



Terrablaze Adventures

🌐 TerrablazeAdventure.com
Kathmandu, Nepal

Everest Base Camp: A Once-in-a-Lifetime 14-Day Trek

Terrablaze adventures
— TREK MORE. EXPLORE DEEPER. —

EVEREST BASE CAMP TREK

14 DAYS ADVENTURE

*Experience the Himalayas.
Achieve the Unforgettable.*

ITINERARY HIGHLIGHTS

DAY 1 Kathmandu to Lukla	DAY 8 Dingboche to Lobuche
DAY 2 Lukla to Phakding	DAY 9 Lobuche to Gorak Shep
DAY 3 Phakding to Namche Bazaar	DAY 10 Gorak Shep to Everest Base Camp and back to Pheriche
DAY 4 Namche Bazaar Acclimatization	DAY 11 Pheriche to Namche Bazaar
DAY 5 Namche Bazaar to Tengboche	DAY 12 Namche Bazaar to Lukla
DAY 6 Tengboche to Dingboche	DAY 13 Lukla to Kathmandu
DAY 7 Dingboche Acclimatization	DAY 14 Departure from Kathmandu

LEGEND

- ✈ Flight
- Trek
- Drive
- 🏠 Overnight Hotel
- ⛖ Overnight Camp
- 📍 En Route
- 🛂 Pass/Crossing

KATHMANDU

EVEREST BASE CAMP (5,364m)

KALA PATTHAR (5,550m)

GORAK SHEP (5,140m)

LOBUCHE (4,910m)

DINGBOCHE (4,410m)

PHERICHE (4,240m)

NAMCHE BAZAAR (3,440m)

PHAKDING (2,610m)

LUKLA (2,840m)

3, 4, 11

1, 13

+977 9816261447 | www.terrablazeadventures.com | Kathmandu, Nepal | SAFE JOURNEY | EXPERT GUIDES | MEMORABLE EXPERIENCE

Time and destinations definitely are customizable based on your preferences.

DAY	ITINERARY
Day 1	Arrival in Kathmandu (1,400m/4,592ft) - Transfer to Hotel and Trek Preparation
Day 2	Fly from Kathmandu to Lukla (2,840m/9,316ft) and trek to Phakding (2,610m/8,561ft) - 35 minutes flight, 3 to 4 hours (8 km) trek
Day 3	Trek from Phakding to Namche Bazar (3,440m/11,284ft) - 6 to 7 hours (10.5 km) trek
Day 4	First Acclimatization Day at Namche Bazaar (3,440m/11,284ft) - 3 to 4 hours trek
Day 5	Trek from Namche to Tengboche (3,860m/12,661ft) - 5 to 6 hours (10 km) trek
Day 6	Trek from Tengboche to Dingboche (4,410m/14,465ft) - 5 to 6 hours (11 km) trek
Day 7	Second Acclimatization Day at Dingboche (4,410m/14,465ft) - 4 to 5 hours (4.5 km) trek
Day 8	Trek from Dingboche to Lobuche (4,910m/16,105ft) - 5 to 6 hours (8 km) trek
Day 9	Trek from Lobuche to Gorak Shep (5,140m/16,860ft) and visit Everest Base Camp (5,364m/17,594ft) - 7 to 8 hours (12 km) trek
Day 10	Hike to Kala Patthar (5550m/18,204ft) and descend to Pheriche (4,240m/13,908ft) - 6 to 7 hours (12 km) trek
Day 11	Trek from Pheriche to Namche (3,440m/11,284ft) - 7 to 8 hours (19 km) trek
Day 12	Trek from Namche to Lukla (2,840m/9,316ft) - 6 to 7 hours (18.5 km) trek
Day 13	Fly from Lukla to Kathmandu (1,400m/4,592ft) - 35 minutes flight
Day 14	Final Departure

Everest Base Camp: A Once-in-a-Lifetime 14-Day Trek

Prepared By	Prepared By Mr Hussain
Prepared for Specially	Lead Guest Mr Paul smith
Number of clients	2 Adults
Room preference	Boutique Hotel and Tea House
Tour Guide	Ming Temba Sherpa
Departure Date	August 09 - 14
Trek length	13 Nights / 14 Days
Tour type	Private Tour
Start – Ending Points	Kathmandu - Everest Base Camp – Kathmandu
Arrival flight on	Kathmandu
Departure flight on	Sydney
Price per pax	\$1599 Per Adult Land Package and On Arrival Visa For Australian Passport Holder. (Excluding Flight)
Total	

Day 1 : Arrival in Kathmandu (1,400m/4,592ft) - Transfer to Hotel and Trek Preparation



Arrival in Kathmandu, transfer to hotel, and trek preparation

On arrival, our representative will meet you at the airport and escort you to your hotel. After checking in, meet your trek leader and other team members. A briefing on your upcoming adventure will follow. Clear your doubts if you have any. Check your gear, do some last-minute shopping or stroll down Thamel, a prominent tourist hub.

