

15D14N Everest Base Camp Trek (ANEA)

Price per person
from
MYR 8570



Tour Description

Embark on a journey of discovery with Sedunia Travel! Experience unique destinations, local culture, delicious cuisine, and unforgettable adventures. Our expert planners will take care of everything. Book now!

Tour Itinerary

Day 1 :- Kathmandu

Arrive at any time.

Day 2 :- Kathmandu - Phakding

Catch the mountain flight to Lukla, enjoying stunning views of the Himalayas. Meet the Sherpas and begin the trek to Phakding. The mountain flight into Lukla is spectacular and the landing an exciting beginning to the trek – one end of the runway is 60m (197ft) higher than the other. The flight is on a small Dornier / Twin Otter flight and flight duration is generally around 25 – 30 minutes. Once in Lukla, head through pine and cedar woods along the Dudh Kosi to Phakding. Spend the next three nights trekking in the area and acclimatizing in preparation for heading to base camp. This is a challenging trip and involves difficult trekking at high altitudes but the whole experience is simply awe-inspiring!

Day 3 :- Phakding - Namche Bazaar

Hike to Namche Bazaar, gateway to Everest Base Camp and spend two nights acclimatizing for the trek.

Day 4 :- Namche Bazaar

An acclimatization day allows for an excursion to Thame and Khumjung, the green village.

Day 5 :- Namche Bazaar - Thy?ngboche

Set out on a 6–7 hr trek through woods and rhododendron forests before arriving in Tengboche.

Day 6 :- Thy?ngboche - Dingboche

Trek to Dingboche, crossing bridges and rivers with sweeping views of the Himalayan region. Spend 2 nights here to acclimatize.

Day 7 :- Dingboche

Today is an acclimatization day. Opt to hike to Chhukung or Nagarzhang Peak. An acclimatization day here can be used to hike up the Imja Khola to Chhukung or Nagarzhang Peak, a small summer settlement from where stunning views of Island Peak, Lhotse, Ama Dablam, and the fluted ice walls flanking the Amphu Lapcha pass can be seen. These views are one of the highlights of the entire trek.

Day 8 :- Dingboche - Lobuche

Hike through alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier to Lobuche, which has spectacular views of Nuptse.

Day 9 :- Everest Base Camp

Today includes a challenging climb past the Khumbu Glacier, arriving in Nuptse. Cross the Changri Glacier to Gorakshep, and then enjoy the highlight of reaching Everest Base Camp.

Day 10 :- Gorak Shep - Pheriche

Enjoy an early morning trek to Kala Pattar for stunning sunrise views of Everest and surrounding vistas. Later, descend to Pheriche.

Day 11 :- Pheriche - Kyangjuma

Descend through Pangboche, with its great gumpa, to Kyangjuma.

Day 12 :- Kyangjuma - Monjo

Continue our descent, staying in the small village of Monjo for the evening.

Day 13 :- Monjo - Lukla

The final day of our trek takes us back to Lukla, where we have a chance to relax after the rigorous adventure we just undertook.

Day 14 :- Lukla - Kathmandu

Catch the short flight back to Kathmandu, where the rest of the day is free for shopping, sightseeing, or relaxing in one of the many rooftop cafés.

Day 15 :- Kathmandu

Depart at any time.

Tour Prices

Travel Period	Twin	-	Child (2-11 years)	-
January 2024: 7, 14, 21, 28				
February 2024: 2, 4, 9, 11, 16, 18, 23, 25				
March 2024: 1, 2, 3, 8, 9, 10, 15, 17, 22, 23, 30				
April 2024: 1, 3, 5, 6, 7, 8, 12, 13, 14, 17, 19, 20, 21, 26. 27, 28, 29				
May 2024: 1, 4, 5, 7, 11, 12, 18, 19, 25, 26				
June 2024: 2, 9, 16, 23				
August 2024: 4, 11, 18, 25				
September 2024: 1, 6, 7, 8, 14, 15, 21, 22, 28, 29				
October 2024: 5, 6, 7, 9, 12, 13, 14, 16, 19, 20, 21, 26, 27, 28				
November 2024: 2, 3, 4, 9, 10, 16, 17, 23, 24, 30				
December 2024: 1, 8, 15, 22, 29				

What's included

Destination

Departure Location

Return Location

[Nepal](#)

Kathmandu

Kathmandu

Price includes

- 14 nights' accommodation
- No meals included (Allow USD360-470 for meals not included)
- Your Welcome Moment: Meet Your CEO and Group
- English-speaking local guide and assistants for the trek
- Porters included on the trek
- Trekking to Everest Base Camp
- Internal flights
- All transport between destinations and to/from included activities.

Price does not include

- International air ticket
- Travel insurance
- Personal expenses
- Visa
- Others not mentioned