

Everest Base Camp 20 days



Rise to the challenge & follow in the footsteps of Sir Edmund Hillary with this adventurous trek to Everest Base Camp & the spectacular Gokyo Lakes. Take in Sherpa villages, monasteries, magnificent glaciers & the world's most majestic mountains.

TOUR DETAILS:

- Starts in: Kathmandu / Ends in: Kathmandu
- Departs: Mondays - February to December
- No local payment required
- Breakfast: 20, Lunch: 15, Dinner: 16
- Hotel Rating: 3 star & trekking lodges
- Tour Guide: Local guides

ONLINE RESOURCES:

- For a detailed GO GUIDE - [click here](#)
- To book this trip - [click here](#)
- To enquire about this trip - [click here](#)

TOUR MAP:



QUICK WEB LINKS

[Himalaya Prices](#) ::: [Trekking Tips](#) ::: [Why Us](#) ::: [Himalaya Reviews](#) ::: [Our Himalayas Blog](#) ::: [Top Spots](#) ::: [Hotels & More](#) ::: [Useful Info](#) ::: [Himalayas - FAQs](#) ::: [Nepal & Tibet Visas](#) ::: [Himalayan Gallery](#)

Everest Base Camp 20 days

Day 1:

Monday. Welcome to Nepal and the start of your Everest adventure! Arrive Kathmandu and included transfer to your hotel. This evening have a welcome drink and attend a briefing about your trek. Overnight - Kathmandu

Day 2:

Today explore cosmopolitan Kathmandu and the surrounding valley. Highlights include the Buddhist Stupas of Bodhnath and Swayambhunath. We'll also explore Patan Durbar Square, home to more than 50 stunning temples and shrines. This evening enjoy dinner and a cultural Nepali dance performance. Overnight - Kathmandu



Day 3:

Kathmandu – Lukla – Phakdingma. This morning take a scenic flight to Lukla, gateway to the Everest region. Flying over the beautiful Langtang and Jugal ranges that surround the Kathmandu basin and the Rolwaling Himal. After lunch at the riverside village of Ghat, we begin our expedition with a series of short trekking days to ensure we acclimatise. Following the banks of the Dudh Koshi river we begin our gradual ascent to Phakdingma where we spend the night. Overnight - Phakdingma (Lodge)

Day 4:

Phakdingma – Namche. Crossing the river on a large suspension bridge we head over to Jorsale and continue trekking along the river today. The trail passes over streams with wooden bridges and climbs out of the valley to Monjo where we enter the Everest National Park. Continuing on, we make a final steep ascent over 1000ft to reach Namche Bazaar; our resting place for the night. Namche Bazaar is the gateway to the Himalayas and a famous trading place for Tibetans. Overnight - Namche Bazaar



Day 5:

Namche Bazaar – Khumjung. Today we set off on a steep one-hour climb to the Shyangboche airstrip which serves the famous Hotel Everest View, before following the trail down to the Khumjung Village at the foot of the Sacred Mountain Khumbila. The panoramic mountain views en route today are superb! Sir Edmond Hillary founded the Kumjung School in 1960, which provides excellent primary education for the children in the area. Overnight - Khumjung (Lodge)

Days 6 - 7:

Khumjung – Dole - Macherma. Over the next two days we continue our ascent, stopping at small villages along the trail, passing through a beautiful rhododendrum forest and large herds of grazing yak, to reach Dole Village for our first nights rest. On day 7 the trail climbs up through the villages of Lhabarma and Luza to Machermu where you can rest your weary feet! Overnight - Day 6 - Dole Village (Lodge) Day 7 - Machermu (Lodge)



Day 8:

Machermu – Gokyo Village. Our journey today is guaranteed to be memorable, with spectacular views down the valley to Kantega and up toward Cho Oyu, passing the Ngozumpa Glacier and taking a steep narrow staircase trail to the simply stunning, turquoise Gokyo Lakes. We spend the night at Gokyo; a