We recommend you to schedule your arrival to Kathmandu in the morning or during day time. This will give you ample time to rest and recover from jet lag before you begin your Everest Adventure. Note you have an early morning flight to catch for Lukla tomorrow. Arriving early (to Kathmandu) will also allow you to attend the pre-trek briefing.

Overnight in Kathmandu.

Day 2 : Fly from Kathmandu to Lukla (2,840m/9,316ft) and trek to Phakding (2,610m/8,561ft) - 35 minutes flight, 3 to 4 hours (8 km) trek



Today you fly to Lukla. Your Everest adventure begins with a thrilling flight to Lukla, a charming mountainside Sherpa settlement. Once in Lukla, meet the rest of the crew. Sort out your belongings, pack your gear, and begin your trek.

Walkthrough Chauri Kharka village and descend towards the Dudh Koshi river. The scenic trail follows the bank of the river until Phakding (2,610m), a small Sherpa village nestled in the verdant Dudh Koshi Valley. En route, you get a glimpse of Khumbila, a sacred peak worshipped by the Sherpas. This is one of the few unclimbed peaks in the Khumbu region, as no one is allowed to step on this sacred peak.

If you are not too tired, stroll around the village, interact with the locals, or head to one of the cafes and enjoy a hot brew or drink.

Overnight in Phakding.

Day 3 : Trek from Phakding to Namche Bazar (3,440m/11,284ft) - 6 to 7 hours (10.5 km) trek



Set off to Namche Bazaar, better known as the “Sherpa capital” of Nepal. The track crosses over the milky glacial river of Dudh Koshi. Walk above a suspension bridge, and the beautiful pine forest up to Monjo. You get to cross several suspension bridges including the famous Hillary Suspension bridge! Get your permits ready for a check after approaching the entrance to Sagarmatha National Park.

Trek further down alongside to Dudh Koshi River up to Jorsale where we have lunch. After some rest, it is a bit of a tough climb up the hill till Namche Bazaar, the economic hub of the Everest Region. Brace yourself as you catch the first glimpse of Mount Everest in all its glory from a vantage point known as Tope Danda.

Overnight in Namche Bazaar.

Day 4 : First Acclimatization Day at Namche Bazaar (3,440m/11,284ft) - 3 to 4 hours trek

Spend a day at Namche Bazaar. This is your first acclimatization day. As you reach higher, your body needs to get acclimatized to the thin air at higher altitudes. Known as the Sherpa capital, the settlement is the economic hub of the Everest Region.

Here you will find some of the best bakeries, cafes, restaurants, shops, and the only ATM at this altitude in the Everest Region. Namche's 'Saturday Market' is famous throughout Khumbu. Traders from all over Everest Region come to Namche to sell their wares at the Saturday Market. Mingle with the genial locals or hike up to any of the vantage points for incredible views of the Himalayas.

You can take an early morning hike to Sagarmatha National Park for a mesmerizing Himalayan sunrise. Watch the sun rays lighting up the snow-covered peaks of Mount Everest, Ama Dablam, Thamserku, Kongde, and Lhotse. Want to know more about Himalayan culture?

Head to the Sherpa Culture Museum and get an insight into Sherpa traditions and culture. An uphill ascent to Everest View Hotel via Shyangboche Airport serves as a good acclimatization climb while offering you close-up views of Mount Everest, Thamserku, and Ama Dablam.

If you feel like it, you can hike over to Khumjung and Kunde villages. Visit the very first school in the Everest Region established by Sir Edmund Hillary in Khumjung. Khumjung Monastery, which is more than 400 hundred years old, has on display what is believed to be the scalp of Yeti, the abominable snowman. You can also visit the Hillary Hospital in Kunde.

Overnight in Namche Bazaar

Day 5 : Trek from Namche to Tengboche (3,860m/12,661ft) - 5 to 6 hours (10 km) trek

Tengboche Monastery



Tengboche Monastery



Today's trail offers breathtaking views of the Himalayan ranges. Everest, Nuptse, Lhotse, Ama Dablam, Thamserku, and Kwangde are some of the Himalayan giants you will see while you trek. The walkthrough juniper and rhododendron forests with the giant peaks looming overhead make this a memorable hike.

