

# Everest Base Camp Luxury Trek

Url: <https://www.glorioushimalaya.com/trip/everest-base-camp-luxury-trek/>

**Duration**

14

**Max. Altitude**

5,545m

**Difficulty**

Moderate

**Group Size**

Minimum 2 people

**Per Person Cost**

USD 3000

**Transport**

Helicopter, Car, Jeep, Plane

**Meals**

Breakfast, Lunch & Dinner

**Starts At**

Kathmandu

**Ends At**

Kathmandu

**Accommodation**

Hotel and Guest Houses

## Highlights

- 5-star luxury accommodations with exceptional dining, and other amenities like telephone, high-speed Wi-Fi, hot water, etc in Kathmandu hotel
- The luxury trek that treats you with the best available hotel/ guesthouses/ lodges accommodations in the remote Everest region of Nepal
- A rewarding private helicopter ride from Kalapather (5,600m) over the Everest region of Nepal.
- Private airport transfers and ground transportation.
- Private guides and porters
- City tour by luxury private vehicle in Kathmandu around the UNESCO listed heritage sites
- Thrilling flight to Lukla
- Intense walk along a classic route to Sagarmatha National Park
- The magnificence of mountains in the Everest region such as Mt. Everest, Mt. Nuptse, Mt. Lhotse, Mt. Cho-Oyu, Mt. Ama Dablam, Mt. Thamserku, Mt. Tawache, and many more
- Achievement of being on the top of the world - Everest Base Camp
- Hike up to Kalapatthar for classic views of mountains in the Everest region

# Overview

Everest Base Camp Luxury Trek is for those who want a more leisurely pace, comfortable accommodation, soft beds, fine/clean dining, daily luggage transfer services, private transport, and value-adding amenities like electricity, telephone, hot water, Wi-Fi, etc. with great hospitality. Exhausting yourself while walking is a conventional trekking concept! Relaxing and accommodating yourself with the best available is the latest trend.

Following the trend, Glorious Himalayas P. Ltd presents the most cherished trekking package of the era - Everest Base Camp Luxury Trek. We search high and low to bring the most epic walk with the softest beds. From great walks into the mountain valleys to the mountains, we offer the best available comforts in the most unlikely places you can ever expect!

## Itinerary

### **Day 01: Arrival in Kathmandu and transfer to the hotel. (1,400m)**

Your luxury trek to Everest Base Camp begins with your arrival in Kathmandu. You'll meet a representative from our team at the airport who will drive you to a luxury hotel in Kathmandu. Get settled into your room and enjoy the rest of the day at your leisure. We provide Nepalese cuisine welcome dinner along with the cultural dance show in the evening. Enjoy the fine dining and other amenities available at the hotel.

**Meals Include:** Welcome Dinner

### **Day 02: Sightseeing tour in Kathmandu (1,400m)**

A private vehicle will pick you up this morning at your hotel for an excellent drive around the heritage sites in Kathmandu. Today, you'll visit UNESCO-listed heritage sites in Kathmandu that include Kathmandu Durbar Square, Swayambhunath stupa, Pashupatinath temple, and Boudhanath stupa. In the evening, you'll be dropped off at your hotel in Kathmandu.

**Meals Include:** Breakfast

### **Day 03: Fly to Lukla (2,800m) and trek to Phakding (2,652m) - 4 hrs trek**

In the early morning, you'll be transferred to the domestic terminal of the Kathmandu airport for a flight to Lukla. Our guide will help you with your luggage at the airport. Check into the airport and board a flight to Lukla. In around 45 minutes, you'll reach the Lukla airport. As soon as you step at the airport, you can feel your closeness to the mountains. Porters will help you with your luggage and our guide will help you on the way! Follow the path shown by our guide and walk through a beautiful route full of fantastic scenery to Phakding.

