

EVEREST BASE CAMP TREK

DATE: 18 MAY -02 JUNE 2018

Day 01: 18 MAY- Arrival in Kathmandu international airport (1300m)

Day 02: 19 MAY Trek preparation.

Day 03: 20 MAY Fly to Lukla(2840m) and trek to Phakding(2652m).

Day 04: 21 MAY Trek sherpa capital Namche-bazaar(3444m).

Day 05: 22 MAY Namche Bazaar -Acclimatization Day.

Day 06: 23 MAY Namche-bazaar to tengbochea(3870m)

Day 07: 24 MAY Trek to Dingbochea (4360m)

Day 08: 25 MAY Dingbochea – Acclimatization Day.

Day 09: 26 MAY Trek to Laubecha (4940m)

Day 10: 27 MAY Trek to Gorekshap (5170m)-everest base camp trek (5364m) – Back to Gorekshap.

Day 11: 28 MAY Hike to Kalapather (5550m)-back to Gorekshap – trek down Pheriche (4280m)

Day 12: 29 MAY Trek down to Namche-Bazaar.

Day 13: 30 MAY Trek down to Lukla.

Day 14: 31 MAY Fly to Kathmandu.

Day 15: 01 JUNE Rest day /Sightseeing tour

Day 16: 02 JUNE Farewell Friends.

EX. KATHMANDU COST RS.56000/-PER PERSON

COST INCLUDE:-

1. Everest conservation permits.
2. Everest trekking map.
3. Full board plan (breakfast lunch, dinner) provided during trekking.
4. Hotel on bed and breakfast plan during Kathmandu stay.
5. An experienced license holder guide and required porters. (1 porter for two trekker and there will be 1 assistant guide for more than six trekkers and 2 assisting guide for more than 12
6. International and domestic pick up/drop.
7. Medical kit box and required medicine for the trek.
8. Rounds tickets to Kathmandu-Lukla for trekkers, guide and assistant guide.
9. Trekking equipment like down jacket, duffels bag will be provided.
10. TIMS Card (Trekking information's management system).
- 11: All necessary transportation during sightseeing.
- 12: Food, drinks, salary, equipment, insurance, transportation, accommodations and local tax for guides and porters.
13. Welcome and farewell dinner with us.

COST EXCLUDE:-

1. Your travel insurance.
2. Your international flights and departure tax.
3. Any expenses of personal nature.
4. Tips for guide and porters.
5. Any kinds for bar bills (alcoholic and non alcoholic drinks.)
6. Rescue operation in case of emergency.
7. Anything other than “*Cost Include*”

FAQs

1: Is the trek difficult or easy?

It is a moderate level hike. There are easy afternoons of rolling flats and difficult steep climbs but overall it is manageable for someone with little or no trekking experience. With **proper training** you should be able to complete the trek to EBC. However, even with proper training you can get altitude sickness which means you must return to a lower elevation.

2. How safe is this trek?

This is one of the safest of the high altitude treks with medical and emergency chopper lift facility. But you should try not to be beneficiary of these facilities and stay fit for this trek.

3. Fitness required

Trekkers are supposed to be in good physical conditions. You should increase the level of intensity of training over 4-5 months period. Apart from daily fitness, you should carry 4-6 KG load on your back during the practice treks. It will help you simulate the trekking conditions. EBC has moderate level uphill-downhill walk and on some specific trails, you may even have to climb little steeper. Few trails involve continuous walk of 4-6 hours. Be careful of not stretching yourself too much!

4. Participant's age required for EBC trek.

The age for the trekkers to EBC should be between 18 to 55yrs.

5. Climate and minimum temperatures during the trek.

Climate is generally pleasant during the day time. As the evening approaches, it starts becoming colder. At night after the Namche Bazaar camp, night temperatures may reach subzero levels. Care must be taken to have appropriate warm clothing. The hotels provide blankets at night. However, you may need a sleeping bag as the weather gets very cold. We recommend rent down jackets and high altitude sleeping bag from local shops in case you don't have them.

6: Do you need travel insurance for EBC?

