



Luxury Everest Base Camp Trek

Join Yamnuska Mountain Adventures on our Everest Base Camp Trek and experience the awe-inspiring majesty of the Himalayas. This sought-after trip is a must do for anyone looking to take in the views of the highest peaks in the world and trek through one of the planet's most iconic mountain ranges. Getting the chance to gaze upon not just Everest but also other towering peaks like Lhotse, Makalu, and Cho-Oyu is truly a once-in-a-lifetime experience.

Trekking through the Himalayas offers not only physical challenges but also a deep sense of connection with nature and a profound appreciation for the sheer magnitude of these mountains. It's an adventure that promises unforgettable memories and the opportunity to witness some of the most spectacular landscapes on Earth.

On this trip you will have the opportunity to spend two nights at Everest Base Camp and experience high end lodging along the

way. The combination of luxury accommodations and the thrill of trekking in such a remote setting is truly unique.

Travelling via helicopter to and from Kathmandu to Lukla with your group will minimize the risk of weather delays.

With a low guide-to-client ratio, you'll have personalized attention and support every step of the way, allowing you to fully immerse yourself in the journey. One mountain guide and two porters for every four clients ensures that all your needs are met, so you can focus on soaking in the breathtaking scenery and enjoying the experience to the fullest.

This trip is truly an amazing opportunity to witness the majesty of Everest and the surrounding peaks in unparalleled comfort and style, creating memories that will undoubtedly last a lifetime.

Your Guide

Your lead guide for this trip will be Chhering Dorjee Sherpa. Chhering is an IFMGA/UIAGM Nepalese Mountain guide who now calls Canada home. Chhering began his career in the mountains as a kitchen boy for an expedition to Mt. Shisapangma (8011m). He successfully summited Mt. Everest for the first time in 2008, at the age of 19, as a climbing sherpa and has since summited Mt. Everest seven times, all through the Khumbu Icefall, south side route. After working as a climbing sherpa for a few years, he got the chance to lead an Everest Expedition in autumn 2010, successfully recording the first Autumn ascent of Mt. Everest in 10 years. Chhering has also successfully led and summited three expeditions to Mt. Manasalu (8163m) and two to the summit of Mt. Cho-Oyu (8201m) within three days without the use of oxygen. He has completed numerous summits of other peaks in Nepal such as Island Peak, Lobuche, Mera, Parchamo, Gyajikhang, Pisang, and Chulu East. He also climbed Denali, Mt. Rainier and twice Aconcagua. Chhering began working with Yamnuska during a

2012 expedition in Nepal where he worked together with Yamnuska on an Island Peak expedition. He has since settled in Canmore with his family and now works full time with Yamnuska.



Overview

Beginning in Kathmandu you will be treated to it's the bustling narrow streets busy with shopkeepers and rich cultural sites. It provides a vivid introduction to Nepal's political and cultural hub and sets the perfect stage for your journey into the Himalayas. Exploring iconic sites like the Boudhanath and Swayambunath Stupas, as well as Durbar Square, immerse you in the history and spirituality of the region and offer a glimpse into the country's deep-rooted religious traditions.

Transitioning from the urban chaos to the tranquil beauty of Lukla and the Khumbu Valley is a stark but captivating shift. As you traverse the suspension bridges and quaint villages along the Dudh Koshi River, the landscape gradually shifts, passing potato, barley and maize fields and offering breathtaking views of the towering mountain peaks. Encountering shaggy yaks carrying their loads and witnessing the intricately carved stone

walls adorned with mantras feels like stepping into a different world altogether.

Namche Bazaar is a charming stopover, with its cozy coffee shops and stunning vistas of the world's highest peaks. It is here that you will catch your first glimpse of Mount Everest. The acclimatization hikes and exploration of nearby villages like Khumjung and Khunde provide deeper insights into the Sherpa culture, the local way of life and the challenges of living in such rugged terrain.

Following stone paved trails with amazing views of Ama Dablam and numerous high mountain peaks, you arrive at the Tengboche Monastery. You will view the large Sherpa village of Phortse, which resembles a hanging garden. An acclimatization hike to Nangkartshang Peak rewards you with even more awe-inspiring views.

Passing along Lobuche and Gorekshep, you reach Everest base camp surrounded by the towering peaks and the buzz of expedition preparations. You'll have a leisurely day in camp to relax and soak up the atmosphere of this little 'city' with the hustle and bustle of groups getting ready for their expeditions.

After saying goodbye to Everest Base Camp, you will begin your journey back towards Lukla. Crossing Cho La Pass to the beautiful Gokyo Valley, you will hike up Gokyo Ri Peak offering a different perspective of Mt. Everest and the surrounding mountains.

Each step of your adventure unveils new wonders, blending physical challenge with cultural immersion and natural beauty.

Itinerary

Day 1 - Arrival in Kathmandu (1336m), transfer to hotel and welcome cultural dinner.

Arriving in Kathmandu, with its vibrant atmosphere and



rich cultural heritage, provides an exciting start to your trekking adventure in Nepal. As you step off the plane, you'll be greeted by the warm hospitality of the Nepalese people followed by a welcome cultural dinner in the evening. This is a chance to savour traditional Nepalese cuisine while being entertained by cultural performances. During dinner, you'll have the chance to meet your fellow trekkers and your guide.

Accommodations: Hotel Yak & Yeti

Meals included: D.

Day 2 – Sightseeing day in Kathmandu, trip briefing and gear check.

Before heading out for a day in the city, your guide will review the gear required for the trek as well as go over the daily itinerary, including details about the trekking routes, accommodations, and meal arrangements. You will be provided with important information about altitude sickness, safety precautions, and emergency procedures.