Today's trek ends at the Sherpa village of Tengboche. One can enjoy a close view of Ama Dablam, renowned as one of the most beautiful peaks in the world, from Tengboche. Tengboche Monastery, the largest Buddhist monastery in the Khumbu region, looms over the village.

Visit the monastery and feel the calmness of the place descend over you. Listen to the trance-inducing hum and chants of the monks. Moreover, the golden rays of the sun brushing over the snowy mountains, including Ama Dablam and Thamserku, during sunrise and sunset is not to be missed.

Overnight in Tengboche.

Day 6 : Trek from Tengboche to Dingboche (4,410m/14,465ft) - 5 to 6 hours (11 km) trek

You cross over to the plains and the Imja Khola (River) towards Pangboche. The village has the biggest as well as the highest permanent settlement of Sherpas in the region. The typical Sherpa village ambiance and the local food will keep you amused! In the afternoon head towards Dingboche. You can enjoy inspiring views of Island Peak and Ama Dablam.

Overnight in Dingboche.

Day 7 : Second Acclimatization Day at Dingboche (4,410m / 14,465ft) - 4 to 5 hours (4.5 km) trek

We take a day off in Dingboche to acclimatize to the high altitude. This is your second acclimatization day. A popular stop for trekkers and climbers headed to Mount Everest, Ama Dablam, or ImjaTse; there's a lot to do here.

After breakfast, take an acclimatization hike to Nagarjun Hill (5,100m) near the village. It is an upward hike with no technical sections. There may be some loose rocks, and you may have to watch your step as you scramble on some sections. But no technical climbing is required, and apart from the altitude, there's nothing you need to worry about.

Named after a Buddhist hermitage that lies on the hill, Nangkatshang or Nagarjun is one of the best viewpoints in the Khumbu region. One can enjoy incredible 360-degree views of Makalu, Lhotse, Ama Dablam, Kantega, Thamserku, etc. The best views are of Ama Dablam (one can see the whole mountain, from the base to the summit) and Island Peak. You can also get a close-up view of the Imja glacier from here.

In the late afternoon, you can take a rest or stroll around the village.

Overnight in Dingboche.

Day 8 : Trek from Dingboche to Lobuche (4,910m/16,105ft) - 5 to 6 hours (8 km) trek

Continue over craggy mountain terrain to reach Lobuche, a small settlement with outstanding Lobuche, Pumori, and Nuptse views. Because of the high altitude, you may find walking a bit difficult. En route, stop for lunch at the small village of Thukla (4,600m).

At Thukla Pass, we stop by and pay our respects at the memorial stupas built in honor of mountaineers who lost their lives while climbing Mount Everest. Among the stone memorials dedicated to alpinists Scott Fischer, Rob Hall, and the record-breaking climbing Sherpa Late Babu Chiri Sherpa stand out. The ill-fated Everest expedition where Scott Fischer and Rob Hall lost their lives has been described in John Krakauer's book "Into Thin Air" and made into a feature-length movie named "Everest."

From the trail, one can view the peaks bordering Nepal and Tibet. Lobuche is made up of a small number of local homes and teahouses offering basic facilities. The nights will get colder, so it is wise to cover yourself up as you are now almost three miles above sea level.

Overnight in Lobuche.

Day 9 : Trek from Lobuche to Gorak Shep (5,140m / 16,860ft) and visit Everest Base Camp (5,364m / 17,594ft) - 7 to 8 hours (12 km) trek



Day 10 : Hike to Kala Patthar (5550m/18,204ft) and descend to Pheriche (4,240m/13,908ft) - 6 to 7 hours (12 km) trek



After breakfast, head towards Kala Patthar, the most popular viewpoint in the Everest Region. Kala Patthar is the highest point of your trek at 5,550 meters. Since the summit of Mount Everest is not visible from Everest Base Camp, trekkers usually hike to Kala Patthar to get a close-up view of the world's tallest peak.

Kala Patthar is surrounded by icy walls of Mount Pumori, Everest, Nuptse, Lhotse. Enjoy a 360-degree view of these Himalayan giants. Watch the fiery rays of the sun lighting the rocky pinnacle of Mount Everest from atop the Kala Patthar. Later, return to Gorak Shep and head down towards Pheriche.

Overnight in Pheriche.

