

15 DAYS EVEREST BASE CAMP



DAY	PROGRAM	HOTEL	MEAL
Day 01	Arrival to Kathmandu check in hotel	Ramada Encore	-
Day 02	Fly from Kathmandu - Lukla (2,886m) – Phakding (2,651m) 3 - 4 hours trek (9 km - 4.5 hours) Easy	Tea house 1	-B
Day 03	Phakding to Namche Bazaar (3,438m) 5 - 6 hours (12 km - 6 hours) Hard	Tea house 2	-
Day 04	Acclimatization Day - Namche Bazaar (3,440m)	Tea house 3	-
Day 05	Tengboche (3,870m) 5- 6 hours (12 km - 10 hours) Easy-Medium	Tea house 4	-
Day 06	Dingboche (4,360m) 5 - 6 hours (12 km - 6 hours) Easy-Medium	Tea house 5	-
Day 07	Acclimatization Day - Dingboche	Tea house 6	-
Day 08	Lobuche (4,940m) 5 - 6 hours. 12 km Hard	Tea house 7	-
Day 09	Gorek Shep (5160m) [5170 m] - Everest Base Camp [5364 m] - Gorak Shep: 8 - 9 hrs. 10 km Hard	Tea house 8	-
Day 10	Hike to Kala Patthar (5555m) and trek Pheriche (4280 m): 8 - 9 hours 13 km Hard and then Easy	Tea house 9	-
Day 11	Pheriche-Pangboche-Tengboche-Namche Bazaar (3,440 m): 6 - 7 hours 16 km Medium	Tea house 10	-
Day 12	Namche Bazaar to Lukla 6 - 7 hours 16 km Hard	Tea house 11	-
Day 13	Lukla – Kathmandu	Ramada Encorei	-
Day 14	Reserve Day for Contingency	Ramada Encore	-B
Day 15	Final departure	-	-B

Note: _B= Breakfast, L= Lunch, D= Dinner






Trips and porters *the tips dependent on your impress to guide and porter services*

Position	3-5 Trekking days	6-9 Trekking days	10-15 Trekking days	16-20 Trekking days
Guide	120\$/Trip	150\$/Trip	180\$/Trip	200\$/trip
Porter	100\$/Trip/porter	120\$/Trip/porter	150\$/Trip/porter	180\$/Trip/porter

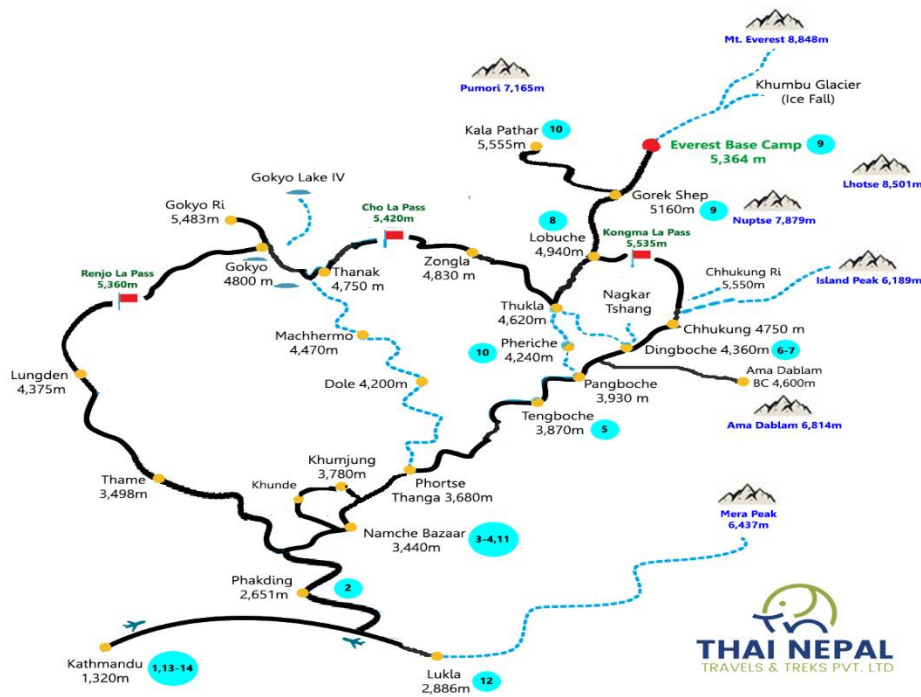
COST INCLUDES:

