

The Mount Everest Base Camp (EBC) Trek

BATCH 1: 28 February to 17 March 2018
BATCH 2: 29 March to 15 April 2018

AGE GROUP:
Above 16 Years

Location:
Kathmandu, Nepal

PRICE:
65000/-



Everest Base Camp (17600 Feet)

Kalapathar (Highest Point (18500))

Mount Everest, also known in [Nepal](#) as **Sagarmāthā** and in [China](#) as **Chomolungma**. Mount Everest is in the [Mahalangu](#) Range. This is one of the popular trekking destinations in the world, which is surrounded by world's highest mountain ranges. Every year more than One Lack people visit Everest Base Camp, hence the trail is well marked. To be proximity close to great mountain the Mt. Everest is a dream of all mountain and nature lovers of the world. To see once the great Mountain "top of the world" The Mount Everest standing in front of one is the great feeling that is not possible to describe in words.

Everest Base Camp trek begins with an "eye opening" flight to Lukla at 2800 meters and passes through the picturesque Sherpa village of Namche Bazaar to Gorakshep culminating in the "ascent" of Kala pattar (5500 m) from where classic views of Everest and its surrounding peaks are available. Most of the trek is spent above altitudes of 3000 meters in the Khumbu and Imja valleys. Although this is a short trek, by Nepal standards, there will be plenty of time to enjoy the culture of the Sherpas, visit ancient monasteries and learn how Lamaistic Buddhism influences Sherpa life.

Participants who wish to book connecting flights are requested to book entire journey with same Airlines to avoid any problems in Flight delay / cancellation. We also customize EBC batches for group size of 10 & above according to their convenience. Typically this trek involves around 75 Km of walking one side and the duration is usually around 12 days. You would be walking from the altitude of 9000 feet to 17500 feet.

- **Best Season:** September to November & March to May.
- **Last Date of Enrollment:** 45 Days before Date of Departure.
- **Reporting Date & Place:** Day 1 as per your reservations at Kathmandu Airport.
- **Departure Date & Time:** Day 17 after Breakfast as per your Reservations.
- **Difficulty Level:** Medium | **Endurance Level:** High | **Grade:** Moderate to Adventurous
- **Average Trekking Time:** Minimum 5 hours to maximum 7 Hours per Day.
- **Requirements:** Regular Trekking Stamina & Adventurous mind is good enough, except pregnant ladies, Heart Patients & People with Severe Asthma.
- **Type of Accommodation:** Accommodation in Kathmandu at Deluxe Hotel & Good quality Trekkers Lodges during Trek.
- **Mode of Transport:** Transfer & Sightseeing in Kathmandu by Private Coach & Kathmandu - Lukla - Kathmandu by Flight.
- **Actual Trekking Period:** 12 Days Lukla to Lukla.
- **Route:** Kathmandu to Lukla by Flight - Trek to Namche Bazaar - Gorakh Shep - EBC - Tengboche - Namche - Lukla to Kathmandu by Flight.
- **Batch Limit:** 12 Participants

Itinerary

DAY	DETAILS
Day 1	Kathmandu (1390 m) Arrive in Kathmandu as per your reservations & transfer to the hotel. Dinner. Overnight at Kathmandu. (_ _ D)
Day 2	Kathmandu Sightseeing: After breakfast depart for Kathmandu and Patan cities Local sightseeing till Lunch. Evening free for Shopping, Packing & Preparation time. Overnight at Kathmandu. (B L D)
Day 3	Fly to Lukla (2886m) Trek to Phakding (2640 m) - 5 hours Transfer to the domestic airport for fly to Lukla, is a beautiful mountain town. After lunch at Lukla start a trek to Phakding. This trail continues along a small path with many climbs and descents following the left bank of Dudhkoshi to Phakding. Overnight at Trekkers Lodge at Phakding. (B L D)
Day 4	Phakding to Namche Bazaar (3440 m) 6 / 7 hours Trek Early morning start a trek to Namche Bazar. The trail passes Dudhkoshi River over a long suspension bridge. Overnight at Trekkers Lodge at Namche Bazar. (B L D)
Day 5	Acclimatization at Namche Bazaar (3440 m). Full day acclimatization at Namche bazar. In Morning will have a small hike where it offers the first glimpses of Mt. Everest. Back to Namche bazar, Evening roam around Colorful Market. Overnight at Trekkers Lodge at Namche Bazar. (B L D)
Day 6	Namche Bazaar to Tengboche (3867 m) - 5 / 6 hours Trek First we descend from Namche Bazar & then a steep hike to Tengboche Gompa with a stunning view of Thamserku, Amadablam, Mt.Everest & other Peaks. Overnight at Trekkers Lodge at Tengboche. (B L D)
Day 7	Tengboche to Dingboche (4260 m) - 5/6 hours. Move towards Dingboche with a combination of Descend & Ascends through alpine meadows & yak herds. Overnight at Trekkers Lodge at Dingboche. (B L D)
Day 8	Dingboche (4260 m) for acclimatization. The day retires for acclimatization. Overnight at Trekkers Lodge at Dingboche. (B L D)
Day 9	Dingboche to Lobuche (4930 m) - 5 / 6 hours trek. Today the trail goes from Duglha directly up to the Khumbu glacier then reaching the Village Lobuche. In Morning capture the spectacular views of Tawachee and Lobuche. (6400 m) Overnight at Trekkers Lodge at Lobuche. (B L D)