Day 11 : Trek from Pheriche to Namche (3,440m/11,284ft) - 7 to 8 hours (19 km) trek

It is comparatively an easy downhill trek from Pheriche to Tengboche. After an hour of scaling a hill, by late afternoon, you will reach Namche Bazaar. Soak in the experiences and take a good night's rest.

Overnight in Namche.

Day 12 : Trek from Namche to Lukla (2,840m/9,316ft) - 6 to 7 hours (18.5 km) trek

Today's walk brings you to Lukla again. After breakfast, trek towards the Hillary Suspension Bridge and then through several local villages till Lukla. In Lukla, you can celebrate your conquest! This would officially be your last night in the mountains. We are sure you will experience the joy and celebrate the bonds that you have made.

Overnight in Lukla.

Day 13 : Fly from Lukla to Kathmandu (1,400m / 4,592ft) - 35 minutes flight



The scenic flight from Lukla to Kathmandu is like a dessert after a heavy dinner. After landing in Kathmandu you will be escorted to your hotel. Take rest or go shopping for souvenirs. There are shops around the vicinity of your hotel selling handicraft items and locally made trinkets and clothes.

Ason, the oldest market in Kathmandu also lies a few hundred meters from your hotel. You can shop for spices, tea, brass statues, and decorative jars in this market. If you wish to take a guided cultural tour do let us know.

In the evening, celebrate the completion of your adventure with a complimentary farewell dinner. Overnight in Kathmandu.

Day 14 : Final Departure

This is your last day in Nepal. Our representative will drop you off at the airport three hours before your flight is scheduled to depart. Let us know if you wish to explore more of the Himalayas. We have a vast array of itineraries to amazing destinations for travelers bitten by the travel bug, just like you!

QUOTATION

- Price is in USD dollars per person
- based on double room/twin room. If there is an odd number of people, a triple room will be arranged.
- Group of 02 pax

CHILD FROM 04 – 09 YEARS OLD

- Extra bed: 75% rate of adult
- No extra bed: 65% rate of adult

Child 10 years old and above: 100 % rate as adult

Child under 04 years old: free of charge (for land tour package only)

ACCOMMODATION:

Accommodation bases on room type as indications. Higher room grade can be arranged subject to availability and additional charge. You may also change to lower category if you want. Just inform us. In case our selected hotels fully booked, we will offer alternative accommodation in a hotel of equal category.

	Boutique Hotel
Hotel	Tea House

Note: Hotels are subject to availability. In case the mentioned hotel is fully booked, a similar category hotel of the same standard will be provided.

Package Includes:

- All transfer and quality air-conditioned vehicles
- Accommodation at Boutique Hotel selected including daily breakfast with double/twin room lunch and Dinner
- Tours with local English-Speaking Guide
- Meals as mentioned in the tour (Breakfast: B; Lunch: L; Dinner: D; Brunch: BR)
- Entrance fee for all destinations as Tour Itinerary indicated
- Bottle of water available on coach (2 bottles/pax/day)

Package Excludes:

- Drinks and other meals do not indicate in the program
- Travel insurance
- Personal expenses (telephone, shopping...)
- Tipping/ Gratuities for guide and driver, suggest tip 5USD/pax/day.
- Single Supplement
- Early check in & late check out
- Any additional expenses caused by reasons beyond our control such as natural calamities (typhoon, floods), flight delays rescheduling or cancellations, any accidents, medical evacuations, riots, strikes etc.

ATTENTIONS

- Check in time: after 14h00 – Check out time: before 12h00 at noon
- The itinerary and schedule are subject to change due to weather, road condition, flight, type of class and operating conditions.
- Meals are fusion on local Nepalese food / Indian Food/ or Western food/ or Halal food (Muslim's Type) with daily normal breakfast. Guests should advise any special food preferences, allergies or dietary requirements at least 01 week prior to the arrival date.
- Travel insurance (Please make sure that you buy insurance for you (or your clients) before they travel oversea)
- In case of closure for construction or any other reason, we will replace with similar destinations.
- Tipping is not compulsory and is at your discretion. If you feel you have received a good level of service, we recommend approximately \$10/pax/day for the guide. This will be collected at the end of each destination visited for your convenience.

