



**Everest Region**

**Lukla - Everest Base Camp Trek**

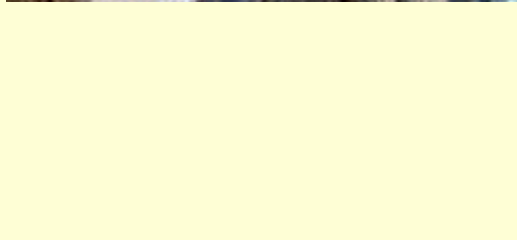
All over the world people have been knowing the Nepal country with the **Mt Everest (Top of the world: 8848m)**. The Nepali name of Everest is **Sagarmatha ("Brow of the Ocean")**. The Sherpa name is **Chumolungma ("Mother Goddess of the word")**. The Everest region is the main trekking destination in the **Khumbu region** which is situated northeast of Kathmandu, the capital of Nepal. This area is a safe place for trekking. Khumbu is a part of Solukhumbu, the home of legendary Sherpas.

The tourists will find unexpected natural fact of Nepal Himalaya. This region is attracting a lot of trekkers every year. Along the route nature lovers can discover an unexpected variety of flora and fauna. This region offers to its visitors an amazing landscape in the midst of **Mt. Everest, Nuptse (third highest peak of Nepal), Lhotse, Ama Dablam, Makalu, Island Peak, Cho-Oyu, Mt. Pumori, Thamserku, Touche Peak and the Gokyo Lakes**.

The **Everest (Sagarmatha) National Park** is located in the northern part of Solukhumbu district. **The park** was established to protect the fragile environment of this alpine region. To the east of Sagarmatha National Park is the **Makalu Barun National Park**, a remote and wild stretch of mountain peaks and deep densely forested valleys.

**Best season for trekking:** October to November and March/April

- Duration:** 13 days
- Starting from:** Lukla, flight from Kathmandu
- Ending at:** Lukla, flight to Kathmandu
- Grade:** Challenging
- Mode of trekking:** Teahouse package tour
- Culture:** Sherpa
- Elevation:** Maximum 5500m
- Elevation:** Everest, Ama Dablam, Lhotse, etc.



**ITINERARY:**

- Day 1 Lukla/Phakding (Fly out to Lukla from Kathmandu approximately 45 minutes and trekking start to Phakding.)
- Phakding to Namche Bazaar (3.446m)
- Day 2 Tengboche (3.900m)
- Day 3 Phereche
- Day 4 Lubuche
- Day 5 Ghorakship/Kalapattar/Everest Base Camp-Lubuche
- Day 6 Chukung
- Day 7 Pangboche
- Day 8 Tengboche
- Day 9 Namche Bazaar
- Day 10 Namche Bazaar, one day rest
- Day 11 Phakding
- Day 12 Lukla
- Day 13 Kathmandu (fly out to Kathmandu approximately 45 minutes)

**We are able to combine this trekking itinerary as client wants.**



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**Services will be as given in below:**

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- Experienced guide
- Porters as required
- All needed camping equipments
- Trekking permit
- Food (Breakfast, launch,dinner)
- Boiled water every morning for shower.
- Hot drinks as coffee, tea,and so on
- Kitchen staffs along with experienced cook.
- Transportation to and from starting and ending point of trek.

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**Price will not include:**

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- Personal Expenses
- Hard drinks as whisky rum and so on.
- Rescue charges
- Domestic flights
- Emergency expenses (if needed)



Service is provided by

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