<p>Day 10</p>	<p>Lobuche to Gorakhshep (5180 m) - 4 / 5 hours trek. After breakfast, start trek to Gorakhshep. Trek up the valley following the rocky moraine path, view icy glacial pond and icebergs down below of Khumbu Glacier. Reach Gorakhshep check into the hotel. After Lunch & a short rest, Start Climb to Kala pattar (5545m), the walk is steeply ascending until reach a rocky spot Kala Pattar. From Kala Pattar one can see panoramic view of Mt. Everest and many other mountain peaks like Mt. Pumori, Mt. Lingtren, Mt. Khumbutse, Mt. Nuptse, Mt. Lhotse, Mt. Amadablam, Mt. Thamserku, Mt. Kusum Kangaroo, Mt. Konde, Mt. Barun-Tse in the east and many more. After a short excursion and Photography, return back to Gorakhshep. Overnight at Gorakhshep. (B L D)</p>
<p>Day 11</p>	<p>Gorakhshep - EBC (5364m) - Lobuche (4940m) Early in the morning start trek to Everest Base Camp (EBC) - about 4 hours gently ascending with rough zigzag path. After a short excursion of Everest Base Camp. Trek down to up to Gorakhshep. After refresh and Lunch start Trek to Lobuche. Overnight at Lobuche. (B L D)</p>
<p>Day 12</p>	<p>Lobuche to Tengboche (3867 m) - 5 hours. Trek to Tengboche. Evening at Leisure. Overnight at Tengboche. (B L D)</p>
<p>Day 13</p>	<p>Tengboche to Manjo (2835m). Trek from Tengboche to Manjo. Evening at Leisure. Overnight at Manjo. (B L D)</p>
<p>Day 14</p>	<p>Manjo to Lukla (2886m) - 5 hours Trek from manjo to Lukla. Evening at Leisure. Overnight at Lukla. (B L D)</p>
<p>Day 15</p>	<p>Lukla to Kathmandu. Early morning, we fly back to Kathmandu that takes approximately 30 minutes. Pick up from Kathmandu airport and transfer to related hotel. Day at leisure. Evening Special Gala Diner from Explorers. Overnight stay at Kathmandu. (B L D)</p>
<p>Day 16</p>	<p>Kathmandu We have kept this as an adjustment day to run our schedule without any problems. Optional Local Sightseeing at additional cost. Overnight stay at Kathmandu. (B L D)</p>
<p>Day 17</p>	<p>Departure to Respective Destinations After breakfast, transfer to international airport. Fly towards home destination as per your reservations with everlasting memories & friends forever. (B _ _)</p>



CHARGES PER HEAD

Booking Amount: Rs. 20000/- per Head.

EX. KATHMANDU PRICE		AIR
Group Discount Price	Regular Price	Tentative Pune - Kathmandu - Pune
As per Group Size	65000/-	Call for the Best Rate.

