



GEM TRAVEL & TOURS SDN BHD

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15 DAYS EVEREST BASE CAMP TREK

A direct approach to the foot of the world's highest mountain - Mount Everest.

A trek designed to get you real close-up to the 'mother of all peaks' Mt. Everest, the highest peak in the world.

Mount Everest Base Camp has been a popular destination for trekkers since the very first expeditions to the Nepalese side of Everest in the 1953. To reach this part of the Himalaya within a limited time, we have designed this two weeks trek to Everest Base Camp which runs directly to and from Lukla (The Gateway to Everest).

The Everest Base Camp trek, a very well-known mountain trek, starts at the upper Phakding and follows the DudhKosi valley which climbs up to the Sherpa capital of Namche, a bustling bazaar that's a junction for trekkers, the local Sherpa and expeditions en route to the mighty Mt. Everest. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it the kind of walk you will remember for a long, long time.

From Namche, we trek along a high traversing path where we have our first good views of Everest and then head towards Tengboche Monastery, which is a 2 hour climb. The monastery sits at 3867m in a clearing surrounded by dwarf firs and rhododendrons. The monastery is structurally located on a ridge top with commanding views of the Everest landscape. The view from this spot, seen to best advantage in the morning, is absolutely mesmerizing and stunning and is rightly deemed to be one of the most magnificent in the world.

We then descend to the ImjaKhola (River) and continue to the villages of Pangboche and Pheriche before finally approaching the Khumbu Glacier. We then follow the glacier, first to Lobuche, a vantage point for some spectacular views of the AmaDablam, Tawache and other peaks and then hike to Gorakshep for a breather.

We also have the opportunity to ascend Kala Pattar [5554m] from where we can get some awesome views of the Himalayan giants which literally numb your senses with breathless admiration that beholds the eye; and makes up for the lung-bursting climb that took you up there. You soon realize it was absolutely worth it. This also includes fantastic views of the south west face of the colossal Mt. Everest. We then trek down to Everest Base Camp at the foot of the Khumbu ice fall before finally making our way back down to Lukla.

Visiting Everest Base Camp Trek is once in a life time experience and a proud moment to share and cherish for a lifetime.

Trip Details:

Trip Name: 16 Days Everest Base Camp Trek

Highest Point: 5555 M

Best Season: Sep to Dec, Feb to Jun

Tour Starts: Kathmandu

Tour Ends: Kathmandu

Places Covered: Kathmandu, Lukla, Phakding, Namche Bazaar, Tengboche, Dingboche, Lobuche, EBC, Gorakshep, Kala Patthar, Pheriche, Tyangboche

Activity: Nature, landscape, trekking, adventure, Culture & Sightseeing

Transportation: Private car/van/coach, Kathmandu – Lukla – Kathmandu by flight

Trek Grade: Challenging

Trek Staff: Guide (Trek Leader), Sherpa, Porters

Accommodation: Tea House/ Lodge in Trek

Trip Highlights:

- ✓ Guided sightseeing of Kathmandu Durbar Square, Patan Durbar Square, Swaymbhunath Stupa & Boudhanath Stupa in Kathmandu.
- ✓ Beautiful Tengboche monastery, Khumbu Glacier, Ama Dablam, scenic flight to and from ✓ Lukla, mesmerizing Mountain ranges

Package Includes:

- ✓ 03 nights' accommodation in Kathmandu on BB basis
- ✓ 12 nights' accommodation in Trek in a Tea House or Lodge
- ✓ All meals while on trek (Breakfast, Lunch & Dinner)
- ✓ Airport – Hotel – Airport Transfers (Arrival & Departure)
- ✓ Full day sightseeing of Kathmandu
- ✓ Entrance fees to all sightseeing places and monuments
- ✓ English speaking Trek leader/Guide
- ✓ Porters to carry your bags (1 porter for 2 guests)
- ✓ Sleeping bags
- ✓ Food, Accommodation, Salary, Insurance and equipment's for all staffs
- ✓ Everest Area Permit Fee
- ✓ TIMS (Trekking Information Management System) Fee
- ✓ Farewell dinner (Authentic Nepalese cuisine with cultural show)
- ✓ English speaking guide for sightseeing in Kathmandu
- ✓ All ground transfers on private air con car/van/coach
- ✓ All government, hotel and other taxes

Package Excludes:

International Airfare and taxes

Travel Insurance

Kathmandu – Lukla - Kathmandu

Nepal Entry visa (Visa is obtained in Nepal Airport immigration on arrival. USD 25 per visa for 15 days, USD 40 per visa for 30 days and USD 100 per visa for 90 days. All the visas are multiple entry visas.

