

# Everest Base Camp & Three Peak



## Trip Overview

This is one of the super adventure and popular climbing peaks for those who are crazy mountain lovers in the Everest region. Our itinerary has been carefully designed keeping in mind gradual ascent and proper acclimatization with the main theme of safety and security. This trip includes Everest Basecamp with three popular trekking peaks such as Lobuche East(6119 Mtr), Island Peak(6189 Mtr), and Pokalde (5806 Mtr). Our trail follows the Everest Basecamp route via Namche Bazar, Tyanboche, and Dingboche. Our program is the first to Climb Pokalde Peak which is the lowest peak among these three peaks. After one more acclimatization day in Dingboche, our trip goes forward towards Pokalde Basecamp. There are multiple routes to get basecamp but we follow the easiest one. After conquering the summit of Pokalde which has good views we move forward to Island Peak Basecamp through Chukkung Valley. Island Peak lies east of Pokalde. Having one more rest and preparation day in Island Peak basecamp, Our target is to summit Island Peak and explore amazing mountains around such as Mt Lhotse, Mt Makalu, Mt Nuptse, Mt Amadablam, Mt Baruntse, and many more. After getting back to Dingboche from Island Peak another super adventure journey to Everest base camp and Lobuche East climbing begins. Our trip headed to Everest base camp first then on the way back from Everest base camp our mission is to Lobuche East. Lobuche East Climbing is our final and challenging destination. Lobuche High Camp is just an hour's walk from Lobuche village. After summiting our trip almost came to an end with these long day adventures with a lot of memorable moments and great achievements.

## Trip Itinerary

- Day 1 - Arrival in Ktm Airport , transfer to Hotel. (1400 Mtr/4592 Ft)
- Day 2 - Sight seeing in Kathmandu
- Day 3 - Flight to Lukla(2800 Mtr/9184 Ft) , Trek to Phakding(2610 Mtr/8560 Ft)
- Day 4 - Trek to Namche(3440 Mtr/11283 Ft)
- Day 5 - Rest Day in Namche and Acclimatization up to Khunde Peak (4100 Mtr/13448 Ft)
- Day 6 - Trek to Tyangboche (3860 Mtr/12660 Ft)
- Day 7 - Trek to Dingboche(4410 Mtr/14464 Ft)
- Day 8 - Rest Day in Dingboche or hike to Ngangkarsang Peak (5081 Mtr/16665 Ft)
- Day 9 - Trek to Lobuche (4930 Mtr/16170 Ft)
- Day 10 - Trek to Gorakshep ( 5160 Mtr/16924 Ft )and Day trip to EBC (5365 Mtr/17597 Ft))
- Day 11 - Trip to Kalapather (5545 Mtr/18187 Ft) and trek to Lobuche (4930 Mtr/16170 Ft)
- Day 12 - Trek to lobuche highcamp (5350 Mtr/17548 Ft)
- Day 13 - Summit to Lobuche East (6119 Mtr/20070 Ft) ,Trek to Lobuche (4930 Mtr/16170 Ft)
- Day 14 - Trek to Pokalde highcamp through Khongma La (5545 Mtr/18187 Ft)
- Day 15 - Summit of Pokalde (5806 Mtr/19043 Ft) ,Trek to Chhukung (4750 Mtr/15580 Ft)
- Day 16 - Rest Day in Chhukung (4750 Mtr/15580 Ft)
- Day 17 - Trek to Island peak Basecamp (5150 Mtr/16892 Ft)
- Day 18 - Summit Island Peak (6189 Mtr/20300 Ft) and Trek to Chhukung (4750 Mtr/15580 Ft)
- Day 19 - Trek to Pangboche (3930 Mtr/12890 Ft)
- Day 20 - Trek to Namche (3440 Mtr/11283 Ft)
- Day 21 - Trek to Lukla (2800 Mtr/9184 Ft)
- Day 22 - Flight back to Kathmandu and transfer to Hotel

# **Cost Includes & Excludes**

## **Includes**

- All airport/hotel pick ups and drops within Nepal
- Flight Fare for both way (KTM-LUA-KTM)
- All trekking permits and Climbing Permits
- All Meals (Breakfast , Lunch and Dinner ) During the trek and Climbing period
- 3 Star hotel accomodation in Kathmandu with breakfast
- All ground transportation on a comfortable vehicle as per the itenerary
- An experienced English speaking and government licensed trekking guide and Climbing guides
- All Climbing Gears
- All Camping Equipment for Base Camp during Climbing
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accomodation and equipments

## **Excludes**

- Nepal Visa Fee
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- 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

- Helicopter charter flight
- Excess baggage charges ( can be carried only 15 Kg including in Airfare)

## **Gears and equipment**

- Head

Warm Hat  
Cap  
Face Mask / Muffler

- Upper Body

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

- Lower Body

Trekking Trousers(light weight long Pant)  
Underwear  
wind stopper/waterproof Pant  
Fleece or woolen pants

