

EVEREST BASE CAMP TREK

15TH OCT - 28TH OCT



EBC FOR US

Conquering EBC for us was one of the highlights of our travelling career. When both Kajal and Anany completed the trek, they had tears in their eyes. They were extremely proud of what they had achieved and that is something they want others to experience as well. We often don't know what we are capable of and don't attempt things which look scary. It is only when you walk towards what scares you is when you realise that your fear wasn't big enough. Everest Base Camp is not a trek which is completed by your body, it is done by your mind. We will ensure that you complete it with a smile on your face. Let's go tick this off, together.



BRIEF ITINERARY

Day 1: Arrive in Kathmandu & transfer to the hotel

Day 2: Flight from Kathmandu or Ramechhap to Lukla (2840m), then Trek to Phakding (2610m)

Flight time: 35 to 40 minutes

Trek time: 3 to 4 hours

Trek distance: 6.2 kilometers

Day 3: Trek from Phakding to Namche Bazaar (3440m)

Trek time: 5 to 6 hours

Trek Distance: 7.4 kilometers

Day 4: Acclimatization and Rest Day in Namche Bazar (3440m)

Acclimatization Trek time: 4-5 hours

Day 5: Trek from Namche Bazar (3440m) to Tengboche (3810m)

Trek time: 5 to 6 hours

Trek Distance: 9.2 kilometers

Day 6: Trek from Tengboche (3810m) to Dingboche (4410m)

Trek Time: 4 to 5 hours

Trek Distance: 9.1 kilometers

Day 7: Acclimatization Day in Dingboche (4410m)

Acclimatization Trek Time: 3 to 4 hours

Day 8: Trek from Dingboche (4410m) to Lobuche (4910m)

Trek Time: 4 to 5 hours

Trek Distance: 7.9 kilometers

**Day 9: Trek from Lobuche (4910m) to Gorakshep (5140m)
then Everest Base Camp (5364m) and back to Gorakshep
(5140m)**

Trek Time: 7 to 8 hours

Trek Distance: 11 kilometers

**Day 10: Trek from Gorakshep (5140m) to Kalapatthar
(5545m) then Pangboche (3930m)**

Trek Time: 7 to 8 hours

Trek Distance: 15.8 kilometers

**Day 11: Trek from Pangboche (3930m) to Namche Bazaar
(3440m)**

Trek Time: 6-7 hours

Trek Distance: 9.1 kilometers

Day 12: Trek from Namche Bazaar (3440m) to Lukla (2840m)

Trek Time: 7 to 8 hours

Trek Distance: 16 kilometers

**Day 13: Flight back to Kathmandu from Lukla or Ramechhap
by plane & drive to hotel**

Flight time: 35 to 40 minutes

Day 14: Fly out from Kathmandu after Breakfast

DAY 1: ARRIVE IN KATHMANDU AND TRANSFER TO THE HOTEL

HOTEL & SPA

As you fly in, don't forget to take the window seat to get spectacular views of the majestic Himalayas. After arriving in Kathmandu, you will be transferred to the hotel. After relaxing for some time, we will head out to have lunch and then later have a briefing about the trek in the evening. You can opt to do some shopping in Thamel for your trek as well. A lot of rental shops are available near our hotel.

DAY 2: FLIGHT FROM KATHMANDU OR RAMECHHAP TO LUKLA (2840M), THEN TREK TO PHAKDING (2610M)



After breakfast, we will be driving from the hotel to the domestic airport. The early morning sunshine on the snowcapped mountains is spectacular during the plane ride to Lukla. It will take around 40 minutes to arrive in Lukla at Tenzing-Hillary Airport, the Himalayan entryway. The hike begins soon after meeting the guides, from where Phakding is a short walk. A good Nepali meal awaits you on your first night of the trek.

