



14 DAY EVEREST BASE CAMP

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Trip Duration: 14 days

Trip Difficulty:

Destination: Nepal

Begins in: Kathmandu

Activities: 

INCLUDED

- Airport transfers
- 2 nights hotel in Kathmandu before/after trek
- Ground transportation
- Flights to/from Kathmandu - Lukla
- National Park fees
- Expert guides & porters
- Accommodations during trek, double occupancy
- Meals & beverages during trek

EXCLUDED

- Airfare
- Lunch or dinner at hotel
- Beverages at hotel
- Personal gear & equipment
- Tips

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Ultimate Expeditions®

The Best Adventures on Earth.

Ultimate Expeditions® was born out of our need for movement, our connection with nature, and our passion for adventure.

We Know Travel. Our staff has traveled extensively to 40-50 countries each and have more than 10 years of experience organizing and leading adventures in all corners of the globe through the world's most unique, remote, beautiful and exhilarating places. We want to share these destinations with you.

Why Ultimate Expeditions®? We provide high quality service without the inflated cost. Our goal is to work with you to create the ideal itinerary based on your needs, abilities and desires. We can help you plan every aspect of your trip, providing everything you need for an enjoyable experience.

14 DAY EVEREST BASE CAMP

Itinerary

DAY 1 Arrive Kathmandu

Our friendly Ultimate Expeditions representative will meet you at the airport and drive you to your hotel in Kathmandu. During this meet and greet your guide will discuss the daily activities of your trip.

DAY 2 Flight to Lukla - Trek to Phak Ding (8,713 ft / 2,656 m)

Enjoy an exciting flight from Kathmandu to Lukla – this flight is roughly 45 minutes and offers great views of the Everest region if you can secure a seat on the left of the plane. After landing on a steep mountainside runway you will meet the expedition crew and once the gear is sorted into loads the trek begins. The trail gradually descends on a well-marked trail to Phak Ding, approximately 4 hours of hiking.

DAY 3 Trek to Namche Bazaar (11,318 ft / 3,450 m)

We enter the National Park at Monjo as we continue to our next stop, Namche Bazaar the main trading village in the Khumbu region. The trail crisscrosses the Dudh Kosi (Milk River), these exciting crossings are over suspension bridges that sway high above the valley. The days trek is roughly 4.5 to 6 hours long and once in Namche Bazaar we are free to enjoy a coffee, brownie, chocolate doughnut or some other delightful baked goodie.

DAY 4 Namche Bazaar (11,318 ft / 3,450 m) *Acclimatization Day*

Today will be spent in Namche Bazaar to acclimatize and prepare our bodies to push higher into the Everest region. The village offers shopping opportunities as well as several lodges. It is a great place to spend a day before heading towards Tengboche.

DAY 5 Trek to Tengboche Monastery (12,687 ft / 3,867 m)

As we trek towards Tengboche views of the legendary mountains begin to unfold, Everest, Lhotse, Nuptse, Ama Dablam as well as others await your praise. Along the way we will pass thru several villages and tea shops. The trail will descend steeply to a bridge at Phunki Tenga where we will stop for lunch and then make the steep climb to Tengboche, infamous for its monastery one of the largest and oldest in the Khumbu region.

DAY 6 Trek to Pheriche (13,950 ft / 4,252 m)

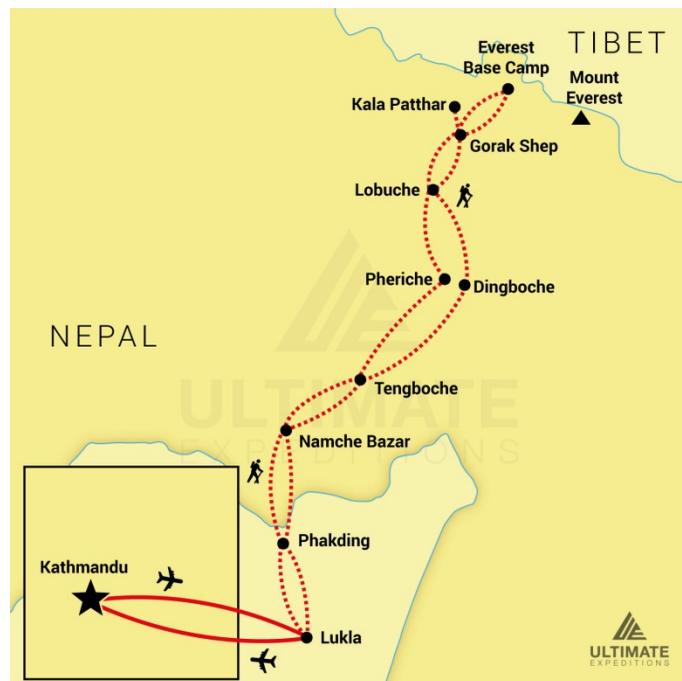
The trail descends through forest crossing the Imja Khola River and climbs steadily to a village where you will be faced with the imposing Ama Dablam that rises 22,493 ft (6,856 m) into the sky.

