

## **Trek Nepal Himalayas Pvt Ltd**

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## **Everest Base Camp Trek 7 Days---8**

**Everest Base Camp Trek 7 days** is the shortest trekking to Mount Everest Base Camp. In those seven amazing days in the Himalayas, you will get the chance to explore the natural and cultural wonders of Everest Region. The shorter version of both Everest Base Camp Trek 13 Days or 10 Days Everest Base Camp Trekking follows the same route until Lobuche. From Lobuche, the trek will be converted into the Helicopter Tour. From Lobuche, the helicopter will pick you up and will take to Everest base camp and further back to Kathmandu. Fascinating 7 days Everest Base Camp trekking first offers to trek through the rough trail of the Himalayas with exploring the local villages, alpine forests into the thin air. During the trekking, you can explore some of the wonderful Buddhist Monasteries including Tengboche plus the Dingboche Monastery.

The best season for Everest Base Camp Trek 7 Days are spring (March-May) and autumn (September-November). Thus, if you have more time and prefer a more relaxing trekking then you can choose Everest Base Camp Trekking 13 Days. Next, if you have a short vacation than 2 weeks and prefer to do a complete EBC trek then 10 Days Everest Base Camp Trekking would be a perfect trek.

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## **Itinerary**

### **[Everest Base Camp Trek 7 Days:](#)**

## **Day 1: Arrival in Kathmandu (1334m.) and transfer to the hotel.**

Upon your arrival, our representative will welcome you and will assist you to the hotel. Get refreshed from the jet lag. Overnight at hotel.

## **Day 2: Scenic flight to Lukla (45 minutes) and trek to Phakding (2,652m. /4-5 hours trekking/ 8km approx.)(Lunch&Dinner)**

Early morning take a scenic flight to Lukla. From Lukla, you trek will begin. Meet all crews there and start your trekking to Phakding. A walk via Dudhkoshi River to Phakding is an amazing experience. Overnight at the teahouse.

## **Day 3: Trek to Namche Bazar (3,440m. /5-6 hours trekking/ 10km approx.)(B/L/D)**

The second day of the trekking, take early breakfast and start hiking to Namche Bazar, as the height rises the trek gets exciting. On a clear day, you can see the glimpse of Mount Everest before reaching Namche Bazar. Namche Bazar is known as the Sherpa Capital and is the last point to get the gears needed for the trekking. Overnight at Namche Bazar.

## **Day 4: Trek to Tengboche (3870m./5-6 hours trekking/ 10km approx.)(B/L/D)**

One of the exciting day of the trekking. Start your trekking after the breakfast to Tengboche. A

gentle walk to Tengboche is always a good one. From Tengboche, one can get the magnificent views of mountains including Mount Everest. Visiting Tengboche monastery is another highlight of the day. Overnight at the teahouse.

## **Day 5: Trek to Dingboche (4360m./5-6 hours trekking/ 8km approx.)(B/L/D)**

Get up early morning to catch the sunrise. After breakfast starts the trek towards Dingboche. Walk gently and take good rest. During the trek, you might feel the thin air. Overnight at Dingboche.

## **Day 6: Trek to Lobuche (4940m./ 5-6 hours trekking/ 7km approx.)(B/L/D)**

Wonderful trekking day, along with the way the mighty Himalayas accompany from all sides. Trekking through the Khumbu Glacier moraine. The prayer flags and the stone shrines look just amazing. Overnight at Lobuche.

## **Day 7: Lobuche to Everest Base Camp (5364m.) and fly back to Kathmandu(Include Breakfast)**

In the morning the Helicopter will come to pick you up at Lobuche. From Lobuche, you will fly to Everest Base Camp, along the views are absolutely amazing. Upon your arrival in the Everest Base Camp, you can collect some wonderful memories. Then after you will be flying back to Kathmandu. The helicopter will take a break at Lukla for refueling.

In the evening, you will be enjoying farewell dinner at authentic Nepal restaurant.

## Day 8: Fly back home

One of our representatives will transfer you to Kathmandu airport to catch the returning flight back home. We hope to see you in Nepal soon again.

### Equipment List

- 1 pair strong hiking boots
- 1 pair sports shoes
- 1 medium rucksack/backpack
- 1 small day pack
- 1 sleeping bag (according to seasons)
- 1 inner sleeping sheet
- 1 down jacket/all weather Anorak
- 1 fleece/warm sweater
- 1 water and windproof jacket
- 2 pair lightweight trousers
- 1 pair shorts
- 2 long sleeves cotton or polypro
- 2 T-shirts
- 1 medium sized towel
- 1 water bottle-1 or 2 litre
- 1 torch/flashlight and spare batteries
- 1 Swiss type knife
- 2 pairs light socks
- 3 pairs heavy wool socks
- Underwear (including thermals)
- Cotton headscarf/bandana