- **Group Discount:** 4 Pax. **OR** more - Rs.1000 per Head.
- **Group Discount:** 8 Pax. **OR** more - Rs.2000 per Head.
- **Full Payment Discount** Rs.500 per Head (If Full Payment done at the time of Booking.)
- **You can enjoy Group Discount + Full Payment.**

Includes:

- ✓ Kathmandu - Lukla - Kathmandu Airfare with Domestic Airport Taxes.
- ✓ Arrival and Departure transfers to international & domestic airport by private coach.
- ✓ Kathmandu City Sightseeing by Private Coach.
- ✓ 4 Nights Accommodation at Kathmandu in Deluxe Hotel on Twin Sharing.
- ✓ Breakfast, Lunch & Dinner at Kathmandu.
- ✓ Accommodation during the trekking with best guest house or trekkers' lodges.
- ✓ Breakfast, Lunch, Dinner with soup in a day with afternoon tea or coffee during the trekking period.
- ✓ An experienced trekking guide and Support Sherpa to carry luggage including their insurance.
- ✓ Sagarmatha National Park Fees, TIMS (Trekking Information Management System) & Khumbu Village Entrance Fees.
- ✓ 13 days trekking with English speaking guide & support staff.
- ✓ Trekking Duffel bag & Feather Jacket on returnable Basis.
- ✓ GST.

Excludes:

- ✓ Hot Water to Drink OR Bath, Mineral Water, Beverages, etc.
- ✓ Extra night accommodation in Kathmandu, if required due to any reason than the scheduled itinerary.
- ✓ Personal gear like sleeping bag, feather jacket etc.
- ✓ Lunch at Kathmandu on Day 17.
- ✓ Personal expenses during trek like Wi-Fi, battery charging, hot water bath, etc.
- ✓ Emergency Medical Evacuation.
- ✓ Tips for guides and Support Staff.
- ✓ Personal expenditure of any kind.
- ✓ Medical expenses other than First aid.
- ✓ *Insurance of any kind.
- ✓ Any other charges not specifically mentioned in "Fees Include".

CANCELLATION POLICY

Any cancellation by participant(s) must be communicated to Explorers Office in writing. The refund, if any, will be given after 7 days but before 15 days when the concerned event is over, irrespective of the date when the cancellation has been communicated to us.

The Following deductions will be made in case of cancellation.

- 30 Days before the Date of Departure - 25% of Regular Charges.
- Within 30 Days but before 15 Days of the Date of Departure - 50% of Regular Charges.
- Within 15 Days before the Date of Departure - NO REFUND

HOW TO BOOK - Click the link for more Details.

For Cash Deposit

Bank Name : Bank of Baroda
Branch : Sadashiv Peth
IFSC / RTGS : BARB0SADASH
A/C Name : Explorers
A/C Type : Current Account
A/c Number : 04500200000702

For Online Transfer

Bank Name : ICICI Bank
Branch : Tilak Road
IFSC / RTGS : ICIC0001875
A/C Name : Explorers
A/C Type : Current Account
A/c Number : 187505000050

You can Book the event directly through our Website by Debit / Credit Card.

Please follow the given procedure to Book the Tour Package through E-transfer / Cash Deposit.

1. Call Explorers and confirm the availability of seat.
2. Transfer the money to "Explorers" Account.
3. Send us an email at explorerspune@gmail.com mentioning Name, Mobile number, Email Id & age of all the Participants, Screen shot of Amount Transferred or Acknowledgement copy of pay-in-slip, transaction ID / Ref. ID, Date & Name of the event.

When you register online, It is assumed that you have gone through all the rules and have accepted it.

Direct payment by E-Transfer does not automatically ensure entry to the event. Before transferring the amount, you are required to confirm with the Explorers office if the seats are available. If amount is transferred without consulting the Explorers office the registration will not be considered confirm if the seats are full and the amount will be refunded by cheque at office after 7 days from the date of Event.

RISK & LIABILITIES

We will endeavor to make your program smooth and as pleasant as possible. However the entire programs of trekking are on the ranges of great mountains. Therefore, Explorers shall not be responsible for any changes in the itineraries due to unavoidable circumstance and natural disasters such as landslide, road blockage, flood, snowing, cancellation of flight and delay, any types of sickness including altitude sickness. Any extra cost including there shall be borne by participant / Trekker themselves.

Insurance:

Full trekking and travel insurance coverage for medicine, rescue evacuation, lost of belongs, and trip cancellation is strongly recommended.

