



Everest Region Trekking Packages

Everest Region Trekking Packages



Address	Chaksi Bari Marga Thamel, Nepal
Contact Person	Sherpa Expedition And Trekking
Mobile Number	9851140052
Email	sherpaetrek@gmail.com

Sherpa Expedition & Trekking (Est.1977) are pleased to announce FOR ADVENTURERS the most awesome, exhilarating & unforgettable climbing and treks on offer anywhere today!

[EVEREST BASE CAMP TREK](#) [Book Now](#) [Quick Inquiry](#) [Meet Our Team](#) [Contact Us](#)

Stunning views from Kalla Patthar of - Everest, Nuptse, Changtse and Lhotse.

Everest Base Camp trekking is a stunningly beautiful location surrounded by massive mountains. The best time to visit is from March to May and from September to December.

The [adventure](#) begins with a 30-minute flight from Kathmandu to Lukla - which is the starting point of your trek. Lukla offers many teahouses and a variety of western food. The trail takes you through the lush green Dudhkosi Valley with its abundance of flora and fauna, Sherpa villages, Buddhist monasteries and Gompas (Tibetan fortifications). You trek first takes you to the Sherpa town of Namche Bazaar where you spend two days acclimatizing – essential for your preparation in climbing at these extreme altitudes.

ITINERARY

Day 1: Arrival at Kathmandu and transfer to Hotel (1,350m).

Day 2: Guided Sightseeing of the Kathmandu Valley; Duration: 4-5 hours.

Day 3: Morning Flight from Kathmandu to Tenzing and Hillary Airport in Lukla (2804m/9199ft) & trek from Lukla to Phakding (Alt. 2610m/8563ft) Duration: 4-5 hours

Day 4: Trek from Phakding to Namche Bazaar (3,440m) Duration: 5-6 hours.



Day 5: Acclimatization at Namche Bazaar (Hike to Everest View Hotel) Duration 3-4 hours.

Day 6: Trek to Tengboche (3,870 m) Duration: 5-6 hours.

Day 7: Trek to Dingboche (4,460m) Duration: 5-6 hours.

Day 8: Acclimatization day at Dingboche and hike to Chukkung Valley (4730m) Duration: 4-5 hours.

Day 9: Trek to Lobuche (4,900 meters) Duration: 5-6 hours.

Day 10: Trek to Gorak shep (5,180m) trek to EBC & overnight stay at Gorekshep Duration: 7-8 hours.

Day 11: Hike to Kalapatthar (5,550m) at sunrise & trek to Pangboche (3,900 m) Duration: 7-9 hours.

Day 12: Trek Back to Namche Bazaar (3,440 m) Duration: 5-6 hours

Day 13: Trek to Lukla (2,804 m) Duration: 6-7 hours

Day 14: Fly back to Kathmandu; flight duration: 30 minutes.

Day 15: Transfer to Tribhuvan International Airport.

EQUIPMENTS

The following information will give you some idea about what you need to bring for the trek. It is important you do not forget the essential items, as this will determine your comfort and safety on the trek. Equally important is that you do not burden yourself with unnecessary equipment on the trek.

General

- All season sleeping bag and down Jacket (we can provide if you need it, but has to be returned after the trek)
-



-
- Duffle bag (Sherpa Expedition & Trekking provide duffle bag during the trek but has to be returned after the trek)
 - A wind and waterproof thin layered jacket (a must-have for morning and evenings above 3,000m)
 - Daypack

Upper Body- Head / Ears / Eyewear

- A pair of half gloves
- A warmer hat that covers the ears
- Sunglasses
- Neckwarmer
- Sunscreen (35 to 60 SPF)
- Headlamp and an extra set of batteries

Hands



-
- A pair of half gloves for walking poles(if you prefer)
 - Warmer shell gloves and liner

Upper Body

- long sleeve t-shirts
- Thermal tops
- wool jacket or pullover
- Sports bras for women and girls
- Water and windproof shell jacket

Lower Body

- Thermal underwear (especially trousers)
 - windproof and waterproof trousers
-



-
- warmer trousers
 - Comfortable trekking pants
 - Extra casual sport pants

Footwear

- A pair of good waterproof trekking boots
 - Pair of sandals
 - 4-5 pairs of woolen socks
 - Sock liners
 - Light shoes and sneakers
 - First Aid Kits and Medicines
 - Assorted adhesive bandages (fabric preferred)
 - Blister treatment cream or similar
 - Insect / anti-itch ointment
-



-
- Ibuprofen or other pain-relief medication
 - Diamox (125mg to 250mg tablets for altitude sickness)
 - Warps, splints, and wound coverings butterfly bandage
 - Water purifying pills

(Note our company guide will carry the medicines and first aid kits during the trek. However, we recommend you bring your personal first-aid kit as well)

Miscellaneous - but must useful on the trek

- 4 passport size photos with original passport
- Water bottle & filter
- Flight details (please make a copy and leave one pic at our office in KTM because in case you want to change your flight date)
- Bathroom kit (conform, should be included toilet paper, plastic bags, hand wipes, towel, and soap, etc.)

Extra things



-
- Comfortable trekking poles
 - Quality energy dry foods (up to you)
 - Power bank and music players
 - Camera (memory card, chargers, and extra batteries)

Hera are Trekking Region packages if you are interested please [click here](#)

[EVEREST BASE CAMP TREK](#)

[GOKYO VALLEY TREK](#)

[KONGMA LA & CHO LA PASS TREK](#)

[EVEREST PANORAMA TREK](#)

[EVEREST THREE PASS TREK](#)

[EVEREST BASE CAMP LUXURY TREK](#)

[CLASSIC EVEREST TREK\(JIRI-EVEREST BASE CAMP\)](#)

[ARUN VALLEY TREK](#)

[11 DAYS EVEREST BASE CAMP TREK](#)

[EVEREST BASE CAMP SERVICE TREK](#)

[PIKEY PEAK TREK](#)

[DHARMA HILL TREK](#)

[TASHI LAPCHA PASS TREK](#)



[DUDH KUNDA HOME STAY TREKKING](#)

[10 Days Everest Base Camp Trek](#)

[19 Days Everest Three High passes Trekking](#)

[Everest Base Camp With Gokyo lake Trek](#)

[12 Days Everest Base Camp Trek](#)

[14 Days Everest Base Camp Trek](#)

[16 Days Everest Two High Passes Trek](#)

[Gokyo And Everest Base Camp Trek](#)

[Gokyo Renjola Pass Trek](#)

[Everest Base Camp Heli Trek](#)

[Everest Base Camp Gokyo Heli Trek](#)

[13 Days Everest Base Camp Trek](#)

For more details, please visit <https://www.eqlic.com/detail/everest-region-trekking-packages-fort-washington-354201>