Meals: Breakfast, Lunch*, and Dinner*

DAY 3: TREK FROM PHAKDING TO NAMCHE BAZAAR (3440M)

Lovely pine trees, the Dudh Koshi River, and glimpses of Mount Thamserku, that's how amazing the views are going to be today. We will start our trek from Phakding after breakfast and then soon enter Sagarmatha National Park. We continue walking via the Dudh Koshi River and Bhoté Koshi River confluences before ascending steeply to Namche Bazaar, where we are greeted by the ridges of Mount Lhotse (8,516m) and Mount Nuptse (7,861m). You can opt to head out to some nice cafe for hot chocolate or for a peaceful stroll.

Meals: Breakfast, Lunch*, and Dinner*



EVEREST VIEW 3

DAY 4: ACCLIMATIZATION AND REST DAY IN NAMCHE BAZAAR (3440M)



It's acclimatization day for us. The major village in the Khumbu region, Namche Bazaar, has ATMs, internet cafes, restaurants, bakeries, and other services. Together, let's explore Namche Bazaar. For Acclimatization purposes, we will hike till Everest View Hotel. This will be a short and beautiful hike. You might see glimpses of Mt. Everest from here. This day is going to be great for clicking stunning pictures.

Meals: Breakfast, Lunch*, and Dinner*

DAY 5: TREK FROM NAMCHE BAZAAR (3440M) TO TENGBOCHE (3810M)

Prepare for the trek to Tengboche. There aren't many hard ascents and descents so there's plenty of time to focus on photography. You will pass through stupas (Buddhist temples), beautiful prayer flags, Mani walls (Walls with Buddhist Prayers Engraved onto Them), mountains like Ama Dablam (6,812m), and Tengboche Monastery on the way. The view of Ama Dablam is going to be something that will leave you mesmerised. Tengboche is where you get to see a clear view of Everest and nearby peaks.

Meals: Breakfast, Lunch*, and Dinner*




DAY 6: TREK FROM TENGBOCHE (3810M) TO DINGBOCHE (4410M)

Visit the oldest Buddhist monastery in the vicinity before setting off on the walk from Tengboche to Dingboche. After passing the settlements of Shomare, Orsho, and Tsuru Wog, the trip continues through alpine forests to Upper Pangboche, a significant hamlet. The Khumbila Khola valley offers beautiful views of the ascending mountains, including Mount Taboche (6,495m), Mount Thamserku (6,608m), Mount Ama Dablam (6812m), Mount Nuptse (7,861m), Mount Cholatse (6,440m), and Mount Lhotse (8,516m). The final destination is Dingboche. It's time to unwind under a starry sky after hiking and taking in all those beautiful vistas. A hot supper awaits you when you reach.

Meals: Breakfast, Lunch*, and Dinner*



DAY 7: ACCLIMATIZATION DAY IN DINGBOCHE (4410M)



It's vital for us to acclimatize when we ascend to higher altitudes. The journey already starts to feel rewarding at this point but rest is important specially before the final leg of the trek. We will go for a small excursion up Nagarjun Hill (2,128m) or Chhukung Ri (5,546m). Views of Mt. Makalu, Mt. Lobuche, Thamserku Ama Dablam, and other peaks can be witnessed from Nagarjun Hill's summit. Some delicious food awaits us once we get back, so let's enjoy it together by the warmth of the fire while singing our hearts out.

Meals: Breakfast, Lunch*, and Dinner*

DAY 8: TREK FROM DINGBOCHE (4410M) TO LOBUCHE (4910M)

The trek begins with a climb through the Khumbu Khola valley to Duglha. The valley begins to contract as we draw nearer to Dusa. The route is exciting, filled with numerous enormous rocks and mountain yaks passing by at a great height. Additionally, there are a lot of memorials with praying flags and stones in honour of climbers who lost their lives enroute to Mount Everest. This will make you value life a bit more and will also inspire you to go ahead. The route connecting Gokyo Lakes and Cho-La Pass then comes into view. The Khumbuste (6,636m), Lingtren (6,749m), and Pumori (7,161m) peaks may also be seen. After trekking through all these terrains, a magical view of the ranges awaits.

