



## DETAILS ITINERARY

### *DAY 01: ARRIVAL IN KATHMANDU*

After arriving in Kathmandu, a member of the Alexander Adventures team will meet you at the airport and transfer you to your hotel. In the evening there will be a welcome dinner where you will be served Nepalese food which will introduce you to the country's food culture.

### *DAY 02: FLY TO LUKLA, TREK TO PHAKDING (2,651M/8,700FT) 3 – 4 HOURS*

Our Guide will transfer to Domestic airport and short Lukla flight 30 minute and introduce our local mountain porters. Kick off your beautiful trek through large village Chourikharka and descend towards Dudh Koshi River and continue to Phakding (2652m. 8700ft.) We will stay overnight at lodge.

### *DAY 03: PHAKDING TO NAMCHE BAZAAR (3,438M/11,280 FT): 11KM, 5 – 6 HOURS*

We trek to Namche Bazaar, the biggest village of Khumbu region, which is the most popular Himalayan city Touristic area same as Kathmandu and Pokhara. Trekking toward to Monjo Entering Sagarmatha National Park and Trekkers Information Management System Main Gate. Follow the Dudh Koshi River and crossing highest bridge to Namche. We will have a chance to see Mt. Everest on the trail and continue to Namche. Stay overnight at lodge.

### *DAY 04: ACCLIMATIZATION DAY – NAMCHE BAZAAR: (3,440M/11,284FT)*

Today Explore and Acclimatization day, after breakfast visit to Sherpa Museum in the Khumbu region about the Sherpa culture and history and followed a hike to the top of the Everest viewpoint take the cup of tea or coffee at Everest View lodge. If the weather is perfect then will see Mt. Everest, Lhotse, Island Peak, Amadablam and many Others Trekking peak. Lunch and back to Namche, Little sightseeing stay overnight at lodge

### *DAY 05: NAMCHE BAZAAR TO PHORTSE (3,870M/12,694FT): 10KM, 5- 6 HOURS*

We will continue our trek to Phortse a beautiful Sherpa village. During the day we will pass through the lush forest of Rhododendron, pine, and oak forest. We will have our lunch on the way, as we move towards Phortse. We will stay overnight at lodge.

### *DAY 06: PHORTSE TO DINGBOCHE (4,360 M/14,300 FT): 9KM, 5 – 6 HOURS*

Today our destination is Dingboche, which is the massive viewpoint and chance to see lots of wild animals as Blue sheep, deer, Himalayan Thar, and Many of Domestic Yaks browsing grass. Take lunch at Upper Pangboche or Sotare and slowly trek to Dingboche we will stay overnight at lodge.



### *DAY 07: DINGBOCHE ACCLIMATIZATION DAY*

Today Acclimatization day at Dingboche just light hike to visit Dingboche Sherpa Villages. Dingboche we will stay overnight at lodge.

### *DAY 08: DINGBOCHE TO LOBUCHE (4910 M) 5/6 HOURS*

We start our trek towards Lobuche, over 4000 meters, we hike slowly toward Thukla and take lunch and rest for a while and take in the views of Lobuche peak, Ama Dablam peak, Lobuche peak, Primary peak, and Nupse Peak. During our trekking, we will pass through the lush forest of Rhododendron, pine, and oak. stay overnight at the lodge.

### *DAY 09: LOBUCHE TO GORAK SHEP (5170 M/16,961FT), VISIT EVEREST BASE CAMP (5364 M/17,594 FT)*

From Lobuche to Gorakshep takes about than 2 hours and must leave early morning, to Gorakshep and leave our bags at accommodation. Before the visit to Everest Base Camp. It is the hard and long day all most 8 to 10 hours. Return from EBC and we will stay overnight at lodge.

### *DAY 10: GORAK SHEP TO KALA PATTHAR (5,545M/18,192FT) TO PHERICHE (4,288M/14,070FT) 7-8 HOURS*

Early morning hike to Kala Patthar peak 5545m. We can see the world's tallest mountain Everest along with other mighty Himalayan peaks. Which is our main destination sunrise and panoramic views front of the Mt Everest and Pumori, Magnificent Himalayan range and return to Gorakshep take breakfast after that continue to trek to Pheriche or Pangboche and we will stay overnight at lodge.

### *DAY 11: PHERICHE TO NAMCHE BAZAAR (3,440M/11,280 FT): 20KM, 6 – 7 HOURS*

Leaving Pheriche to Namche Bazaar after breakfast early in the morning. We trek toward the Hillary Suspension Bridge and then pass through several local villages toward to old Buddhist Tengboche monastery. We walk on winding trails followed by another walking through a forest before reaching Namche Bazaar. It takes 7/8 hour easy downhill and more traffic yaks and Porters Continue trek to Namche and stay overnight at lodge.

### *DAY 12: NAMCHE BAZAAR TO LUKLA (2,800M/9,186FT): 19KM, 6 – 7 HOURS*

We leave Namche Bazaar for Lukla after having breakfast in the hotel. Before Lukla take light lunch and continue to Lukla, finally we will complete our trip and say goodbye for local porters then waiting for the flight to Kathmandu stay overnight at lodge.

### *DAY 13: FLY TO KATHMANDU*

local airport of Lukla to fly towards Kathmandu valley. When we arrived in Kathmandu explore and shopping souvenir to your family. We will spend one night in Kathmandu valley.



### *DAY 14: FINAL DEPARTURE*

We will drop you at the International Airport from our vehicle for your departure and we will see you off.

#### **Trip Includes:**

- Airport transfer for domestic flight
- Hotel Accommodation in Kathmandu.
- National Park Entrance permit and TIMS (**Trekkers Security Card**) permit
- Kathmandu-Lukla-Kathmandu flight tickets
- All accommodation during trek (**Lodge/ Guest House**)
- All meals (**breakfast, lunch and dinner**) during the trek
- Fresh fruits after every dinner (**During the trek**)
- Purified drinking water (**medicated proof and safe**)
- UK Mountain leader / Medic
- Porters (**One porter for each 2 members**) and his entire expenses
- Insurance of Guide and Porter
- All required local and government taxes
- Trekking route map
- Duffel bag (if required)
- First aid Service
- **Oximeter** - To determine your normal oxygen range

#### **Trip Excludes:**

- Nepal arrival visa (**USD25 for 15 days and USD40 for 30 days in cash**)
- Meals in Kathmandu
- Personal expenses like all kinds of drinks including mineral water, and alcoholic and soft beverages
- Extra hot showers, Wi-Fi, battery charging while on a trek
- Your travel insurance that covers Helicopter evacuation
- Any other extended trips and accommodation
- Tipping (**As an appreciation**) to staff