REMINDATIONS

- This is a quotation only. Pricing and availability of services are subject to change and cannot be confirmed until the booking is finalized and paid.
- The quotation is valid for the above-mentioned travel dates only. Any bookings made after this period may be subject to revised pricing due to changes in local economic conditions, seasonal demand, or supplier rate adjustments.
- Hotels in Himalayas may not always match international star rating standards. Tea House hotels in Himalayas can vary in quality compared to other countries.
- For flight bookings, we require the guests' full names exactly as they appear in their passports. Any changes may result in additional charges.
- Airfares and seat availability are subject to change until full payment is received and tickets are issued. Airlines reserve the right to revise fares without prior notice.
- **Terrablaze Adventure** will not be responsible for any loss, theft, or damage to personal belongings during the trip.
- Transportation and tour rates included in this quotation are based on current fuel prices. We reserve the right to adjust prices if fuel costs increase significantly or if suppliers revise their rates.
- Standard transfer timings in Nepal are between 06:00 hrs to 22:00 hrs. Surcharges may apply for late-night or early-morning transfers.
- Hotels may require a refundable security deposit upon check-in to cover incidental expenses. Some hotels may retain passports temporarily for registration purposes as per local regulations.
- We reserve the right to revise prices in case of any new government taxes, VAT changes, or other statutory levies introduced after the quotation date.
- Certain attractions, temples, or cultural sites in Nepal may be closed during local festivals, ceremonies, or public holidays without prior notice.
- During the Trek, guests must carry their original passport or valid government-issued ID throughout the journey. Trek permits and identity checks are mandatory at various checkpoints, so please ensure your identification is always accessible.
- Weather conditions in the Himalaya region may affect flights and trekking schedules. Alternative arrangements will be provided where possible, but cannot be guaranteed.
- Travel insurance is highly recommended for all travelers to cover unforeseen circumstances such as cancellations, medical emergencies, or loss of belongings.

RESPONSIBILITIES

- **Terrablaze Adventure** acts only as an intermediary for airlines, hotels, transportation providers, trekking guides, and other third-party service providers. We shall not be held responsible for any loss, injury, accident, delay, cancellation, or damage caused by these services.
- Flight delays, cancellations, weather conditions, trail conditions, natural disasters, or other unforeseen circumstances may result in itinerary changes. While we will make every effort to provide suitable alternatives, additional costs arising from such situations shall be borne by the traveler.
- Due to the unpredictable nature of mountain weather and flight operations in the Himalayan region, the itinerary may be modified without prior notice if necessary for safety and operational reasons.
- Guests are responsible for the safety of their personal belongings, including passports, cash, electronic devices, and other valuables. **Terrablaze Adventure** will not be liable for any loss, theft, or damage to personal property during the trek.

Payment can only be via:

- Bank transfer (Our travel consultants will show you in details in each booking)
- Credit Card (Credit Card, Visa Card, Master Card or American Express)
- Upon confirmation of a reservation, you are required to deposit 20% of the tour cost within 3 days of booking confirmation. Additional deposits are required for certain services or at certain peak dates. We will advise you of this at the time of process your booking. The rest of package tour price should be paid not less than 56 days prior to departure. All invoices will be emailed to the address supplied on the completed form up to 48 hours after bookings are made.
- If a booking is requested less than 56 days prior to the arrival date and confirmed, full payment is required before booking is processed.
- Payment can be made by: Credit card, bank transfer. All bank service charges (as may be applied by your bank and intermediate bank) are born by the payer.
- In case of payment by credit cards, an additional charge of 3% will be added for Visa and Master Card and 3.85% for American Express.

PAYMENT

CHANGES

In case you wish to change your booking, no charge will be applied if the amendments are not close to the deadline of cancellation (please see cancellation policy). When an amendment is made, the tour cost may change and the new price will apply.

CANCELLATION

Period before departure date Cancellation Charges as a % of total Booking price:

- More than 56 days loss of deposit (15% per person)
- Cancellations made from 56 to 30 days prior to arrival: 30%
- Late cancellations made from 29 to 15 days prior to arrival 50%
- Late cancellations made less than 14 days or no show: 100%

Please be advised that during Peak Season (Christmas and New Year) and during Public Holidays different cancellation policies may apply. The cancellation policy for such period will be informed to client(s) case by case

CANCELLATION BY US

We may cancel a trip at any time prior to departure if, due to terrorism, natural disasters, political instability or other external events it is not viable for us to operate the planned itinerary. If we cancel your trip, you can transfer amounts paid to an alternate departure date or alternatively receive a full refund. In circumstances where the cancellation is due to external events outside our reasonable control, refunds will be less any unrecoverable costs. We are not responsible for any incidental expenses that you may have incurred as a result of your booking including but not limited to visas, vaccinations, Travel insurance excess or non-refundable flights.