Meals: Breakfast, Lunch*, and Dinner*



DAY 9: TREK FROM LOBUCHE (4910M) TO GORAKSHEP (5140M) THEN EVEREST BASE CAMP (5364M) AND BACK TO GORAKSHEP (5140M)

MT. EVEREST LHOTSE

This is the day you have been working hard for. After a hearty breakfast in Lobuche, we will hike to Gorakshep. The duration is two to three hours. After having lunch at Gorakshep, we'll set off towards Everest Base Camp.

The destination for which we have been walking for so many days, is now only 2-3 hours away. We cannot put into words how absolutely stunning it feels at Everest Base Camp. The Nuptse, Khumbuste, and Pumori peaks are magnificent to see from the base camp. We will spend some time and enjoy the scenery, then walk back to Gorakshep, where we will spend the night. This day is going to be etched in your mind forever.

Meals: Breakfast, Lunch*, and Dinner*



**DAY 10: TREK FROM GORAKSHEP (5140M)
TO KALAPATTHAR (5545M) THEN
PANGBOCHE (3930M)**

Now comes an even more exciting part. We'll set out much earlier than usual (around 3 am) since we want to reach Kalapatthar in time to experience the beautiful sunrise view from there. This is a mountain peak that you are going to summit. Exciting? You are going to be looking at Mt. Everest up close. Soak that in. We end this day by trekking down to Pangboche, where you can see the oldest monastery in the region, which contains the scalp and bones of a Yeti.

Meals: Breakfast, Lunch*, and Dinner*

DAY 11: TREK FROM PANGBOCHE (3930M) TO NAMCHE BAZAAR (3440M)



After passing the Imja Khola Bridge and descending to the riverbed from Pangboche, the journey goes on to Tengboche. From Tengboche, it takes a long descent to get to the Dudh Koshi River. On our way to Phungi Thanga, we cross the Dudh Khoshi River on a suspension bridge. We continue via the villages of Tashinga and Sanasa enroute to Namche Bazaar.

Meals: Breakfast, Lunch*, and Dinner*

DAY 12: TREK FROM NAMCHE BAZAAR (3440M) TO LUKLA (2840M)



Take a final glimpse at the majestic Himalayan Mountains before bidding farewell to the Khumbu Valley and Mount Everest. On the last day of the excursion, the steep descent route is continued. As we make our way over the expansive plain and rhododendron woodland to the Dudh Koshi suspension bridge, we must move slowly, attentively, and in a balanced manner while relishing the distant view of snow-capped mountains. You will reach Lukla by evening. You have successfully finished the trek here so it calls for some celebration. Let's head out for a small party, shall we?

Meals: Breakfast, Lunch*, and Dinner*

DAY 13: FLIGHT BACK TO KATHMANDU FROM LUKLA OR RAMECHHAP BY PLANE AND DRIVE TO HOTEL



This is the day when we will be taking the flight from Lukla back to Kathmandu. You will also be receiving your certificates of completion. Hold that close to your chest.

After reaching Kathmandu, we will rest for some time and then head out for a celebratory dinner. We will be staying in Thamel area which has a lot of cafes for live music as well. You will have enough time for souvenir shopping too.

DAY 14: THE TOUGHEST DAY. HEAD BACK TO YOUR RESPECTIVE CITIES



Today we will be heading back to our cities from Kathmandu.

It's time to say goodbye to some wonderful people who you have made a lot of memories with. Make sure you give a tight hug to the fellow trippers and promise to meet again. You can choose to extend your stay in Kathmandu by a day or two if you wish.

INCLUSIONS

- **Airport transfers to and from Kathmandu International Airport**
- **2 nights accommodation in a hotel in Kathmandu on twin sharing basis (3 star hotel)**
- **Flight to Lukla from Kathmandu or Ramechhap and back including airport transfer to and from the respective domestic airports**
- **All permits such as National Park, TIMS Permit, local permits etc.**
- **11 nights accommodation during the trek (Twin sharing basis) in tea houses. No tent stays :)**
- **Breakfast, lunch and dinner during the trek from Day 2 to Day 12**
- **Breakfast in Kathmandu on day 13 and 14 and farewell dinner**
- **Firgun goodies**
- **Certificate of completion of the trek**
- **Trek guide and porters**
- **Any entry fee required throughout the trip**
- **Any taxes involved throughout the trip**
- **First Aid Kit**
- **A trip leader cum friend from Firgun Travels**

