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Tour Operator : Madam Tours

Address : Madam Tours, Bhagwanbahal, Thamel.

Tel : +977-9841547560 / 9813887848

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Everest Base camp

A 17 day, 16 night re-connection to nature with hikes both on and off the beaten track.

Includes, Excludes & Highlights of the tour:

Includes:

- Airport transfers
- All Domestic Transportation (Land and Air)
- All accommodations (Double deluxe room or Tea house during trekking)
- Guide's & Driver's and all staff's insurance and wages
- Packed Lunch in some of the hiking trail
- Entrance fees to all sightseeings
- Meals and Refreshments as it is mentioned in the Itinerary, Breakfast (B), Lunch (L) Dinner (D)
- All permits, guides and porter's insurance

Excludes:

- International Airfare, Visa fee to Nepal
- Any other cost other than the one mentioned above
- Meals that are not listed above
- Gratuities
- Your personal costs
- Any other personal expenses that may occur
- Personal insurance, health insurance, flight cancellation and etc..
- Alcoholic beverages
- Medicine

-Highlights-

- Enjoy a stunning sunrise view over the Himalayan mountain ranges.
- Trek through Khumbu region villages and forests.
- Spot diverse flora and fauna, including the Himalayan Tahr and Musk Deer.
- Visit the historic Tengboche Monastery and take part in a traditional Buddhist puja.
- Explore the ancient culture and traditions of the Sherpa people.
- Get up close with the Khumbu Glacier and Khumbu Icefall.
- Learn about the Himalayas at the Everest Base Camp Museum.
- Relax with yoga, meditation or a massage.
- Challenge yourself with the ultimate Everest Base Camp Trekking experience
- Witness the beauty of Gokyo lake and surrounding peaks



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Outline Itinerary

- Day 01: Arrive Kathmandu, Pick up from the Airport, Hotel overnight
- Day 02: Kathmandu to Lukla (2800m) and trek to Phakding (2610m) (B & L included)
- Day 03: Phakding to Namche Bazaar (3440m) (B, L & D)
- Day 04: Acclimatisation day in Namche Bazaar(B,L & D)
- Day 05: Namche Bazaar to Tengboche (3860m) (B, L & D)
- Day 06: Tengboche to Dingboche (4410m) (B, L & D)
- Day 07: Acclimatization day in Dingboche (B, L & D)
- Day 08: Dingboche to Lobuche (4910m) (B, L & D)
- Day 09: Lobuche to Gorak Shep (5140m) and to the EBC (5364m) (B, L & D)
- Day 10: Hike to Kalapatthar (5545m) and back to Gorak Shep (B, L & D Included)
- Day 11: Gorak Shep to Pheriche (4240m) (B, L & D)
- Day 12: Pheriche to Namche Bazaar (3440m) (B & L)
- Day 13: Namche Bazaar to Lukla (2800m) (B & L)
- Day 14 Lukla to Kathmandu (1400m) (B)
- Day 15: Kathmandu Sightseeing (B)
- Day 16: Shopping, Exploring kathmandu or a free day (B & D)
- Day 17: Departure

Quotation:

Number of Pax	Hotel's Standard (4-5 Stared or same standard)
Min 1	USD 1899 P /P
2-4 pax	USD 1599 P /P
5-8	USD 1299 P /P
8+	Contact us for a group discounts.



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Hotels are 4-5 star or a similar standard.

HOTEL OPTION	CATEGORY ROOM
Park Village resort, Kathmandu	Deluxe / Twin share or Single
Hyatt Regency Taragaon	Deluxe / Twin share or Single
Tea houses or Guest Houses on the trek	Basic rooms

Hotels are subject to change according to the season and booking time, In case of unavailability, we promise you that we will find similar standard hotels.

Facilities that may be available at the lodges and hotels during your trekking include:

- Comfortable beds with blankets and pillows
- Shared or attached bathrooms with hot water
- A restaurant serving Nepalese and international cuisine
- WiFi
- Electricity (may be limited or intermittent)
- Trekking gear rental services
- Common areas for relaxation and socializing
- Views of the surrounding mountains and landscapes

Tea Houses: Tea Houses are basic lodges that offer simple accommodation and meals. They usually have shared bathrooms and sometimes hot water may not be available. These lodges are run by local people and are a great way to experience the local culture.

Guest Houses: Guest Houses are slightly more comfortable than Tea Houses and offer private rooms with attached bathrooms. They may also have hot showers and a restaurant that serves Nepalese and international cuisine.

Detailed Itinerary.

Day 01: Arrive Kathmandu, Pick up from the Airport, Hotel overnight

Arrival Kathmandu. After refreshments at the hotel, you will have a short briefing about your upcoming tour with one of our experienced staff members.