Yes. Definitely purchase travel insurance and make sure it will cover you at high altitudes. If you need to be airlifted down you will want to be covered by your insurance.

7. How many days we will actually spend at Everest base camp?

You will NOT be spending nights at EBC. You need special permit for staying at EBC. You will go upto the EBC Patthar and return back to Gorakhshep on the same day before its dark. For this trek from Mumbai to Mumbai it will take 16 Days.

8. How is the food and accommodation during the trek?

Accommodation: - It will be in hotel in Kathmandu to stay with Buffet breakfast. While trekking you will be staying in trekker's hut or cottages on a twin/triple sharing basis. Western Toilets & bathroom facilities are also available in trail. No tenting accommodation in EBC.

Food:- We will provide breakfast from menu. In breakfast select from menu items. There will be American breakfast, continental breakfast. It will have tea or coffee. For lunch mostly guide will decide by discussing with group because they need to send someone earlier to do order so that we don't have to wait long for lunch. During Dinner we will provide some soup and dinner from menu. You can select from menu. You can order two items if not enough **but you cannot waste food. If you throw food you need to pay for those items.** So if more hungry select big items. Guide will help you on this. We will provide apple and pineapple everyday as after dinner. Some day we provide apple pie, apple fitter also. We also provide cup of tea or hot drinks during lunch and dinner.

Hot Water: - Daily in Dinner time one cup of hot water will be provided to each trekker free of cost from us. As per higher altitude; extra hot water is chargeable. Hot water charges are different from place to place. Charges have to pay from Rs.50 to may increase upto Rs.200 per litter in final two days in Laubecha and Gorekshap.

9: Should I take Diamox pills for altitude sickness?

You should consult your doctor at home before you leave to go over the benefits. Many people chose to take it as a preventive measure against altitude sickness.

10: How much water should I drink?

Water is very important while trekking and at high altitudes. Deficiency of water may increase your headache and swelling. Drink 2/3 litres before lunch and 2/3 litres after. Try to drink less after dinner to minimize cold bathroom breaks in the middle of the night. Getting out of your warm sleeping bag isn't fun. I recommend drinking at least 4 litres a day.

11. Is there any additional expenses?

You will have to bear additional charges for:-

- Mumbai-Kathmandu-Mumbai flights –Approx Rs.15000 - Rs.19000/-
- Travel Insurance which is compulsory for all trekkers. Approx Rs.2100/-
- Hot drinking water as per your need.
- Flight Departure tax if any. (Before while flying from Kathmandu to some other destinations there is flight departure tax. Nowadays it is included in the tickets.)
- You will need to budget for snacks, water (bottled), WiFi and charging devices.
- Also, bring cash to tip your porters and guide at the end of the trek. You probably won't see your porters after you leave Lukla and head back to Kathmandu so you will want to have cash ready for tipping.

12. If anyone will not be able to complete trek & have to return back to lower camp; then his/her accommodation & food will manage as follows:-

If any one participant will not able to complete trek and have to return lower camp then his/her food and accommodation is covered; but in case he have to **rescue** to Kathmandu by helicopter then his accommodation with breakfast will be provided and he have to take care his own lunch and dinner by him/herself. If any emergency descend by chopper then the charges will be USD 6000 to 7000 . The cost depends on the places and weathers. You can pay through bank transfer or card system.

13. Do we need Nepal Visa or Passport?:

No. Indian Citizens do not need any visa or passport for Nepal. Aadhar card serve the purpose.

14. ATM/CARD PAYMENT

In Nepal you can pay by card system; but make sure your card's eligibility in Nepal. And also get information from bank regarding transactions charges & withdrawal limit.

15. Any document required from Guest for permit?

Aadhar card or passport photo copy is required for the permits.

16. Currency

Indian currency notes of Rs.500 & Rs.2000 are banned in Nepal. So carry enough below denomination notes.

For More Details contact:-

Himashree Treks & Tours

Devendra Gandre – Mob: 9869112827 / 9220874847

Email: himashree_tours@yahoo.in

Web: www.himashreetours.com