- Accommodation
 -  Tea house twin basis for total 11 nights (no attached bath room)
 -  Hotel in Kathmandu twin basis for total 3 nights with breakfast
- Private vehicle pick-up and drop airport
- Air ticket KTM-LUKLA-KTM with airport tax (Note: in high season Lukla flight operate from Ramechhap)
- English speaking guide and porter between 2 clients (weight do not over 10 kg/client) including their salary, insurance, equipment, food, and accommodation (one guide cum porter for solo trekker)
- Duffel bag and Sleeping bag (return after finish the trip)
- Medicine (carry by guide)
- Local trekking permit and Park permit
- Nepal E-visa

COST DOES NOT INCLUDE:

-  Drinking water during trek and beverage such as tea, coffee, coke, Pepsi, liquor etc.
-  Meals during trek 1 menu/meal
-  Excess baggage charges
-  Customer tips to Guide & Driver
-  Insurance cover of Covid-19 and travels insurance

- ✘ Any of PCR Covid-19 test
- ✘ International airfare to and from Kathmandu
- ✘ Extra night accommodation in Kathmandu and Lukla in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ✘ Expenses of personal nature such as Liquor, Laundry, Room service, Phone call, Camera fees, Any additional expenses caused because of flight delays/rescheduling/cancellations or conditions beyond our control, Any Supplement charges and any Other Monument Entrances



15 Days Everest Base Camp Trek

Basic Trekking List

By Thai Nepal Travels
and Treks



Important Note:

Your safety is of paramount concern while traveling with THAI NEPAL TRAVELS AND TREK. Please note that your leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. Every effort will be made to keep to the above itinerary; however, since this adventure entails traveling in remote mountainous regions, we cannot guarantee that we will not deviate from it. Weather conditions, the health condition of a group member, unexpected natural disasters, etc., can all contribute to changes in the itinerary. The leader will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required.

For the person who cannot continue trek until the end of trekking, or come back early of trekking in the case of any reason he/she please notes that there will be no refund. If the cancellation happens before the trip, we will provide you accommodation in a guesthouse in Kathmandu. In the case of the flight delay/cancellation after finishing of the trek, you will be responsible for all your expenses. Please also note that you will not be entitled to any refund for the services (such as hotel, transport, flight, etc.) included in the package that you would not use later.

Please note that often the Kathmandu-Lukla-Kathmandu flight gets delayed by a few hours or may even be canceled for one, two, or more days due to unfavorable weather conditions. Such conditions may arise even in the best seasons. Hence, in such cases, you must be prepared for long waits either at Kathmandu or Lukla airports, as this can happen either at the start or end of the trek or even both! We will do our best to avoid such delays, and arrange the next flight for you. We suggest you be prepared for possible delays/cancellations, and if possible to come with some extra buffer days (1-2 days) at the end of the trip to accommodate such delays. If everything runs smoothly and you still have a few days of your buffer days left then you may even engage yourself in optional activities which can be arranged by Thai Nepal tours upon request. The optional activities may include visiting places/landmarks of your choice, adventure sports, shopping, etc.

In case the flight delay/cancellation happens at the start of the trip and it goes so long that it disturbs your onward travel schedule, you are free to choose an alternative trip such as a trek in the Annapurna, Langtang, or any other region. If you are not interested in the alternative trip and would rather wait for your original preferred trip, you are welcome to wait in Kathmandu for as many days as it takes to get a flight to Lukla. However, please note that there will be no refund if you lose time waiting at the airport and do not take an alternative tour or you only do a short trek later due to time limitation. If the cancellation happens before the trip, we will

provide you accommodation in a guesthouse in Kathmandu. In the case of the flight delay/cancellation after finishing of the trek, you will be responsible for all your expenses. Please also note that you will not be entitled to any refund for the services (such as hotel, transport, flight, etc.) included in the package that you would not use later

Yours sincerely,

Mr. Rajendra Bhatta

Thai Nepal Travels and Treks