Day 2: Kathmandu to Lukla (2800m) and trek to Phakding (2610m)

Distance Lukla to Phakding : 8 km

- Hiking per day: 3-4 hours
- Altitude: 2800m to 2610m
- Places along the way: Fly from Kathmandu to Lukla, then trek to Phakding
- Guide: Your guide will lead the trek and provide information about the route and local culture
- Hotels: Overnight at a teahouse in Phakding (included in the package)
- Interesting information: The flight from Kathmandu to Lukla is an exciting and scenic journey, offering views of the Himalayan peaks. Upon arrival in Lukla, you'll begin your trek to Phakding, passing through small villages and crossing the Dudh Kosi river.



Day 3: Phakding to Namche Bazaar (3440m)

Distance: 11 km

- Hiking per day: 5-6 hours
- Altitude: 2610m to 3440m
- Places along the way: Cross the Dudh Kosi River, visit the village of Monjo, and continue to Namche Bazaar
- Guide: Your guide will lead the trek and provide information about the route and local culture
- Hotels: Overnight at a teahouse in Namche Bazaar (included in the package)
- Interesting information: Namche Bazaar is the main hub of the Khumbu region and is a bustling town with many shops and restaurants. Take some time to explore the town and visit the Sagarmatha National Park Visitor's Centre for more information about the area.



Day 4: Acclimatisation day in Namche Bazaar

- Hiking per day: 2-3 hours (optional)
- Altitude: 3440m
- Places along the way: Hike to the Everest View Hotel or visit the Khumjung village
- Guide: Your guide will lead the optional hike or village visit and provide information about the local culture
- Hotels: Overnight at a teahouse in Namche Bazaar (included in package)
- Interesting information: Acclimatization days are an important part of the trek to allow your body to adjust to the high altitude.



Day 5: Namche Bazaar to Tengboche (3860m)

- Distance: 10 km
- Hiking per day: 5-6 hours
- Altitude: 3440m to 3860m
- Places along the way: Cross the Imja Khola River and visit the Tengboche Monastery
- Guide: Your guide will lead the trek and provide information about the route and local culture
- Hotels: Overnight at a teahouse in Tengboche (included in the package)
- Interesting information: The Tengboche Monastery is a beautiful and iconic spot on the trek, with panoramic views of the Himalayan peaks. You can visit the monastery and participate in a puja ceremony, or simply take in the peaceful atmosphere.



Day 6: Tengboche to Dingboche (4410m)

- Distance: 10 km
- Hiking per day: 5-6 Hours
- Altitude: 3860m to 4410m
- Places along the way: Cross the Debuche Khola river and visit the village of Pangboche
- Guide: Your guide will lead the trek and provide information about the route and local culture
- Hotels: Overnight at a teahouse in Dingboche (included in package)
- Interesting information: Dingboche is a small village nestled in the valley and is a great spot to take in the stunning views of the surrounding peaks. You can visit the local monastery or simply relax and acclimatize before continuing on the trek.



Day 7: Acclimatization day in Dingboche

- Hiking per day: 2-3 hours (optional)
- Altitude: 4410m
- Places along the way: Hike to Nagarjun Hill or visit the Dingboche village
- Guide: Your guide will lead the optional hike or village visit and provide information about the local culture
- Hotels: Overnight at a teahouse in Dingboche (included in the package)
- Interesting information: Acclimatization days are an important part of the trek to allow your body to adjust to the high altitude. On this day, you can choose to take a hike to Nagarjun Hill for stunning views of the surrounding peaks or visit the Dingboche village to learn more about the local culture.



Day 8: Dingboche to Lobuche (4910m)

- Distance: 9 km
- Hiking per day: 5-6 hours
- Altitude: 4410m to 4910m
- Places along the way: Cross the Lobuche Khola River and visit the Chhukhung village
- Guide: Your guide will lead the trek and provide information about the route and local culture
- Hotels: Overnight at a teahouse in Lobuche (included in the package)
- Interesting information: Lobuche is a small village located at the foot of the Lobuche peak and is a great spot to rest and acclimatize before continuing on the trek. You can visit the Lobuche Base Camp or simply relax and take in the stunning views.



Day 9: Lobuche to Gorak Shep (5140m) and visit to the Everest Base Camp (5364m)

- Distance: 12 km
- Hiking per day: 7-8 hours
- Altitude: 4910m to 5140m and 5364m
- Places along the way: Visit the Lobuche Base Camp and continue to Gorak Shep, then visit the Everest Base Camp
- Guide: Your guide will lead the trek and provide information about the route and local culture
- Hotels: Overnight at a teahouse in Gorak Shep (included in the package)
- Interesting information: The visit to the Everest Base Camp is the main highlight of the trek and a once-in-a-lifetime experience. You'll get a chance to see the base camp up close and take in the stunning views of the surrounding peaks.



