany each guest and to supporting further research on this critical health concern. By choosing Gele Trekking, our guests are providing support from around the world to help protect and nurture the minds of Nepalese in Nepal.

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