- Accessories

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

Head lamp with extra Batteries

Sun Glasses with UV protection

Suitcase (For stored in Kathmandu hotel for not needed items for trek)

- Additional required Equipment for Climbing

Snow Goggles

Thick Socks

Gloves Water/wind proof

Gaiters

Wind Stopper Jacket and Trousers

Big Rucksack (Minimum 40 Ltr )

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## **Faqs**

### **1. Why to go trekking in Everest Basecamp ?**

*When you think Nepal, you will definitely think of world's highest mountain of the world. Trekking to everest basecamp is one of the most popular and adventures trip in the world. Every year thousands of trekkers come to see Mount Everest and to get to basecamp of Mount Everest which is life time experience trip. Once in your life time, one should visit Everest basecamp and see th Mount Everest.*

## **2. What is the best seasons to trekking in Everest Basecamp?**

*In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be differ as per your purpose and your suitable time for travelling in Nepal.*

## **3. What permit do I need for the Everest basecamp trek?**

*For trekking in the Everest Region, you need the following permits:*

*Local Governments Entry fee instead of TIMS ( Trekking information management system):The local government is charging Rs 2000 per person in Lukla in the entrance of Everest Basecamp Trek.*

*Sagarmatha National Park Entry Permit: To entry in the Sagarmatha National Park,One has to obtain the permit which cost Rs 3000+ government tax per head. the park that is home to the Mount Everest Region, you need to obtain an entry permit.*

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## **6. How safe is Everest basecamp trek?**

*Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid ,friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag incase of any injury and emergency.*

**7. How is the lodging and fooding facilities in EBC trek?**

*Along the trail to Everest basecamp, there are well facilitated lodges are available with various types of foods. We provide you three meals a day with your own choice. We always provide the seasonal fruits as well. We always book in lodges with well management and facilities. Rooms are very nice and attached toilet until Dingboche. if you buy single supplementary package you will get single room.*

**8. What about the flight from Kathmandu-Lukla and vice versa?**

*Just about 25 minutes flight from Kathmandu takes us to Tenzing Hillary airstrip in Lukla but the due to some circumstances, these days the flight to Lukla are operated from Ramechhap, which is 4 hours drive from Kathmandu and 15 min by flight to lukla. There are options to fly by helicopter directly from Kathmandu to Lukla as well, which is bit expensive than regular flight. Sometimes the weather doesn't permits for the regular flight, then we should be compulsion to hire the helicopter. The airlines companies has operated the first flight to Lukla directly from Kathmandu, so if you book your trip with us before 3 months , we can book the seat for direct flight.*

**9. Is there any internet wifi facility on the way?**

*After your arrival in Kathmandu airport, we recommand to buy One ncell sim card. In everest region until panboche Ncell 4G works very well. Above Panboche there is good internet facility of Everest link. There are varieties of data cards as 10 GB, 20 GB. If you purchased bigger one it works all over the khumbu and if you purchase 20 GB one it it enough for your whole trek and you can enjoy in social media, news and connect with your family friends and loved one.*

**10. Can I use the forieng currency and Credit cards on the way in any shop or Lodge?**

*You can pay by oriegn currency as well, but the exchange rate will not be same as Kathmand, so we recommand you to exchange the money in kathmandu and take a nepalese Rupees. In mostly lodges they accept the credit cards but sometime due to internet problem it will not be 100% guarantee.*

**11. What is the normal tempreture in spring and Autumn season?**

*Spring season starts from March, but until third week of march tempreture will still be cold even in day time. But actually tempreture depends on weather, if weatheris mild tempreture ranges from 10-15 Degree*

*Centigrade. If the weather is clear, days will be warm. After the April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.*

*Autumn season starts from September, September will still be warm even the weather is not good. From October normally in morning and evening will be cold.*

**12. How difficult is Lobuche east, Pokalde and Island peak climbing?**

*All these three peaks are famous trekking peak. Before we climb all these peaks we do EBC and Kalapathar for the acclimatization. Technically Lobuche and Island peak are little difficult and Pokalde is much easier to climb. but we have an expert guide to take you to summit.*

**13. How is lodging and fooding during the climbing period?**

*We have climbing crew and kitchen crew in Basecamp and Highcamp with well facilities of foods, drink. We have a single tent for each climber. We will spent maximum 2 night in highcamp, but we we summited, got back to highcamp early and if still have energy and time we try to descend down.*

**14. Do we need to give the tips for climbing guide and staff?**

*Tips is not mandotory but it is appreciation for the efforts they did for your achievement.*

**15. How long does it take for summit all these peaks ? How long the distance of climbing?**

*It depends on how fast your pace is. For a normal walker in Lobuche East, it takes 5-6 hours just to climb and for descending it takes a maximum of 3 hours. If we start by 3 AM we will be on summit around 7 AM.*

*The approx climbing distance is 2 KM. Distance-wise it is short but after the crampon point, it is steep climbing about 800 Meters.*

*In Pokalde climb, it takes 3-4 hours to summit and 2 hours to get down.*

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