



EVEREST BASE CAMP

28TH OCT TO 13TH NOV 2023



ITINERARY DAY 1

Flight: 28th Oct EK110
MLT-DBX 1535-0105
29TH OCT EK2446 DXB-
KTM 0815-1400

WELCOME TO KATHMANDU, NEPAL

After your departure from Malta, you will arrive at Kathmandu airport. Our local representative will pick you up and transfer you to the hotel.

Enjoy your first Nepalese welcome dinner and an overnight stay in the hotel

Accommodation: Hotel Thamel Park or similar

ITINERARY

DAY 2

A FLIGHT TOWARDS LUKLA

Early morning transfer to the airport we take a drive about 5 hours to Ramechhap for Lukla flight. The flight to Lukla is a lifetime experience in itself. The airfield is at high elevation and the difference between the two ends of the runway is about an exceptional 60 meters only. Trek to Phakding with an arresting, green landscape with the view of Kusum Kangraru.

2,652m - 4hr walk

Accommodation: Trekkers Lodge or similar



ITINERARY DAY 3

A TREK TO NAMCHE BAZAAR

We follow the Dudh Koshi, ascending through Himalayan pine and cedar forests, to the celebrated village of Namche Bazaar. A historic trading post where Nepalese and Tibetan traders exchange salt, dried meat and textiles. Besides being a splendid destination to shop for traditional crafts, Namche remains the central trading post in the Khumbu that attracts Himalayan and lowland merchants. Visit local markets and spend time with your team. On the hike, we capture our first glimpses of Everest and neighbouring peaks.

3,440m - 6hr walk

Accommodation: Hotel Hillten Lodge or similar

ITINERARY

DAY 4

ACCLIMATIZATION DAY

This day is especially sectioned for acclimatization. To acclimatize, you visit Khunde Hospital set up by Sir Edmund Hillary, or take a one-hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse, and Everest. We then go to Khumjung where we visit a school established by Hillary. We begin our hike after enjoying lunch and then we head down to our lodge for some beers & good sleep.

Accommodation: Hotel Hillten Lodge or similar



ITINERARY DAY 5

TENGBOCHE: A SPIRITUAL CENTRE

The uniform and easy trail leads us towards the view of Mount Everest, descending deep into the Dudh Koshi Valley at Pungki Thanka and from this point, it ascends the right flank of the Dudh Koshi valley to Tengboche Monastery. It is the spiritual centre of the Khumbu. The climb is lengthy but is more than adequately compensated by gorgeous views of Mount Amadablam and on a clear day, views of Mt. Everest and its surrounding peaks.

3,860m - 5hr walk

Accommodation: Tashi Delek Lodge or similar

ITINERARY DAY 6

DINGBOCHE: A TREK THROUGH THE SUMMER VALLEY

Descend through a beautiful forest, cross the Imja Khola and trek through the village of Pangboche (3900m); perhaps today is the most interesting trekking because you will not lose altitude like on other days and you will enjoy views of Mt. Amadablam, Mt. Lhotse & other peaks; the route continues through pastures to Dingboche, known as the 'summer valley'.

4,410m - 5 hr walk

Accommodation: Hotel Yak Lodge or similar

ITINERARY

DAY 7

ACCLIMATIZATION TO DINGBOCHE


This is another day to rest, acclimatize and give our weary bones a breather. However, we don't remain idle; we also get to wander up the valley to look at a lake, the Tshola Tsho, and the perpendicular walls of Cholatse and Tawache. We can climb up onto the ridge overlooking Dingboche for the view of the Imja Valley and the incredible south face of Mt. Lhotse. The views here steal your breath away. We bunk out in the village of Dingboche for the night stay.

Accommodation: Hotel Yak Lodge or similar

ITINERARY

DAY 8

A TREK TO LOBUCHE



We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this climb, there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche. After reaching Lobuche, we walk further about 45 minutes and reach our today's destination that is Lobuche.

