



## Nepal: Trekking to Everest Base Camp

**DURATION** | 16 Days

**TRIP LEVEL** | Challenging

# Trip Overview

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Join AdventureWomen for a once in a lifetime trek to Everest Base Camp, reaching 17,598 feet in the stunning Himalayan Mountains of Nepal. Over eight challenging days, you'll ascend 8,215 feet alongside a supportive group of women, forming lasting friendships while navigating breathtaking landscapes and cultural immersion. Your journey begins in Kathmandu, where you'll meet your fellow adventurers and explore the city's spiritual sites. After a helicopter ride to Lukla, you'll trek through the Khumbu region, acclimatizing and enjoying warm hospitality at tea houses. At Base Camp, celebrate your incredible achievement surrounded by prayer flags and stunning views. Conclude your adventure with a helicopter return to Kathmandu, sharing memories and a heartfelt farewell dinner with your new AdventureWomen family.

# Trip Highlights

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- Explore Shrines and Vibrant Markets of Kathmandu and meet Tibetan Buddhist Monks.
- Experience Everest Base Camp and traverse mountain passes on narrow suspension bridges.
- Experience panoramic views on your breathtaking helicopter flight to Lukla, the gateway to the world's highest mountain.

# Map View

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# Trip Itinerary

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## Day 1

### Arrival in Kathmandu

Welcome to Nepal! As you arrive in Kathmandu, you'll be captivated by the towering mountains and vibrant valleys that define this enchanting country. After pick-up at the airport, settle into your hotel and prepare for your adventure. This evening, gather for a lively welcome dinner with your fellow travelers. Share stories and excitement as you connect over your shared goal of reaching Everest Base Camp. Your Nepalese guide will introduce you to the journey ahead, ensuring a safe and fulfilling trek as you embrace new challenges and friendships along the way!

Meals: dinner | Overnight: Hotel Yak & Yeti



### Hotel Yak & Yeti

The restored 19th-century palace houses two restaurants, several grand banquet halls, and the Casino Royale. In the lobby, granite floors, carved wood pillars, and gleaming brass and copper provide a suitably exotic feel, and through a wall of glass you can see the hotel's extensive gardens. All of the guest rooms are comfortable and nicely equipped to give a feeling of being home while away from home. It is THE place to stay in Kathmandu!

Amenities: En suite bathrooms with soap, shampoo, conditioner, hair dryer, electricity (outlet type C, D, or M), WiFi available for a fee



# Trip Itinerary

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## Day 2

### Discovering Kathmandu

Immerse yourself in the vibrant culture of Kathmandu today as you explore this historic city. Visit the iconic Swyambunath, known as the Monkey Temple, and the sacred Pashupathi Nath, a significant Hindu pilgrimage site. Marvel at the grandeur of Boudhanath, a key Buddhist landmark. After a morning of exploration, enjoy lunch at a local restaurant before picking up any rental gear needed for your trek. In the afternoon, meet your trekking guide for a briefing and gear check, ensuring you're well-prepared for the adventure ahead. Conclude your day with dinner at your leisure, soaking in the city's lively atmosphere.

Meals: breakfast | Overnight: Hotel Yak & Yeti



# Trip Itinerary

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## Day 3

### Journey to Phakding

Rise early for a breathtaking helicopter flight to Lukla, where stunning panoramic views of the Himalayas will leave you in awe. Upon arrival, you'll meet your friendly Sherpas and porters, who will assist with your gear. The trek begins as you set off toward Phakding, a charming village nestled along the Dudhkoshi River, known for its milky waters. Over the next 4 to 4.5 hours, you'll hike approximately 4.5 miles, soaking in the beauty of the landscape and the excitement of your Everest Base Camp adventure.

Meals: breakfast, lunch, dinner | Overnight: Trekking Lodges



### Trekking Lodges

The lodges you will stay in on this trek are small, simple tea houses. At some lodges, you will have en suite bathrooms and showers, at others, you will have shared bathrooms and no showers, and at the highest lodge, you'll have shared squat toilets. Toilet paper is provided for you! All the lodges provide comfortable, clean, and basic accommodations, plentiful food, and boiled water. As you go up in elevation, the amenities at the lodges go down.

# Trip Itinerary

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## Day 4

### Trekking to Namche

Your trek today takes you from Phakding to Namche, a vibrant trading hub nestled on a hillside at 11,286 feet. As you hike for 6 to 7 hours along the Dudh Koshi River, you'll pass charming mountain villages and cross iconic suspension bridges, including the famous Hillary Bridge. The steady pace allows your body to acclimatize to the altitude while you soak in the breathtaking scenery. Upon reaching Namche in the afternoon, unwind at your lodge, taking a moment to relax and reflect on your incredible journey so far.