Please carry 02 passport sized photograph for the visa.

Lunch and dinner in Kathmandu

All items of personal nature like telephone bills, laundry, drink etc.

Tipping to guide and driver

Any other item that is not mentioned in the price inclusion list.

Detail Itinerary:

Day 01- Arrive Kathmandu (1345m)

Upon arrival transfer to hotel. After check in to hotel free time on leisure and briefing on the trek.

Day 02 Kathmandu – Lukla (25 min flight) – Phakding (2886m) 4 hrs trek B/L/D

Fly from Kathmandu to Lukla (2886m.) which takes about 25 minutes. Trek from Lukla to Phakding (2640 m.) which takes approximately three hours. Lukla is a small town with an airport. There are few tea shops, lodges, hotels and general stores. You begin today's trek from Lukla following a gentle climb up the mountain side on the left bank of the DudhKoshi River. You descend a mountain side path that merges into your route to Everest, with views to a valley to your right, and at its far end, Kusum Kang (6367m.) The DudhKosi approaches as you pass a Mani wall and arrive at Phakding..

Day 03 Phakding – Namche Bazaar (3440m) 4 – 5 hrs trek B/L/D

Trek from Phakding to Namche Bazaar (3440m.) which takes about four to five hours. This day you trek and cross the river on high suspension bridges. Beyond Monjo village (2800m) is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve this fragile mountain environment. You then ascend quite steeply to Namche and along the way, if the weather is clear, catch a first glimpse of Mt Everest in the distance. Namche is the main trading village in the Khumbu region and holds a busy Saturday market.

Day 04 Rest at Namche Bazar for acclimatization and excursion around. B/L/D

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops as well as a magnificent outlook. It is an ideal place to spend a rest day for acclimatization to the high altitude before heading off towards Tengboche tiny Village. For the acclimatization you walk up to Khunde Hospital which was set-up by Sir Edmund Hillary, or a one hour walk up to the Syangboche (3800m.) where Everest View Hotel is situated above Namche for the outstanding view of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. There are also good views from the National Park Centre and Museum just above the town.

Day 05 Namche Bazaar - Tengboche (3867m) 5 – 6 hrs B/L/D

After breakfast trek from Namche Bazaar to Tengboche (3867m) takes almost five hours. From Namche, the trail contours around the side of the valley, high above the DudhKoshi. Now you have a glimpse of first really good views of the great peaks of the Khumbu including Mt Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kusum Kangaru. Passing by several villages and numerous tea shops, the trail descends steeply to a bridge over the river DudhKoshi at PhunkiTenga (3250m.). Tengboche is also very famous for its legendary monastery, the largest in the Khumbu region.

Day 06 Tengboche- Dingboche (4260m) 5 hrs B/L/D

After breakfast trek from Tengboche to Dingboche (4260m) takes about five hours. You gradually descend through a forest, cross the Imja Khola and climb steadily up to the village of Pangboche. This is directly opposite to Ama Dablam [6,856 m], and has exceptional views of the mountain, with the Gompa, Mani walls and scattered pine trees in the foreground. As you gradually ascend, you find thick forests. This part of the trail is full of thorny and juniper bushes. A further two and half hour's walk brings you to Dingboche. Here you can see Sherpa people working hard in the agricultural farm.

Day 07 Rest at Dingboche for acclimatization B/L/D

Rest at Dingboche for acclimatization and excursion in and around the places. Here you can steeply climb up to Nakartsang Gompa for the rare outstanding view of Mount Makalu (8463m) along with Lhotse, Island Peak, Baruntse, AmaDablam and Thamserku. The another option provided is a small side trip to Chhukung which takes about 2 and half hours to go up and 1 and half hours to come back to Dingboche. There are some of the lodges which serve you delicious food items.

Day 08 Dingboche (4350m)- Lobuche 4930m) Via Dongla (4620m) 5 – 6 hr B/L/D

After breakfast now you begin your trek to Lobuche via Dongla which offers you panoramic view of the mountains along the way. The tea house at Dongla is a good spot to have lunch, before zigzagging up through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone caves, built as memorials to the many Sherpa's who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche.

