

Beyond your imagination

ALL INFO PROVIDED IN GOOD FAITH. Due Diligence has been done to ensure accuracy of information, and cannot be held responsible for information that may have changed .

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DARE TO SUMMIT! - Everest Base Camp trek NEPAL



Most of us dream about visiting Everest or Annapurna and once you have trekked these places you will want to keep coming back and exploring what the Himalayas has to offer. We have compiled the EBC trek - contact us if you want info on any other Himalaya trek or adventure!

Day 1

Valid for travel 01 Sept 17 - Dec 17

Whk-Kathmandu

- Your flight connections will be Whk-Jhb-Dub-Kathmandu and will require approximately 24 hours of travel. Be prepared for long lay overs
- On arrival at Kathmandu airport you will be met by our representative and transferred to your hotel.
- Optional extra pre-and post trek nights in Kathmandu can be arranged.
- Prepare for an evening briefing on last minute specifics about your trek and early lights-out: you have a big day ahead.

Overnight

Hotel Pilgrims or similar, Kathmandu

Breakfast

Day 2

Kathmandu-Lukla (2800m) -Phakding (2,652m)

- After breakfast, you will be transferred to the airport, where you will board the morning flight to Lukla.
- In Lukla, you will have the opportunity to see aircraft land and depart at one of the highest airports in the world!
- You will be introduced to your guide and porter and kick off your trek with an easy walk through small villages until you reach Phakding where you will stay for the night to acclimatize.
- Some last minute shopping can be done in Lukla on your way to Phakding.

Walking distance for the day: 8km

Walking time: 3-4 hours

Altitude gain: nil

Overnight

Phakding, Himalaya

Full Board



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Day 3

Phakding (2,652m) to Namche Bazaar (3,440m)

- Prepare for a full day ascending to Namche Bazaar, the biggest Sherpa village in Nepal.
- Your trail will follow the Dudhkoshi River, you will cross several suspension bridges inter alia the Hillary Suspension bridge.
- It is a tough climb up to Namche but today you will be rewarded with your first glimpse of Everest in its majesty.

Walking distance for the day: 10-12 km

Walking time: 5-6 hours

Altitude gain: 640m

Overnight

Namche Bazaar, Himalaya

Full Board

Day 4

Namche Bazaar rest & acclimatization day

- Today will be spent resting and allowing your body to acclimatize to the altitude. A two hour hike to Everest View Point will speed acclimatization and will award you with some of the best views the Himalaya has to offer.
- Explore Namche Bazaar, enjoy the local marketplace filled with all manner of trekking and mountaineering clothing and equipment.
- Enjoy the famous chocolate brownie cake from the bakery

Walking distance for the day: 2 km

Walking time: 1-2 hours

Altitude gain: 0m, except for the acclimatization climb

Overnight

Namche Bazaar, Himalaya

Full Board

Day 5

Namche Bazaar (3,440m) to Tenboche (3,870m)

- Breathtaking views of Everest, Nuptse, Lhotse, Ama Dablam, Thamskerku and Kwangde are in store for today.
- Brace your legs for a continual uphill trek today, alternating between a gradual grade and some seriously steep ground!
- Tenboche is known as one of the most beautiful places in the Everest region.

Walking distance for the day: 10 km

Walking time: 6 hours

Altitude gain: 430m

Overnight

Tenboche, Himalaya

Full Board

Day 6

Tenboche (3,870m) to Dingboche (4,400m)

- Your trek today kicks off with a walk through the rhododendron forest to Deboche followed by a bridge over the raging Imja Khol River.
- The afternoon trek will give way to dry, deserted mountains as you hike towards Dingboche.

Walking distance for the day: 11 km

Walking time: 6 hours

Altitude gain: 530m

Overnight

Dingboche, Himalaya

Full Board



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Day 7

Dingboche rest & acclimatization day

- This is your chance to rest up before the last leg of your adventure to base camp! Taking an optional trek to the surrounding valleys will pay off in rewarding views, but taking it easy today is the most important thing. You'll need your rest for the penultimate day of ascent tomorrow.

Walking distance for the day: optional

Walking time: optional

Altitude gain: optional

Overnight

Dingboche, Himalaya

Full Board

Day 8

Dingboche (4,400m) to Lobuche (4,900m)

- From here on forth, the trek will move more gradually and be more challenging due to the higher altitude.
- Today you will pass the memorial stupas dedicated to the climbers and trekkers who lost their lives to Everest over the years.
- Prepare to snuggle up for a cold night, as you are now almost 5kms above sea level and the evenings can be downright chilly!