EXCLUSIONS

- Flight bookings to and from Nepal have to be made by the trippers (post confirmation with our team)
- Travel insurance
- Drinks, snacks, shopping, and all such miscellaneous expenses
- Any tips given to locals, drivers, at restaurants, etc.
- Porter tips
- Wifi and local sim costs (Please note that you can buy a local sim pack/wifi pack and have internet during the trek)
- Anything not mentioned in the inclusions

TOTAL COST

*ALL MEALS INCLUDED

IF BOOKED ON OR BEFORE 15TH JULY :- Rs. 82,000 + 5% TCS*

IF BOOKED POST 15TH JULY: Rs. 85,000 + 5% TCS*

*BREAKFAST ONLY TREK PLAN

IF BOOKED ON OR BEFORE 15TH JULY :- Rs. 60,000 + 5% TCS*

IF BOOKED POST 15TH JULY: Rs. 63,000 + 5% TCS*

(YOU CAN MAKE THE PAYMENT IN INSTALMENTS OF 20,000 INR)

5% TCS IS MANDATORY FOR ALL INTERNATIONAL TRAVEL FROM OCTOBER 2020 AND CAN BE CLAIMED IN YOUR ITR. WE WILL ISSUE A CERTIFICATE REGARDING THE SAME.

CANCELLATION POLICY

- If cancelled 90 days before the trip start date: 100% refund or 100% carry forward*
- If cancelled between 50-90 days before the trip start date: 40% refund or 50% carry forward*
- If cancelled 50 days or less before the trip: No refund and No carry forward*

***Validity period for the carry forward amount: 6 months from the time of cancellation**

THINGS TO CARRY

- Documents required: It is mandatory for trekkers to carry the original and print out of their passport along with the Medical Certificate and Disclaimer form. This is required for trek permissions before and during the trek
- 1 Rucksack (60 litre minimum)
- 1 Day Pack (10 litre)
- 1 Torch (1 pair extra cells)
- 1 Trek pole
- Sleeping bag (you can rent it as well) (blankets are provided)
- Sunglasses
- A pair of trekking shoes (waterproof)
- A pair of slippers
- 1 power bank (At least 20000 MAH)
- Personal kit (toothbrush, paste, shampoo etc.)
- 1 light weight travel towel
- 2-3 tissue paper rolls
- Bio-degradable bags (to throw your trash or pack wet clothes)
- 1 water bottle (Minimum 1 litre)
- Sun lotion: You don't want your skin to burn so kindly carry a sun lotion (SPF 50+ is advisable). We recommend Neutrogena and Re'equill
- Sanitizer
- Sim Cards: You can purchase a sim card at the airport if required or from the local market
- Chocolates, light snacks & electrolytes: Chocolates/Protein bars help a lot during treks so don't forget to carry a few. Carry other healthy snacks as well

A NOTE FROM THE TRIP LEADER



Everest Base Camp trek looks difficult from the outside but it is something easily doable if you have have the right preparation. There is a lot of time to the start date and we will be prepping together for this one.

We will be sharing a training program with everyone and will also help monitor progress.

Even if this is your first trek, we will ensure that you complete it. We are all ordinary people meant to do extraordinary things so let's go, do it together :)

You will savour this one for lifetime!

PAYMENT DETAILS

BANK DETAILS:

A/C Holder's Name: Firgun Travels pvt ltd

A/C No.: 50200066337354

RTGS/NEFT IFSC Code: HDFC0000440

You can make an online transfer/or a cash deposit .

Once it's done kindly fill the form under PAY NOW on the website or click BOOK NOW below.

In case there are any issues you can also share the reference number/screenshot at bookings@firguntravels.com and +918142749197 along with your Full name, contact number and Date of Birth so we can confirm your booking.

BOOK NOW

PAYMENT DETAILS

You can also Google Pay the amount.

Google Pay name : Kajal Gupta

UPI ID- kajalgupta7910-1@okhdfcbank