Everest Base Camp 20 days

picturesque village on the shores of the largest lake known as Dudh Pokhari. Overnight - Gokyo (Lodge)

Day 9:

Gokyo – Gokyo Ri – Tagnag. It's an early start as we climb to the summit of Gokyo Ri (5483m) to watch the sunrise over a stunning vista of the regions 8000m peaks including the mighty Everest. Later we continue our journey, crossing a glacier to reach Tagnag, our overnight resting place. Overnight - Tagnag (Lodge)



Days 10 - 11:

Tagnag - Cho Laa pass – Dzongla – Lobuche. It's another early start on day 10 as we begin the most challenging part of the trek, crossing the steep Cho La pass to reach Dzongla where we stay in one of the three available lodges. On day 11 we continue our journey to Lobuche, where we spend the night in a very basic lodge in Lobuche. Overnight - Day 10 - Dzongla (Lodge) Day 11 - Lobuche (Lodge)

Days 12 - 13:

Lobuche – Gorakshep – Everest Base Camp - Gorakshep - Kala Pattar – Lobuche. Continuing along the main trail to Everest, with lovely views of Kala Pattar en-route, we hike to Gorakshep. This is a short distance but somewhat challenging at the present altitude. For those with enough energy, it is possible to follow in the footsteps of the late, great Edmond Hillary and trek up to Everest Base Camp, where he and Tenzig Norgay began their immense, record breaking, expedition to reach the highest peak on Earth! Take in the atmosphere and witness the 'expedition life' of those present day mountaineers attempting to reach the summit. Return to Gorakshep where we spend the night. On day 13 we climb Kala Pattar for arguably the most magnificent mountain vista in the world; the west and south face of Everest, so close you can even see the incredible climbing route from base to summit. Overnight - Day 12 - Gorashep (Lodge), Day 13 - Lobuche (Lodge)



Days 14 - 15:

Lobuche – Pheriche – Tengboche – breakfast. It's all downhill from now on, as we begin our descent! Spending a night at Pheriche and stopping at the Deuce nunnery for some light refreshments and a chat with the local nuns. We reach Tyangboche on day 15 and visit the beautiful Thyangboche monastery. Overnight - Day 14 - Pheriche (Lodge), Day 15 - Tyangboche (Lodge)

Days 16 - 17:

Tyangboche – Namche – Lukla – breakfast. Trekking back down to the busy town of Namche on day 16, where you can spend the evening relaxing or perhaps sampling the local nightlife and enjoying a well deserved drink or two! Returning to Lukla on day 17, we visit a local Sherpa family, where we have the opportunity to sample regional dishes and hear all about the history of the region. In the evening it's time to celebrate our success, and bid farewell to our fabulous trekking staff! Overnight - Day 16 - Namache (Lodge), Day 17 - Lulka (Lodge)



Days 18 - 19:

Lukla – Kathmandu. Fly back to Kathmandu on day 18 and spend your final days at leisure; sightsee, shop or simply relax after your exhausting but momentous adventure – the choice is yours! Overnight - Kathmandu

Everest Base Camp 20 days

Day 20:

Saturday. Hotel check-out and included onward transfer to airport.

WHAT YOU SEE AND WHAT YOU GET:

Below is a list of key highlights and what is included on this tour. Further, where appropriate, we have listed the items that are not included in the tour price.