Day 10: Hike to Kala Patthar (5545m) and back to Gorak Shep

- Distance: 7 km
- Hiking per day: 6-7 hours
- Altitude: 5140m to 5545m
- Places along the way: Hike to Kalapatthar for panoramic views of the Himalayas and return to Gorak Shep
- Guide: Your guide will lead the hike and provide information about the route and local culture
- Hotels: Overnight at a teahouse in Gorak Shep (included in the package)
- Interesting information: The hike to Kalapatthar is a challenging but rewarding experience, offering panoramic views of the Himalayan peaks. It's a great way to see the peaks up close and take in the stunning views before returning to Gorak Shep.



Day 11: Gorak Shep to Pheriche (4240m)

- Distance: 17 km
- Hiking per day: 6-7 hours
- Altitude: 5140m to 4240m
- Places along the way: Descend through the Khumbu region and visit the village of Pheriche
- Guide: Your guide will lead the trek and provide information about the route and local culture
- Hotels: Overnight at a teahouse in Pheriche (included in the package)
- Interesting information: Pheriche is a small village located in the heart of the Khumbu region and is a great spot to rest and acclimatize before continuing on the trek. You can visit the local monastery or simply relax and take in the stunning views of the surrounding peaks.



Day 12: Pheriche to Namche Bazaar (3440m)

- Hiking per day: 6-7 hours
- Distance: 15 km
- Altitude: 4240m to 3440m
- Places along the way: Cross the Dudh Kosi River and visit the village of Khumjung
- Guide: Your guide will lead the trek and provide information about the route and local culture
- Hotels: Overnight at a teahouse in Namche Bazaar (included in the package)
- Interesting information: Namche Bazaar is the main hub of the Khumbu region and is a bustling town with many shops and restaurants. Take some time to explore the town and visit the Sagarmatha National Park Visitor's Centre for more information about the area.



Day 13: Namche Bazaar to Lukla (2800m)

- Distance: 19 km
- Hiking per day: 6-7 hours
- Altitude: 3440m to 2800m
- Places along the way: Cross the Bhote Kosi River and visit the village of Phakding
- Guide: Your guide will lead the trek and provide information about the route and local culture
- Hotels: Overnight at a teahouse in Lukla (included in the package)
- Interesting information: Lukla is the gateway to the Khumbu region and is a bustling town with many shops and restaurants. You'll have some time to explore the town before your flight back to Kathmandu the following day.



Day 14: Lukla to Kathmandu (1400m)

- Altitude: 2800m to 1400m
- Places along the way: Fly from Lukla to Kathmandu
- Guide: Your guide will assist with the flight and provide information about the route and local culture
- Hotels: Overnight at a hotel in Kathmandu (included in the package)
- Interesting information: The flight from Lukla to Kathmandu is an exciting and scenic journey, offering views of the Himalayan peaks. Upon arrival in Kathmandu, you'll have some time to rest and relax before your departure the following day.





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Day 15: Full day Kathmandu Sightseeing

(7:30 AM) A trip to Pashupatinath, the revered Hindu sanctuary located on the banks of the auspicious Bagmati River.

(10:30 AM) We'll go to Boudhanath, the biggest stupa in the world, where you may stroll around the temple with Buddhist pilgrims and eat a traditional Tibetan lunch.

(15:00 PM) Afternoon strolls around Bhaktapur, which is home to some of the best religious architecture in the nation. The juju dau, also known as king's curd, is served here in a clay pot that was produced locally. Today, every location is a World Heritage Site, according to UNESCO.



Day 16: Shopping, Exploring Kathmandu or a free day:

Spend the day exploring the vibrant and bustling city of Kathmandu, or join Madam Sarala from Madame Tours for a shopping excursion. Before dinner, indulge in a traditional Nepali healing massage.

On the final day, enjoy a farewell dinner with cultural dance at a typical Nepali restaurant, courtesy of Madam Tours.





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Day 17: Departure

Although saying goodbye is really difficult, life must carry on, thus we choose to say: "See you next time!" Namaste. Our professional driver will pick you up from the hotel and transport you to the TIA departure gate.



Booking conditions:

If the booking has to be made for the holiday package the passenger/Visitor needs to partially deposit certain amount depending on the number of days ahead to departure.

1. In the booking time 20% of the total amount has to be paid.
2. Full payment has to be done after arrival and before tour begins.

Please refer to our website's [Terms and Conditions](#) page for further information.

We wish you pleasant holiday and we thank you for selecting Madan Tours.com. Please remember us for your future travel needs as well.

Kind Regards,
Madam Tours & The team



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