Meals: breakfast, lunch, dinner | Overnight: Trekking Lodges



# Trip Itinerary

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## Day 5

### Acclimatization in Namche

Today is dedicated to acclimatization as you prepare for the journey ahead. Enjoy a scenic 3-hour hike to Khumjung, passing by the Syangboche airport. Your trek includes a stop at the Everest View Hotel, where, weather permitting, you'll be treated to breathtaking views of Mount Everest and Ama Dablam. In the afternoon, visit a village school supported by the Sir Edmund Hillary Foundation, engaging in meaningful conversations with local women about their experiences. This day of exploration and connection will enrich your understanding of the culture and community surrounding you.

Meals: breakfast, lunch, dinner | Overnight: Trekking Lodges



# Trip Itinerary

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## Day 6

### Trek to Tengboche

Embark on a captivating journey from Khumjung to Tengboche, where the majestic Tengboche Monastery, the largest gumpa, or “center of learning”, in the Khumbu region awaits at 12,687 feet. Your trek begins with a downhill hike to the river, followed by a steep ascent through lush forests adorned with colorful mani stones. Over the next 5 to 6 hours, you’ll cover approximately 3.7 miles, soaking in the breathtaking scenery along the way. Upon reaching Tengboche, marvel at the panoramic views of towering peaks, including Everest, Ama Dablam, and Nuptse. The monastery, a center of learning in the Khumbu region, adds a profound spiritual element to your adventure.

Meals: breakfast, lunch, dinner | Overnight: Trekking Lodges





# Trip Itinerary

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## Day 7

### Trek to Dingboche

Today, embark on a scenic trek from Tengboche to Dingboche, reaching an elevation of 14,862 feet. Your journey begins with a descent through lush forests of birches, conifers, and rhododendrons, leading to a crossing of the Imja Kohla River on a steel bridge. The trail then climbs to Pangboche, which can be quite cold and windy. Over approximately 6 hours and 5.6 miles, you'll discover the defining characteristic of Dingboche: the kilometers of stone walls created from local stones, piled high after being removed for farming. As you settle into the village, enjoy breathtaking views of Island Peak, Makalu, and a stunning perspective of Ama Dablam, enriching your Himalayan adventure.

Meals: breakfast, lunch, dinner | Overnight: Trekking Lodges



# Trip Itinerary

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## Day 8

### Acclimatization in Dingboche

Acclimatize in Dingboche, a key step in preparing for higher altitudes. Enjoy a refreshing 2 to 3-hour hike near Nangakarshang Hill, where you'll be rewarded with stunning views of Lhotse, Makalu, and Cho Oyu, along with the majestic Cholatse and Taboche peaks. This gentle trek, covering approximately 1.9 miles, allows your body to adjust while soaking in the breathtaking Himalayan landscape. After your hike, return to Dingboche to rest and reflect on the beauty surrounding you, ensuring you're well-prepared for the adventure ahead.

Meals: breakfast, lunch, dinner | Overnight: Trekking Lodges



# Trip Itinerary

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## Day 9

### Trek to Lobuche

Today, embark on a stunning trek from Dingboche to Lobuche, reaching an altitude of 16,175 feet. Over the course of 4 to 5 hours and approximately 4 miles, you'll traverse high alpine terrain, crossing the frozen glacial river at Thukla. As you climb into Lobuche, enjoy breathtaking views of Cholatse, Pumori, and Nuptse, with the impressive climbers' memorial paying tribute to those who have ventured into these majestic peaks. This small settlement is a bustling stop, often filled with Sherpas and yaks making their way to Everest Base Camp and one of the last overnight stops with lodging.

Meals: breakfast, lunch, dinner | Overnight: Trekking Lodges



# Trip Itinerary

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## Day 10

### Reach Everest Base Camp!

Today marks a monumental journey as you trek from Lobuche to Gorak Shep, covering 4.7 miles in approximately 7 hours. As you hike toward Gorak Shep, the stunning Khumbu Glacier unfolds around you, with breathtaking views of Mount Pumori and Nuptse looming above. Upon reaching Gorak Shep, take a moment to catch your breath before setting off for Everest Base Camp at 17,598 feet. Celebrate your incredible achievement with your fellow AdventureWomen, capturing memories with photos amidst the awe-inspiring landscape before returning to Gorak Shep for the night.