5050m - 6hrs

Accommodation: Hotel Pyramid

ITINERARY

DAY 9



EVEREST BASE CAMP

After a couple of hours, we will get to Gorekshep, and continue our journey to the Everest base camp. There is not much elevation gain, but there are a lot of ups and downs and, combined with altitude, this can be an exhausting trek - but the journey is worth it. After approximately 3 hrs of hiking, you will arrive at the base camp and enjoy a magnificent view of the Khumbu glacier and icefall, where the Everest expeditions begin.

5,380m - 8hr walk

Accommodation: Himalaya Lodge or similar

ITINERARY

DAY 10

KALA PATTHAR - GOREKSHEP - PERICHE

The day starts with a hike up to Kalapattar (optional trek at 5545m), the best viewpoint to witness Mount Everest, in all its glory and the spectacular Himalayan range. We then trek back to Gorekshep, for breakfast and then descend to Pheriche, known as a highly windy town.

4,240m - 8hr walk

Accommodation: Pumori Lodge or similar

ITINERARY

DAY 11

ON OUR WAY TO NAMCHE

Easy walk along the Imja Khola, short climb to Tengboche, descend Pungki Thanka and complete steep to Kyangjuma, and easier trail to Namche. We chill out here with some beers and enjoy some relevant comfort

3,440m - 6hr walk

Accommodation: Hotel Hillten Lodge or similar



ITINERARY

DAY 12

BACK TO LUKLA

The trek continues along the Dudh Kosi River to the small mountain airstrip at Lukla, where you will spend the night.

2,800m - 7hr walk

Accommodation: North Face Resort Lodge or similar

ITINERARY

DAY 13

A SCENIC FLIGHT TO KATHMANDU

All flights from Lukla to Ramechhap are schedule early morning to avoid the strong winds. It's a scenic flight from Lukla to Ramechhap for about 15 minutes. Then we drive back to Kathmandu and transferred to our hotel.

Accommodation: Hotel Thamel Park or similar

ITINERARY

DAY 14



CITY SIGHTSEEING

We set off for a sightseeing tour in Kathmandu valley around world heritage sites, where you will be escorted by our official tour guide and the transportation will take you to Patan Durbar Square, Monkey Temple, Pashupatinath Temple and Boudhanath Stupa.

After sightseeing tour, you will be transferred to your hotel. You can do last minute shopping around Thamel.

Accommodation: Hotel Thamel Park or similar

ITINERARY DAY 15

Flight: 13th Nov EK2154
KTM-DBX 00.45-04.25
EK109 DXB-MLT 0735-1315

BIDDING FAREWELL

All good things come to an end.

3 hours before the scheduled flight, a representative will take you to the airport and wish for your safe journey.



PACKAGE INCLUDES

Accommodation & meals:

- > 14 nights' accommodation on twin sharing basis including 3 nights in Kathmandu and 11 nights in lodges during the trek.
- > Full board during trekking days and Bed & Breakfast in Kathmandu
- > 14-Breakfasts, 11-Lunches & 12-Dinners in all
- > Nepalese cuisine welcome dinner in Kathmandu

Transportation:

- > Domestic flights
- > Airport transfers to/from hotel
- > Transport between locations

Other:

- > Essential Everest trekking permits and official paper works
- > Kathmandu sightseeing escorted by our professional city tour guide.
- > Professional trekking guides for the trek
- > First aid medical kit.
- > All government and local taxes.
- > Adventure certificate after trip
- > Maltese Trip Manager



PACKAGE EXCLUDES

- > International flights (around €1100)
- > Nepal entry VISA (€30)
- > Entry fees on sightseeing trips (€20)
- > Travel & Rescue Insurance
- > Lunch & Dinner in Kathmandu & Pokhara
- > Personal expenses
- > Tips for guides
- > Extra nights in Lukla and Kathmandu hotel than the itinerary. (if the flight is canceled or postponed due to bad weather in Lukla).
- > Porters for the trek (Kraze travel rain protection duffel bag to use for the trek included)
- > Excess baggage of more than 10 kg luggage and 5 kg hand carry for Lukla flight.



#MAKEITHAPPEN



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