DAY 7 Pheriche (13,950 ft / 4,252 m) *Acclimatization Day*

In Pheriche we will spend the day acclimatizing. Here you can hike up the valley to view Tshola Tsho Lake and the vertical walls of Cholatse and Tawache. Be sure to join your guild for a trek that overlooks Dingboche and prepare yourself for a spectacular view of the Imja Valley and the incredible south face of Lhotse.

DAY 8 Trek to Lobuche (16,174 ft / 4,930 m)

The trail continues down the wide valley with a steep climb towards the foot of the Khumbu Glacier. In Duglha we will stop for lunch before zigzagging through the boulder-strewn slope of the glacier's terminal moraine. Several rock cairns can be seen at the top of this climb, built as memorials to the many Sherpas who have lost their lives while climbing Mount Everest. Views of Khumbutse, Lingtren, Pumori, Mahalangur Himal, and several other peaks can be enjoyed throughout the day's trek, until finally reaching Lobuche.



DAY 9 Trek to Gorak Shep then Everest Base Camp (17,575 ft / 5,357 m)

Leaving Lobuche we hike parallel to the Khumbu Glacier. The trail navigates its way through ice pinnacles and crevasses. Once in Gorak Shep we will stop for lunch and enjoy beautiful views of snow-capped mountains that loom high above and press on to Everest Base Camp.

DAY 10 Kala Pattar then Dingboche (14,468 ft / 4,410 m)

Today's journey begins early and will be a demanding hike to the top of Kala Pattar 18,221 ft (5,554 m). The views from Kala Pattar are breathtaking, here you can gaze upon Everest and look deep into the Khumbu ice field. After photos are taken we will descend to Dingboche where we will spend the night.

DAY 11 Trek to Namche Bizarre (11,318 ft / 3,450 m)

From Dingboche we retrace our footsteps along the river to Tengboche before making your way back to Namche Bizarre.

DAY 12 Trek to Lukla (9,186 ft / 2,800 m)

The last day of trekking follows the Dudh Koshi River from Namche Bizarre back to Lukla. Although this is the same trail we hiked in on, your perspective will be greatly different. This is an ideal time to reflect on your one in a lifetime trekking experience and celebrating your achievement.

DAY 13 Fly to Kathmandu

After an early breakfast, you will catch a return flight to Kathmandu and stay overnight. You will have free time to roam the streets of Thamel, shop and enjoy the rich culture.

DAY 14 Depart Kathmandu

Our Ultimate Expeditions representative will drive you to the airport in Kathmandu for your return flight home or perhaps to your next adventurous destination

NEPAL

Best Time to Visit

It is possible to visit Nepal year round, but spring and autumn are the two most favorable seasons for trekking.

March, April and May (Spring)

These months are considered to be the best in terms of weather and beauty; they are also the busiest months. Days are warm with an occasional rain shower that invites an array of blooming wildflowers, displaying vibrant colors on a lush backdrop. Hikers say it's the most pleasant time to trek.

June, July and August (Monsoon)

The monsoon season brings severe rains making the certain routes impassable. Lodges and trekking operations in some areas are closed during this time, but there are options for trekking around Annapurna and Manaslu which receive significantly less precipitation than the more southerly areas.

Mid-September – November (Autumn)

The weather is dry and skies are generally clear, with mild to warm days and cold nights. Nights can easily drop to below zero freezing temperatures.

November – February (Winter)

Generally dry with daytime temperatures cooler and very cold nights. The days are typically clear with occasional winter storms. Trekking during this mid-winter season can be more challenging in the high altitudes.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	60	63	70	77	79	80
Average Low (F)	40	44	50	57	63	69

Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	79	79	78	74	68	61
Average Low (F)	70	70	67	59	49	42

Entry Requirements

Most nationalities must hold a valid passport, with at least six months beyond your proposed date of your trip. Citizens of USA, UK, Canada, Australia and other European Union nations must have passports. We recommend obtaining a visa upon arrival at Tribhuvan International Airport.

Vaccinations

The following vaccines are recommended for travel to Nepal. Hepatitis A& B and Typhoid are recommended for all travelers. Polio - One-time booster. Yellow Fever – is



required when arriving from a yellow-fever-infected area. Measles, mumps, rubella (MMR) - Two doses recommended for everyone born after 1956, if not previously given. Tetanus-Diphtheria - Revaccination recommended every 10 years. Japanese Encephalitis - You may need this vaccine if your trip lasts longer than a month, depending on when and where you are visiting. Rabies - Only necessary if visiting lowland areas, like Chitwan.

Malaria – avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria. Talk to your doctor about how you can prevent malaria while traveling.

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Nepal. This will eliminate any credit card holds for fraudulent activity.

Currency

The best places to exchange money is in Kathmandu. Local currency is the Nepalese Rupee, however some establishment do accept USD. Better hotels, lodges, and camps will accept credit cards. It is advised to carry local currency when visiting remote areas and villages.

Government

The politics of Nepal function within a framework of a republic, with a multi-party system.

Religion

Citizens of Nepal identify themselves with Hinduism 81.3%, Buddhism 9%, Islam 4.4%, Kirat 3.1% and other 2.2%