WHAT TO BRING

Morning Utilities	Clothing's	Optional	Other Requirements
Hair Oil, Sun & Cold Cream, Body Lotion Lip guard, Comb, Sun cream Lotion. Tooth Brush, Tooth Paste, Tissue paper, Paper Soap, Towel, Napkin. Nail cutter. (1 Nos) Antifungal powder. (1 Nos.)	Comfortable Track Pants - 2 Full Sleeves Cotton T-shirts Sweater / Pullover / Jacket Woollen & Cotton socks (4 Pairs) Shawl, Balaklava (Kantopi) Gloves (1 pair woollen, 1 pair waterproof) Lightweight Raincoat.	Thermal Wear Extra Carry bags Small & Big Size. Camera & Camera Batteries Walking stick. Sewing Kit (Thread, Needle, Buttons) Note book & Pen Mobile & Mobile Charger. Enough & Change Money for Shopping.	Good Quality Backpack with Rain cover (40 to 60 ltrs.) Small and big plastic bags Trekking Shoes with rubber sole. Waist Pouch to keep important things. Personal medical Kit (Pain Killer, Band-aid, antiseptic cream, cotton, Electoral Powder or ORS or Glucon-D, Knee cap Water bottle - Min. 1 Ltr., Torch with extra Cells, Id Proof, Safety pin. Sun glasses (Avoid Blue Shade)

* This is just a reminder list of what to Bring. You can bring other things as per the Need.

We will provide the following items to the Participants. (For CAMP Period only on returnable basis.)

Duffle Bag (Ex. Kathmandu)	Feather Jacket (Ex. Kathmandu)
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Following things will be given Complimentary by Explorers.

Sun Cap	Woolen Cap	T-Shirt	Badge	Bag Tag
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Fitness Guideline for EBC Trek

- Keep Daily rapid walk of minimum 5 kms.
- Climb nearby hills at least thrice in a Week. (e.g. Parvati / Vetali Takti in Pune)
- Do at least One Tough Trek in a week.
- Join Explorers Weekend Treks as a Practice session.
- Daily workout in Gym (Functional Training), Yoga, Pranayam, etc.

HAPPY TREKKING

- ☺ Familiarize yourself to new shoes before bringing them to the Trek.
- ☺ For Himalayan treks be sure to bring along your pullovers, jerkins / wind cheaters, monkey caps, gloves etc.
- ☺ As protection against sudden downpour, do pack your clothes in separate plastic bags before putting them in the Haversack.
- ☺ Try to avoid Headphones or gossip with friends. You may miss many wonderful animals, birds, scenery in the bargain.
- ☺ Keep our environment clean. Please carry all non-biodegradable (plastic) waste back with you.
- ☺ Do not keep valuable while trekking / Camping.
- ☺ Use plastic carry bags to save your mobile & Wallet.
- ☺ Avoid Jean pant for inconvenience in Walking / Climbing.
- ☺ Always keep your Original Photo ID with you.
- ☺ Don't expect similar food quality of your home town. Try Local food to have some different Experience.
- ☺ Respect the Local Religion & Traditions.
- ☺ While taking Photographs don't click photos of Local people without their permission.
- ☺ Keep Healthy environment & helpful nature while Trekking & at the time of Activity.
- ☺ Share your Happy memories with Explorers on [Facebook](#).

"Leave nothing but footprints, kill nothing but time, and shoot nothing but photographs and bring back nothing but memories"

DOWNLOADS - Click the link for more Details.

- [Registration Form](#)

RULES & REGULATIONS - Click the link for more Details.

- [How to Book](#)
- [Booking Procedure](#)
- [Discount Policy](#)
- [Cancellation Policy](#)
- [Tour Rules & Regulations](#)
- [Rules During the Event](#)

Team Explorers

Name & Number of Leader will be sending to you by SMS & E-mail before 15 days of Departure Date.

GALLERY - Click the link for more Details.

- [Click here to visit our Gallery page](#)

CHECK THE BELOW LINKS FOR MORE DETAILS

Jungle Safaris	Himalayan Treks	Student Summer Camps	Weekend Treks
Kanha Jungle	Manali Adventure Camp (Above 14 Years) Pha-Konda Expedition Deo-Tibba Base Circuit Trek Hamta Pass Everest Base Camp Kuwari Pass Roopkund Mystery Lake Valley of Flowers - Hemkund	Matheran Adventure Camp (8 to 10 Years) Koyna Backwater Camp (10 to 14 Years) Rajmachi Jungle Camp (10 to 14 Years) Tarkarli Beach Adventure Camp (Above 14 Yrs) Student Special	Every Weekend is full of One day Treks

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Goa	Lakshwadeep	Odisha	Uttar Pradesh

CONTACT DETAILS

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