



Everest Base Camp Trek 14 Days: A Journey to Everest & Sherpa Homeland”

Highlights

- Adventure within high Khumbu valley around the Everest region to its base camp.
- Acute mountain sickness friendly itinerary.
- Exploring high altitude Sherpa villages enriched with the ancient culture of the Buddhist religion.
- Walking into the lovely woodland of tall rhododendron-magnolia-firs-pines and junipers trees.
- Visiting old monasteries of great interest in the backdrop of giant snowcapped peaks.
- Scenic and panoramic flight both ways from Kathmandu and Lukla with amazing views.
- Ascend Kala Patthar for close up views of Mt Everest.

Introduction:

Everest Base Camp Trek 14 Days is the standard package having the regular itinerary. This is the most famous contemporary trip plan followed by trekkers in Everest Base Camp Trek journey.

It is beyond walking and observing the swashbuckling Himalayan mountain range. It is about creating the legends in your life. The tales which encompasses great Himalayan passes, moraines, glaciers, green lush forests, tranquil Sherpa hamlets and white glacial ravines.

Once you surpass the challenge of trekking in this trail you will feel accomplished and at the top of the world. Moreover, the trail has a unique blend of excitement and novelty.

Everest Base Camp Trek 14 Days journey will follow the contemporary trail. Before the construction of Tenzing Hillary Airport in Lukla trekkers used to trek all the way from Jiri. However, after the opening of the world's most extreme airport at Lukla, the days of trekking has shortened.

You will start walking on the trail after meeting the crew members in the small town of Lukla.

The trail follows the path alongside the Dudhkoshi River all the way up to Namche Bazaar. Various places like Phakding, Benkar, Sagarmatha National Park Entry Gate, Manjo etc. fall on this junction.

Namche is the place where trekkers take the first acclimatization rest. It is Sherpa heartland and marketplace. You can find the modern eateries and bars as well as advanced shop in this place.

Trekkers will hike to either Khumjung Village or Everest View Hotel on the rest day. The main idea of hiking is to adjust to an altitude. Guides will take you to high altitude and again they will be taken back to low altitude for the sleep overnight. This helps in the quick acclimatization as well as warm up the body for the long walking journey.

Tengboche Monastery & Dingboche Village

Relish the spiritual experience in Tengboche Monastery and get excited in the prolific valley of Pangboche. Before reaching the Dingboche for the second acclimatization, these places will offer you plenty of attractions to behold. Mountains like Amadablam, Taboche, Lhotse, Nuptse, Everest etc. are usual sights. Relax your body and adjust to the thinning air and rising altitude.

Trekker finally starts to taste the high Himalayan experience while walking past Lobuche towards Gorakshep along the moraines and glacier. The final destination the Everest Base Camp looms large.

On the foothill of Kala Patthar, you will see the small last habituated town of Gorakshep. The Mt. Pumori, Everest and other various mountains surrounding the place make it the Himalayan Sanctuary.

Everest Base Camp & Kala Patthar

Walk on the Everest Base Camp and create your own legends. It is definitely the most craved moment for you while walking towards it. The next day's early morning hiking of Kalapathar for the gorgeous sunrise is another treat to experience during Everest Base Camp Trek 14 Days.

Trek back to Lukla is even more eventful. As the altitude decreases you will regain the more senses. The area becomes even more cheerful.

Book the Everest Base Camp Trek 14 Days and create your own tale of being at Khumbu region of Nepal. Awesome Nepal Treks & Expeditions will do utmost best to get you on the base camp safely and soundly.

Guideline itinerary:

Day 01:Arrival in Kathmandu and transfer to hotel

Day 02:Fly to Lukla 2,830 m & trek to Phakding 2,640 m – 04 hrs.

Day 03:Trek to Namche bazaar 3,440 m – 08 hrs.

Day 04:Acclimatization practice around Namche Bazaar with a short hike.

Day 05:Trek to Thyangboche 3,867 m – 07 hrs.

Day 06:Trek to Dingboche 4,400 m – 06 hrs.

Day 07:Acclimatization practice around Dingboche with a short hike.

Day 08:Trek to Lobuche 4,930 m – 07 hrs.

Day 09:Trek to Everest Base Camp 5,364 m and return to Gorakshep 5,180 m – 08 hrs.

Day 10:Hike Kala Patthar 5,545 m and trek to Pheriche 4,200 m – 08 hrs.

Day 11:Trek to Namche Bazaar 3,440 m – 08 hrs.

Day 12:Trek to Lukla 2,860 m – 07 hrs

Day 13:Fly back to Kathmandu and transfer to respective hotels.

Day 14:International departure for homeward bound.