Walking distance for the day: 11-12 km

Walking time: 6-7 hours

Altitude gain: 500m

Overnight

Lobuche, Himalaya

Full Board

Day 9 Lobuche (4,900m) to Gorakshep (5,180m) to Everest Base Camp (5,364m) to Gorakshep!

- Today will test your endurance! The day kicks off with an initial, relatively easy trek from Lobuche to Gorakshep where you will have a short rest before your trek to EBC.
- The trail to Everest Base Camp is harder, involving rocky dunes and moraine, formed accumulation of glacial debris.
- On the way to EBC you'll approach the famed Khumbu Glacier and icefall, located on the slopes of Everest. At base camp, you will have the chance (during the spring climbing season) to meet climbers attempting to scale the mountain's summit.
- The breathtaking beauty and quiet in all other months will take your breath away - as the afternoon sun starts to wane, you'll head back to Gorakshep for much needed rest and relaxation.

Walking distance for the day: 15 km

Walking time: 8-9 hours

Altitude gain: 464m

Overnight

Gorakshep, Himalaya

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Day 10

Gorakshep to Kalaphatar (5,545m) and Pheriche (4,320m)

- You'll wake before dawn today to trek towards Kalaphathar (which means black rock) for a fiery, glorious sunrise over Mt. Everest. The day's first light will illuminate your spectacular view of Nuptse Nup, Changtse and Lhotse. This may be, of the whole journey, your most opportune moment to snap amazing pictures of Everest and its neighboring peaks.
- Afterwards it's back to Gorakshep for breakfast and down in the direction of Periche, our nighttime stop.
- The pace will be a lot brisker as you descend, and the walking is getting much easier from now on.

Walking distance for the day: 12-13km

Walking time: 5-6 hrs

Altitude gain: 181m for Kalaphathar viewpoint, thereafter descending

Overnight

Pheriche, Himalaya

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Day 11

Pheriche (4,320m) to Namche Bazaar (3,400m)

- The walk from Pheriche back to Tenboche is mainly downhill, although it does, counterintuitively, require an hour scaling a hill! You'll be in Namche Bazaar by late afternoon and off to bed before our last day on the mountain.

Walking distance for the day: 13-15 km

Walking time: 7-8 hours

Descend: 920m

Overnight

Namche Bazaar, Himalaya

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Day 12

Namche Bazaar (3,400m) to Phakding and Lukla

- After breakfast, you will trek back through several villages. Your arrival in Lukla brings an evening in your last Tea House and, traditionally, a party with your trekking crew!
- Thanks to great teamwork and perseverance, you've accomplished a physical feat of which others only dream!

Walking distance for the day: 16 km

Walking time: 7-8 hours

Descend: 600m

Overnight

Lukla, Himalaya

Full Board

Day 13

Lukla - Kathmandu - departure day

- In the morning, you will fly from Lukla to Kathmandu, where you will be transported back to your hotel for some much-needed solo rest or exploration of the city.
- In the evening, you will reunite with your fellow trekkers for a farewell dinner at one of the restaurants in town.
- The next morning, after breakfast, you will be transferred to the airport for the flights back home.

Overnight

Hotel Pilgrims, Kathmandu

Full Board

Join Us!



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PACKAGE INFORMATION

Package Includes

- Economy class flights from Windhoek - Kathmandu return - flexible routes
- Pre- and post-night accommodation at Hotel Pilgrims, Kathmandu on B&B basis
- Gear storage at Hotel Pilgrims for duration of trek (the stuff you don't want to take on the trek)
- Transfers to and from Kathmandu International Airport to Hotel Pilgrims
- Return flights from Kathmandu to Lukla
- Services of an experienced English speaking guide and assistant guide for the group
- Porter service (baggage weight limit is 15kg)
- Everest trekking permit and TIMS (traveler security) card
- Accommodation in local Tea Houses and three meals and hot drinks per day as served by the tea house
- Farewell dinner in Kathmandu
- Everest Base Camp T-shirt from the operator

Package Excludes

- Travel/medical evacuation insurance
- Equipment rental
- Tips, drinks and all items of personal nature and any service not specified - pocket money of approximately U\$20 per day should be sufficient for the trek, cash is best since ATMs on the trek might be out of service
- Optional additional night at Hotel Pilgrims pre-post trek

Total package per person @ N\$35 000.00

- Package price based on minimum of 10x passengers in group. Alternative pricing applicable should min group size not be reached.
- 50% non-refundable deposit payable to confirm your place
- Balance of payment to be made no later than 60 days prior to departure. Prices may fluctuate due to currency fluctuations. Price can only be guaranteed once full payment is made.
- Terms and conditions apply and E & EO