

Everest Base Camp Trek with Temple Tiger Jungle Resort



Trip Overview

Embark on one of the world's most legendary adventures—the Everest Base Camp Trek, a once-in-a-lifetime experience that leads you to the base of the highest peak on Earth. With Latitude Nepal, you'll explore this iconic trail with expert guidance, deep cultural immersion, and breathtaking Himalayan scenery every step of the way.

Your journey begins with an exhilarating flight to Lukla, followed by a scenic trek through renowned Sherpa villages like Namche Bazaar, Tengboche, and Dingboche. Traverse suspension bridges, follow the winding Dudh Koshi River, and ascend steadily to reach Everest Base Camp at 5,364 meters.

Total Trip Days: 18 DAYS

Region: Everest/Khumbu Region

Max Altitude: 5545 m

Activity: Trekking

Difficulty: Moderate

Group Size: 2-10

Trip Highlights

- A beautiful flight over the mountains to Lukla, the entrance to the Khumbu region
- Acclimatization days in Namche Bazaar and Dingboche for safe altitude adjustment
- Go to Tengboche Monastery, which is the spiritual center of the Everest area
- Reach Everest Base Camp (5,364m) and climb Kala Patthar (5,545m) for sunrise over Everest
- Experience Sherpa culture, monasteries, suspension bridges, and yak caravans

Itinerary

Day 1:

At an arrival at the international airport we will be picked up and then transferred to the hotel. Check in at the hotel and stay overnight.

Day 2:

At an arrival at the international airport we will be picked up and then transferred to the hotel. Check in at the hotel and stay overnight.

Day 3:

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Day 4:

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Day 5:

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Day 6:

The trail from Tengboche passes through the Deboche and Pangboche village. We cross the Alpine forest, mani walls and cross the suspension bridge hanging over the Imja Khola (river). Stay overnight in Dingboche.

Day 7:

It is our second and the last acclimatization day of the trek, after acclimatizing at an altitude of 3500 meters approx., we again let our body acclimatize to the 4500 meters approx... Altitude. As we will be sleeping overnight at an altitude of around 5000 meters approx. for couple of nights our body needs to be acclimatized before we move forward. We hike to the Nangkartsang view point 5083 meters/ 16677 Ft.

Day 8:

The trail on this day is tougher due to the steep and rocky terrain we will be walking on and also due to the high altitude. After tedious day of walk, we will stay overnight in Lobuche. The trail flattens out and follows the valley on the west side of the Khumbu Glacier to Lobuche. Overnight stay will be at the Lodge in Lobuche.

Day 9:

To reach our next objective that is Kala Patthar the trail continues to follow the valley beside the Khumbu Glacier and offers superb views of the surrounding mountains especially where the path is forced to rise to cross a tributary glacier. Later in the afternoon, when the sun begins to set over the Everest, we make our way to the top of one of the finest viewpoints in the Khumbu, Kala Pattar [5545m]. As the light begins to fade we stroll back to Gorak Shep and have an early night in preparation for our trek to Everest Base Camp the following day. Overnight stay will be at Lodge in Gorak Shep on full board.

Day 10:

For the trek to Everest Base Camp, a very early start is required. It takes several hours on a trail across the Khumbu Glacier which weaves its way along translucent ice pinnacles and past seemingly bottomless crevasses. At Base Camp (5364 meters, 17598 Ft.) there will hopefully be an expedition 'in residence' and there are great views up into the Khumbu Icefall where there

is often some climbing activity. On the return leg, we can take a higher route to get a spectacular view of the Khumbu icefall and the route to the south Col. We then return to Gorak Shep. It is downhill most of the way today, past Lobuche to Duglha and Pheriche. The Himalayan Rescue Association has trekkers' aid post here which is interesting to visit.

Day 11:

We continue to follow the river and after crossing it we then climb up through birch and rhododendron forest to Tengboche and its famous monastery. There are magnificent views from here and Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega and Thamserku are just a few of the Himalayan giants which can be seen. From Tengboche we descend to the bridge over the Dudh Kosi at Phunki Tenga, where there are water driven prayer wheels, before making our way back to Namche. Overnight stay will be at Lodge in Namche on full board.

Day 12:

Our final day's trekking follows the Dudh Kosi back down to Lukla. Overnight stay will be at the Lodge in Lukla.

Day 13:

After completion of our Everest Base Camp trek we will then head to Kathmandu. We will take a short flight back to Kathmandu and stay overnight. You can use the free time on this day on your disposal for personal activities.

Day 14:

After completion of our Everest Base Camp trek we will then drive to Charaudi. After attending for about 5-10 minutes briefing session about rafting we will be geared up for rafting and enjoy the rafting in the Trishuli River. Trishuli River is rated Grade 3 for rafting. After completion of adventurous water sports we will relax in the resort beside the Trishuli River.

Day 15:

We drive to the Temple Tiger Green Jungle Resort. Guests will be met by our naturalist and transferred to the resort, where they are welcomed with a refreshing drink. Upon arrival, the Guest Relations officer will provide a briefing about the National Park and available programs. After some relaxation in their rooms, guests will enjoy a traditional Nepali buffet lunch. Later, an Elephant Briefing session is conducted by our senior naturalist, offering detailed information about elephants, their habitat, scientific facts, and more. Returning to the resort, guests can freshen up or enjoy a drink at

the bar. The day continues with a slideshow presentation on the wildlife, flora, and fauna of the national park in the Round House by the senior naturalist. The evening concludes with a continental buffet dinner served at the Round House.

Day 16:

Guests begin the day with a wake-up call accompanied by tea, coffee, and cookies, followed by a hearty American breakfast. The day's adventure starts with a jeep safari through the national park, offering the chance to spot a variety of wildlife, including deer, rhinos, crocodiles, birds, and, if lucky, the elusive Royal Bengal Tiger. This is followed by a serene boat ride on the Narayani River, where guests may see gharial and mugger crocodiles, otters, and numerous water birds. After returning to the resort for lunch, the afternoon continues with a visit to a nearby Tharu village, offering insight into the lifestyle and traditions of the indigenous Tharu people. If weather permits, the visit ends with a sundowner by the Narayani River, featuring a stunning sunset view. Back at the resort, guests can freshen up or enjoy a drink at the bar before attending a traditional cultural dance performance by the Tharu community, with opportunities to join in. The evening concludes with a warm soup served at the table, followed by a delightful barbecue buffet dinner.

Day 17:

After spending a nature filled day in Chitwan we will then head to Kathmandu. We will take a short flight back to Kathmandu and stay overnight. You can use the free time on this day on your disposal for personal activities.

Day 18:

Our airport representative will help you with checkout procedure and then escort you to the airport for final departure from Nepal for your onward journey.

Route Map

18 Days

EVEREST BASE CAMP TREK WITH GJR



ALTITUDE CHART

