

# Advanced Everest Basecamp Trek



## Trip Overview

The highest summit of the planet is situated on the border between Tibet (an autonomous region of China) and Nepal, the North side belongs to China while the South side belongs to Nepal. Tibet Everest Advanced Base Camp Trek is one of the greatest challenging journeys and the highest trekking route on the planet which is the most fascinating destination for tourists from all over the world. The Everest advanced base camp is situated at an elevation of 6500m which is the same elevation as Camp Two from the south side of Everest and much higher than trekking peaks in Nepal as Island Peak, Mera Peak, and Lobuche East which can be reached without any ice axe, crampons and mountaineering skills. Those who are in good shape, and properly acclimatized can easily do this trip. This trek starts from Kathmandu by flight to Lhasa with a spectacular flight over the snow-capped Himalayan range. Spending 2 days in Lhasa for exploration of some cultural, and historical spots such as Potala palace, Norbulinkha temple, Jorkhang Square, Sera and Drepung monasteries and proper acclimatization, Trip ahead towards Shigatse and finally to Tingri, from where the actual trip begins. In between that we never miss visiting the massive Tashilhunpo Monastery, Khumbum Stupa, and Phalkot Monastery. Continue walking for five days from Tingri and take us to Everest Basecamp. After resting in Basecamp and proper acclimatization with an exploration of majestic views of the mountain, the trip heads toward the Advanced Basecamp close to the summit of Everest.

## Trip Itinerary

- Day 1 - Arrival in Kathmandu, transfer to hotel and welcome dinner.
- Day 2 - Sightseeing and trip preparation in Kathmandu
- Day 3 - Flight to Lhasa
- Day 4 - Guided sightseeing tour of Potala Palace, the winter palace of the Dalai Lama; Drepung Monastery, the biggest monastic university of Tibet and Nechung Monastery, temple of the State oracle of Tibet.
- Day 5 - In Lhasa Guided sightseeing tour of Jokhang, the central cathedral of Tibet, Barkhor, the bustling Lhasa market encircling the Jokhang Temple, Tibetan Medical Center and Norbulinka Palace.
- Day 6 - Drive to Shigatse (3,900m/12,795 ft) via Gyantse: 367km, 6 - 7 hours
- Day 7 - Drive from Shigatse to Tingri - Langkor Monastery (4490Mtr/14727 Ft): 330km( Where we meet our nepali staff)
- Day 8 - Trek to Cho Oyu Base Camp (5100 Mtr/16728 Ft): 5hrs
- Day 9 - Trek Cho Oyu Base Camp to foot of Lamna La Pass (4750 Mtr/15580 Ft): 4-5 hrs
- Day 10 - Trek to Dzakarchu river - Rongbuk Monastery (5000 Mtr/16400 Ft): 6-7 hrs
- Day 11 - Rongbuk to Everest Base Camp (5,250 Mtr/17,220 Ft): 4- 5 hours
- Day 12 - Acclimatization and Exploration at Everest Base Camp
- Day 13 - Everest Base Camp to Japanese Camp (5,460 Mtr/17,913 Ft): 12 Km, 3 - 4 hours
- Day 14 - Japanese Camp to Interim Camp (5,800 Mtr/19,024 Ft): 7 Km, 4 - 5 hours
- Day 15 - Trek to Changtse Base Camp (5,950 Mtr/19,516 Ft): 5 Km, 3 - 4 hours
- Day 16 - Trek to Everest Advanced Base camp and back to Changtse Base Camp (6,340 Mtr/20,795 Ft) : 7 to 8 hours
- Day 17 - Return to Everest Basecamp and drive to Tingri (4,348 Mtr/14,261 Ft): 5 -6 hours trek, 2 hour drive
- Day 18 - Drive to Nyalam
- Day 19 - Drive to Katmandu

- Day 20 - Transfer to Airport for final departure

## **Cost Includes & Excludes**

### **Includes**

- All airport/hotel pick ups and drops within Nepal and Tibet
- All Meals (Breakfast , Lunch and Dinner ) During the trek
- 3 Star hotel accommodation in Kathmandu and Lhasa with breakfast in twin sharing base
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed Nepali trekking guide
- Tibet visa Fee and Travel Permit
- All necessary Tibet entry and road permits
- 1 Local Tibetan English speaking guide
- All entry fees to the sites and monasteries
- Tibet mountaineering permit for Everest advanced base camp
- Liaison officer salary
- Oxygen in the vehicle and during the trek in case needed.
- All the conservation area fees
- Medical kit
- Insurance for Nepali Staffs
- Sleeping Bag and Down Jacket for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accommodation and equipments
- Yak and Yak man to carry all the trekking and personal gears while trekking.

### **Excludes**

- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city, extra night accommodation in Kathmandu and Lhasa in case of early arrival or late departure and early return from the trek

due to any reason than the scheduled itinerary

- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Excess baggage charges
- Personal Equipment List for Trekking

## **Gears and equipment**

- Upper Body

Warm Hat

Cap

Face Mask / Muffler

Wind stopper/Waterproof Jacket

Down Jacket

Fleece Jacket/ trousers

Thermol

T-shirts

Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)

Underwear

wind stopper/waterproof Pant

Fleece or woolen pants

Feet

Thin Lightwear/heavy poly or wool Socks

Sandals

Trekking Boot

Gaiters

Spare Shoes

- General

Medium Rucksack (50-70 Ltr)

Small Day Pack

Personal Medical Kit

Chapstick/Sunscreen  
Water bottle  
Large Duffel bag  
Trekking Pole  
Spare batteries for Camera and Flash Light  
Hand Towel  
Toilet Kit for Toothbrush,Toothpaste,comb,Sunscreen etc  
Day pack cover  
Head lamp with extra Batteries  
Sun Glasses with UV protection and goggles for higher altitude.  
Suitcase (For stored in Kathmandu hotel for not needed items for trek)