Trip Highlights

- Kathmandu and the Kathmandu Valley - Patan Durbar Square, Swayambhunath Pagoda, Bodhnath Buddhist stupa and various other temples and shrines
- Namco Bazaar, gateway to all Himalayan expeditions
- Everest Region - Ngozumpa glacier, rhododendron forests, mountain villages
- Gokyo Ri - panoramic views of all of the regions 8000m peaks including Everest, Lhoste, Makalu and Cho Oyu
- Gokyo Lakes
- Everest Base Camp
- Spectacular views of Everest from Kala Patter

What's Included

- 19 breakfasts, 15 lunches, 16 dinners including dinner at a Nepali cultural evening.
- 4 nights - basic 3 hotels, 15 nights basic mountain lodges (2-4 passengers per room and shared facilities)
- Arrival and departure airport transfer day 1 and day 20
- Return flight - Kathmandu to Lukla
- Touring of Kathmandu, Kathmandu Valley
- Everest Region trek with porter and guide
- Everest National park fees and entrance fees
- Services of local English speaking guide for Kathmandu sightseeing
- All relevant transfers and transportation

What's Not Included

- International flights, departure tax and visas
- Tipping - an entirely personal gesture

PRICES AND DATES: from USD \$2,069

Prices shown are per person travelling. 'Twin/Double' prices per person apply when there are 2 people travelling, sharing a room. The 'Single supplement' applies for single travellers who require their own room and needs to be added to the 'Twin/Double' price. If you are happy to be paired up with another single traveller of

the same sex on your tour, this can be arranged, (if another solo traveller of the same sex is already booked upon the tour), thus avoiding the single person supplement. All our scheduled tour departures are guaranteed subject to a minimum of 2 travellers.

2012

Date	Price/Person	Single Supp.
28 MAY - 16 JUN	USD \$2,069	USD \$319
01 OCT - 20 OCT	USD \$2,069	USD \$319
15 OCT - 03 NOV	USD \$2,069	USD \$319
22 OCT - 10 NOV	USD \$2,069	USD \$319
05 NOV - 24 NOV	USD \$2,069	USD \$319
19 NOV - 08 DEC	USD \$2,069	USD \$319
03 DEC - 22 DEC	USD \$2,069	USD \$319

Supplementary Prices

	Price/Person	Single Supp.
Pre-Accommodation - 3 Star	USD \$79	USD \$50
Pre-Accommodation - 4/5 Star	USD \$149	USD \$130
Post-Accommodation - 3 Star	USD \$79	USD \$50
Post-Accommodation - 4/5 Star	USD \$149	USD \$130
Everest Base Camp - Hotel Upgrade	USD \$770	USD \$320

POSTCARDS:

Here's what some of our past travellers have written in to us and said about their experiences on this trip.

Hi Charlie, I returned from Nepal yesterday and just wanted to let you know that it was an absolutely awesome trip from start to finish - extremely well organised, absolutely trouble-free and all in all an unforgettable experience! Our guide was truly wonderful and took good care of us, and they organised everything from flight tickets to Lukla and the National Park permit to a trip to Bhaktapur on our last day. We had a nice and reliable driver and knowledgeable guides in Kathmandu and Bhaktapur and stayed at friendly hotels and pleasant lodges. Thank you for the smooth booking procedure, and btw, incredible as it may seem, there is actually (more or less reliable) mobile phone coverage nearly all the way up to Base Camp :-)

Bettina, May 2011

Everest Base Camp 20 days

I had a wonderful time! The organization of the trip was very good and everything ran smoothly, thanks to Laxman, our guide, who was very knowledgeable and efficient. Im am looking forward to going to Africa next year, with On the Go of course.

Patrick Beggins, Oct 2009

Hi Ryan, Just wanted to say that we are back from hols, and thoroughly enjoyed it!! We actually even made it to Base Camp, can you believe???? I wanted to again thank-you for all your help, and attach a piccie!! Maybe for future use in a brochure!!

Kristin, Jun 2009

Hi Ryan, Wow! What a wonderful time we had and the care taken by your guides of us was very warm and assuring, certainly not sterile. From day 1 we felt part of the family. The lodges and camping en route were all that we expected. The extra information you gave was spot on. Thank you for a brilliant holiday, we are not exhausted in the least and will certainly be recommending on the go to our trekking friends who are also planning on travelling to Tibet and Nepal in April next year.

Robert, Mary, Cass and Paul Stewart, Oct 2008