Day 09 Lobuche (4900m) EBC - Gorakshep (5180m.) 3 – 4 hrs B/L/D

After breakfast trek from Lobuche (4900m) to Gorakshep (5180m) takes about three and half hours. You will lunch at Gorakshep, and walk to Everest Base Camp (5486m). You will spend about 4 and half hours trek up to Everest Base Camp and back to Gorakshep. The trek is on glacier and snow-capped rocks. You can also see many small frozen lakes around the Everest Base Camp and return back to Gorakshep.

Day 10 Gorakshep- Kala Patthar (5545m) back to Pheriche (4243m) 5 hrs B/L/D

After breakfast, trek from Gorakshep to Kala Patthar (5545m.) and back to Pheriche (4243m) takes about six hours. You accomplish an early morning climb to Kala Patthar (5545m) to enjoy the view of sunrise. From Kala Patthar you can have a panoramic view of Mt. Everest and many other mountain peaks like Mt. Pumori, Mt. Lingtren, Mt. Khumbetse, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam, Mt. Thamserku and many more. In Pheriche, there is foreign volunteer doctors are always available to provide medical treatment to trekkers as well as local people.

Day 11 Pheriche – Namche (3440m) 7-8 hrs B/L/D

After breakfast walk down to Namche. Today will be a hard day walking for almost 7-8 hrs to reach Namche. The walk is down hill crossing several suspension bridges. The trail lead downhill through the forested path of silver fir, blue pines trees. After crossing the suspension bridge over Dudh Koshi River, trek onwards and finally reach Namche bazaar for rest and overnight stay.

Day 12 Namche – Lukla 7 – 8 hrs B/L/D

Today will be a long and last walk towards Lukla. Firstly we descend the long way before crossing the bridge and further walking towards Monju and then to Phakding for lunch. We will trek back enjoying the lush green scenery around and passing through the incredible mountain scenery and local Sherpa Village. After a long walk of 7 – 8 hrs we will arrive in Lukla and we will have time to stroll around the areas while the guides will reconfirm your flight ticket back to Kathmandu. Tonight we will celebrate and enjoy the dinner and overnight at Lukla

Day 13 - Flight to Kathmandu B

After breakfast fly to Kathmandu. After reach Kathmandu free on your own. Do massage relax or shopping on your own.

Day 14 Kathmandu B/D

After breakfast drive to Swoyambhunath Stupa. ([UNESCO World heritage site](#)).The Swoyambhunath area possesses not only the Stupa but many temples, shrines, Tibetan monasteries, statues of different gods. Some of the Tibetan exiles in Nepal live nearby the Stupa.

After this we go to see Patan durbar square.([UNESCO World heritage site](#)). You can have lunch at Patan durbar square at local restaurant. Patan is the place to see the ancient art as well as beautiful sites of durbar square. Patan likes to recall its old name LALITPUR (known as city of beauty). Above all, it remains a proud city of artisans. Patan produces nearly all Nepal's fine metal work.

After Patan visit to Kathmandu durbar square, ([UNESCO World heritage site](#)).Kathmandu Durbar Square is the historic place that was also a politically important site until recently. The Kings of Nepal were crowned and their coronation ceremony was solemnized in this durbar square. The Durbar Square, with its old temples and palaces, epitomizes the religious and cultural life of the people. The temples, monuments, and palaces are believed to have been built by the Malla kings of the Medieval Nepal.

Next destination is Great Stupa of Boudhanath ([UNESCO World heritage site](#)) in the Kathmandu valley, a vast dome-shaped monument representing the Mind of the Buddha, is the primary pilgrimage destination for Tantric Buddhists of the Himalayas and a major draw for Tibetan Buddhists from all over the planet. The history of the Stupa from its origins in the fifth century to the present day is also presented here for the first time.

In the evening farewell dinner in an authentic Nepalese restaurant with cultural show.

Day 15 Departure

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After

breakfast rest until your flight leaves. Please be ready at the hotel lobby before 3 hours to flight and transfer to airport with wonderful memories of Everest Trek.

Note: Itineraries are subject to change or modification due to unforeseen circumstances.

Tariff Valid till 30th Sep 2019

15 Days 14 Nights Everest Base Camp Trek

*** Tariff is based in RM, per person basis**

Hotel Category	2 - 3 Pax	4 - 6 Pax	7 - 9 Pax	Sngl Supp.
3 Star Similar	RM5010	RM4880	RM4740	RM740

Hotels Used

Destination	3 Star Similar
Kathmandu	Marshyangdi, Moonlight or similar
During Trek	Tea House, Guest House, Lodge

Mandatory Flight: Kathmandu – Lukla – Kathmandu @ USD 354 per pax (Subject to change)