**Meals Include:** Breakfast, Lunch & Dinner

## **Day 04: Trek to Namche Bazaar (3,440m) - 6 hrs trek**

It's time to head towards Sagarmatha National Park. Today, you'll walk through a magnificent path full of pine forests enjoying the incredible view of Mt. Thamserku to enter a check post at the entrance of Sagarmatha National Park. Follow the confluence of Dudhkoshi River and Bhotekoshi River to take a steep ascent to Namche Bazaar. As you reach the Namche bazaar, you can relish the first sight of Mt. Everest along with the ridges of Mt. Lhotse and Mt. Nuptse.

**Meals Include:** Breakfast, Lunch & Dinner

## **Day 05: Acclimatization in Namche (3,440m)**

The faster you climb up, the higher risk of altitude sickness you possess. Therefore, take it easy for the day and acclimatize yourself to the rising elevation. Namche Bazaar is a busy settlement area in the Khumbu region that is facilitated by ATMs, restaurants, cafés, bakery shops, etc. Early in the morning, your guide will escort you to Everest View Hotel for a hike. You'll be able to enjoy some enchanting views of mountains from this point. For the rest of the day, you can explore Thame village and visit a photo gallery center and museum in Namche.

**Meals Include:** Breakfast, Lunch & Dinner

## **Day 06: Trek to Tengboche (3,860m) - 5/6 hrs trek**

Walk past the beautiful alleys of Namche bazaar and hike up to make your way to the Tengboche. Enjoy the heart wheeling views of Mt. Amadablam, Mt. Everest, and Mt. Lhotse as you make your way to Khangjuma. Drop down, walk head along with the forests of pine, and climb up for another three hours to Tengboche. At Tengboche, you can visit the Tengboche monastery and admire the views of Mt. AmaDablam which stands tall, right above the monastery.

**Meals Include:** Breakfast, Lunch & Dinner

## **Day 07: Trek to Dingboche (4,410m) - 5 hrs trek**

Your adventure for the day starts with a walk down to Imja River. You'll walk past a suspension bridge over the Imja River and make your way to the settlement of Pangboche. It's a scenic route full of mountain views, fields, and summer settlements. After a few hours of walking, you'll open up to the beautiful pastures of Dingboche. Dingboche is a summer valley with grasslands, often used by yak herders to graze their yaks. In the winter, the grassland is fully covered with snow.

**Meals Include:** Breakfast, Lunch & Dinner

## **Day 08: Acclimatization in Dingboche (4,410m)**

Use this day for acclimatization. Higher elevation possess a risk of altitude sickness so it's essential to acclimatize yourself to the rising elevation. Today, you'll stay at Dingboche and hike up to Nagerjun, which is a beautiful vantage point that lies on the edge of Chhukung valley. From Nagarjuna, you can enjoy some incredible views of mountains like Lobuche peak, Mt. Thamserku, Mt. Tawache, Kangtega, Mt. AmaDablam, etc. In the evening, descend to Dingboche for an overnight stay.

**Meals Include:** Breakfast, Lunch & Dinner

## **Day 09: Trek to Lobuche (4,910m) - 5 hrs trek**

Day by day, you are getting closer to the Everest Base Camp. Leaving Dingboche, you'll follow the classic route to Lobuche at 4910 meters. Climb up the steep moraine of Khumbu glacier to Chupki Lhara and then to Lobuche. On the way, you'll pass a memorial of mountaineer Scott Fischer and Babu Chiri Sherpa adorned by a collection of stones and prayer flags. During the entire day, you'll be blessed with some enticing views of Khumbutse, Mt. Lingtse, Mt. Pumori, and other mountains in the Mahalangur range.

**Meals Include:** Breakfast, Lunch & Dinner

## **Day 10: Trek to Everest Base Camp (5,364m) and return to Gorekshep (5,180m) - 8/9 hrs trek**

Day 10 marks the most important day of this entire luxury trek to Everest Base Camp. Today, you'll climb up the route to Gorekshep and then to Everest Base Camp. It's a moment of delight to step into the base camp applauding the beauty of the mountains in the region. From the base camp, Mt. Everest is not visible but you'll get close-up views of mountains like Mt. Nuptse, Mt. Lhotse, Mt. Pumori, and many other mountains.