Meals: breakfast, lunch, dinner | Overnight: Trekking Lodges



# Trip Itinerary

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## Day 11

### Kala Patthar and Trek to Pheriche

Start your day with an optional pre-dawn climb of Kala Patthar, where you'll be rewarded with breathtaking panoramic views of Mount Everest and its majestic surroundings. After soaking in the beauty, descend to Gorak Shep for breakfast before beginning your trek to Pheriche. Over the next 5 to 6 hours, covering approximately 10 miles, you'll enjoy the exhilaration of downhill trekking as you descend to lower elevations. Pause for a scenic lunch along the way, relishing the stunning landscapes and the sense of accomplishment as you head toward the welcoming village of Pheriche.

Meals: breakfast, lunch, dinner | Overnight: Trekking Lodges



# Trip Itinerary

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## Day 12

### Trek to Kyangjuma

Continue your descent today as you trek from Pheriche to Kyangjuma, covering 8 to 9 miles in approximately 5 to 6 hours. As you descend through the stunning Sagarmatha National Park, a UNESCO World Heritage Site, immerse yourself in the breathtaking scenery and rich culture of the region. Along the way, you'll pass the historic Tengboche Monastery, built in the early 20th century, which has strong ties to Tibet's Rongbuk Monastery. Enjoy the sense of accomplishment as you make your way to Kyangjuma at 11,646 feet, reflecting on the incredible journey you've experienced.

Meals: breakfast, lunch, dinner | Overnight: Trekking Lodges



# Trip Itinerary

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## Day 13

### Continue your Descent and Shop in Monjo

Today is another long descent day (with uphill included!) to Monjo. You'll have a great time celebrating your accomplishment with your fellow AdventureWomen trekkers along the way! Don't forget to enjoy the views as you hike. You'll have a chance to do some shopping in Monjo. Your trekking time will be 6 hours, approx. 10 miles, 2,835 m/9,298 ft).

Meals: breakfast, lunch, dinner | Overnight: Trekking Lodges



# Trip Itinerary

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## Day 14

### Farewell to Trekking

Wrap up your time in the Himalayas as you descend to Lukla (Trekking time 5 hours, approx. 7.5 miles, 2860 m/9383 ft). Once your trek is complete, celebrate all that you have accomplished with your guides and sherpas. This is a good time to give the team gratuities and to thank them for helping you with this adventure!

Meals: breakfast, lunch, dinner | Overnight: Trekking Lodges





# Trip Itinerary

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## Day 15

### Fly to Kathmandu

Today, leave the mountains behind and take a scenic helicopter flight from Lukla back to Kathmandu. Upon arrival, you'll be transferred to your hotel, where you can enjoy a free day to explore this vibrant city, rich in history, art, and culture. Stroll through bustling markets, shop for unique souvenirs, or simply relax with a coffee as you soak in the lively atmosphere. In the evening, gather for a heartfelt farewell dinner with your fellow AdventureWomen, sharing stories and celebrating the incredible memories you've created during this unforgettable journey through Nepal.

Meals: breakfast, dinner | Overnight: Hotel Yak & Yeti



### Hotel Yak & Yeti

The restored 19th-century palace houses two restaurants, several grand banquet halls, and the Casino Royale. In the lobby, granite floors, carved wood pillars, and gleaming brass and copper provide a suitably exotic feel, and through a wall of glass you can see the hotel's extensive gardens. All of the guest rooms are comfortable and nicely equipped to give a feeling of being home while away from home. It is THE place to stay in Kathmandu!

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## Day 16

### Nepalese Finale

On your last morning in Kathmandu, savor the vibrant atmosphere of this enchanting city one final time. Enjoy breakfast and reflect on your incredible journey to Everest Base Camp. As the day unfolds, say heartfelt goodbyes to your new AdventureWomen friends, exchanging memories made along the trek. You'll then transfer to the airport for your flight home, with check-out from the hotel required by noon. Carry the spirit of adventure and the bonds of friendship as you embark on your next chapter.



# What's Included

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## What's Included

- Accommodations as per itinerary based on double occupancy
- All meals as listed in the itinerary
- All ground transportation
- Airport transfers on the scheduled arrival and departure days
- Guided sightseeing and activities as indicated in the itinerary
- Entrance fees
- Services of professional trekking guides and porters
- YakTrak, duffel bag, oxygen mask and regulator
- Boiled drinking water
- Gratuities for hotel staff, luggage porters, and waitstaff
- Domestic airfare

## Not Included

- International airfare to and from Nepal
- Optional activities
- Meals not specified in the itinerary
- Alcoholic beverages (unless otherwise specified)
- Fees for passport, visas, immunizations, or travel insurance
- Cost of hospitalization or evacuation
- Personal trekking gear
- Items of a personal nature
- Gratuities for guides and porters

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