**Meals Include:** Breakfast, Lunch & Dinner

## **Day 11: Hike up to Kalapatthar (5,600m) and fly back to Lukla (2,800m) - 4 hrs hike**

As the mighty Mt. Everest is not visible from Everest Base Camp, Kalapatthar could be the best vantage point to applaud the grandeur of the great Mt. Everest. Lying just below Mt. Pumori, Kalapatthar is a grey grassy land that is visible from the base camp. Today, in the early morning, you'll climb up to Kalapatthar to catch the glorious views of the sunrise amidst the mighty Mt. Everest. From here, you can appreciate the captivating beauty of the golden sun's rays falling over the snow-clad mountains in the Everest region, especially over Mt. Everest. Moreover, the panoramic beauty of the mountains in the Everest region is clearly visible from here. After some quality time at Kalapatthar, you'll descend down to Gorekshep for breakfast. Get ready for a helicopter ride next! A helicopter will pick you up at Gorekshep and fly you over the terrain of the Everest region to Lukla. It's a wonderful opportunity to lay back and savor the heart-whelming beauty of the entire Everest region in the easiest and shortest time possible.

**Meals Include:** Breakfast, Lunch & Dinner

## **Day 12: Fly back to Kathmandu (1,400m) - 35 minutes flight**

Your Everest Base Camp Luxury trek comes to an end today. At Lukla, you'll catch a flight back to Kathmandu. Next, you'll be transferred to your hotel room. You can either explore the streets of Kathmandu or relax in the hotel room as per your pursuance. The rest of the day is on your own.

**Meals Include:** Breakfast

## **Day 13: Leisure Day in Kathmandu**

Finally, you have a leisure day in Kathmandu that's on your own. You can either relax in the hotel room or explore any places of desire. You can use this day for shopping for souvenirs or exploring the places of religious and historical delight in Kathmandu.

**Meals Include:** Breakfast

## **Day 14: Departure Day**

Today is the last day of your Nepal stays. After your breakfast, you'll be transferred to the Tribhuvan International Airport in Kathmandu for your flight back to your hometown. We wish for the safe journey to your home.

**Meals Include:** Breakfast

## **Trip Includes**

- All the airport transfers are by luxury private vehicles as per the itinerary.
- Nepalese cuisine welcome dinner along with a cultural dance show in Kathmandu.
- 4 nights of 5-star category hotel accommodations in Kathmandu inclusive breakfast.
- Private helicopter ride from Kalapather to Lukla.
- 1 day Kathmandu sightseeing tour around 4 world heritage sites including entrance fees, private vehicle, and city tour guide.
- Round trip airfares. (Kathmandu-Lukla-Kathmandu)
- Every day full board meal during the trek. (Breakfast, Lunch & Dinner).
- Serve seasonal fruits every evening after dinner.
- Best available twin sharing local lodges including Yeti Mountain Home whereas available during the trek.
- An experienced and certified trekking guide for the trek.
- Porters to carry your loads while on the trek. (1 porter for 2 customers)

- All the essential trekking permits for the trek.
- Company duffel bags and sleeping bags to use while on the trek.
- First aid kits with an oximeter to check your oxygen level during the trek.
- Everest Base Camp Trek route map.
- Trip achievement certificate after the successful trek.

## Trip Exclude

- International flights and Nepal travel visa fees.
- Lunch and dinner in Kathmandu hotel. (except welcome dinner)
- Your personal travel insurance.
- Meals and accommodations if any other than the itinerary.
- Hot shower, Phone calls, and use of WI-FI above Namche.
- Cold drinks and alcoholic beverages while on the trek.
- Your personal trekking gears.
- Gratitude to the trekking guide and porters.

## Checklist

### Gear Checklist for EBC Trek

#### Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

#### Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

#### Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner

(seasonal)

## **Lower Body**

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

## **Feet**

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

## **Sleeping**

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

## **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

### **Toiletries**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

### **Personal Hygiene**

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

### **Extras/Luxuries**

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel games i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swim suit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)

## **Contact Us, Head Office**

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