After the briefing, your guide will take you out to explore Kathmandu and take in the sights and sounds of this lively city, including historic sites like Durbar Square, Swayambhunath Stupa (also known as the Monkey Temple), and the bustling streets of Thamel.

This free day in Kathmandu provides the perfect opportunity to finalize your preparations for the trek, get any last-minute supplies you may need, and soak up the culture and atmosphere of Nepal's capital city before embarking on your adventure into the Himalayas.

Accommodations: Hotel Yak & Yeti

Meals included: B.

Day 3 - Heli to Lukla (2846m) from Kathmandu and hike to the village of Phakding (2652m).

A 45 minute helicopter ride will have you landing in Lukla. You'll immediately notice the change in scenery as you're surrounded by rugged mountains and the hustle and bustle of trekkers preparing for their adventures. From Lukla, the trek to Phakding begins, leading you along a series of footpaths that wind through picturesque villages and alongside the milky-blue Dudh Kosi River.

The trek time is 2 ½- 3 hours. The elevation loss is 194m. The distance is 8km.

Accommodations: Namaste Lodge

Meals included: B, L, D



Day 4 - Trek to Namche Bazaar (3444m).

The trek from Phakding to Namche Bazaar is a memorable part of any Everest region trekking adventure. As you leave Phakding behind, you'll begin an ascent that takes you through lush forests, across suspension bridges, and up steep stone staircases carved into the mountainside.

The trail gradually climbs higher, offering stunning views of snow-capped peaks and the valley below. Along the way, you'll pass through small Sherpa villages where locals go about their daily lives, tending to their fields and livestock.

After several hours of hiking, you'll reach Namche Bazaar, a bustling village nestled in a natural amphitheater surrounded by towering peaks. Namche Bazaar is not only a hub for trekkers and climbers embarking on expeditions to Everest and other nearby peaks, but also a cultural hub where Sherpa traditions thrive. You'll have the opportunity to explore the village's narrow streets and interact with the friendly locals. It's a place where trekkers and Sherpas from all walks of life come together.

Trek time is 4 ½ - 5 hours. The distance is about 9km. The elevation gain is 792m.

Accommodations: Khumbu Resort

Meals included: B, L, D

Day 5 - Acclimatization hike to Everest view hotel (3880m), Khumjung village (3790m) & return to Namche Bazaar.



Today you will visit the villages of Khumjung and Khunde. This is a fantastic way to continue acclimatizing to the increasing altitude while also immersing yourself in the local Sherpa culture.

As you hike from Namche Bazaar to Khumjung and Khunde, you'll follow scenic trails that offer stunning views of the surrounding mountains and valleys. Along the way, you'll pass through terraced fields, yak pastures, and charming Sherpa villages, providing you with a firsthand look at traditional mountain life in the Everest region before returning to Namche Bazaar for the night.

The distance is about 8km. The elevation gain is 436m. Hike time is 3-4 hours.

Accommodations: Khumbu Resort

Meals included: B, L, D

Day 6 - Trek to Tengboche (3860M).

Leaving Namche Bazaar, you make your way uphill toward Tengboche where you will spend the night, close to the largest Sherpa monastery in the Khumbu Valley. It is situated on a hillside at the intersection of the Dudh Koshi river and Imja Khola river, with Ama Dablam forming a stunning backdrop. The monastery is a fine example of stone architecture, with a large courtyard and halls to hold religious services and gatherings.

The trek time is 4 ½ to 5 hours. The distance is about 9km. The elevation gain is 416m.

Accommodations: Himalayan Hotel

Meals included: B, L, D



Day 7 - Trek to Dingboche (4410M).

Your day begins by hiking through fir and rhododendron forests before you begin climbing into the sub alpine. Dingboche is one of the most charming Sherpa villages of the Khumbu region and is a popular place for trekkers and climbers to acclimatize.

The trek time is 5-6 hours. Distance is 11km. Elevation gain is 550m and loss 103m.

Accommodations: Tashi Delek Lodge

Meals included: B, L, D

Day 8 - Acclimatization hike to Nangkartshang Peak(5073m) & back to Dingboche.

You will spend another day acclimatizing with a trek to Nangkartshang Peak. Prayer flags spread out along the trail provide motivation along this steady uphill climb. From the summit, you will enjoy panoramic views of Mounts Tawache, Ama Dablam, Island Peak, and Pumori.

The hike time is 4-5 hours. The elevation gain is 663m. The distance is about 5.7km

Accommodations: Tashi Delek Lodge

Meals included: B, L, D



Day 9 - Trek to Lobuche (4930m).

Today you make your way to Lobuche village, passing small stone stupas and prayer flags at the peak of Thokla pass. The trail begins in the sub-alpine but gradually climbs into the alpine until arriving in Lobuche. This small Sherpa town is located at the edge of the Khumbu Glacier and is one of the final stops for accommodation on the route to base camp.

The trek time is 5- 6 hours. The Elevation gain is 520m. The distance is about 10km.

Accommodations: New EBC Guest House

Meals included: B, L, D



Day 10 - Trek to Gorekshep (5166m) and to Everest Base Camp (5357m).

Trekking from Lobuche to Everest Base Camp takes you through rugged, rocky terrain, glacial moraines, high-altitude landscapes, and stunning views of the surrounding peaks. Along the way, you'll be treated to incredible views of Nuptse and Pumori while witnessing the sheer strength of the Yak and Sherpa porters carrying supplies. Gorakshep is a small settlement located at an elevation of around 5,166 meters (16,948 feet) and is a common resting point on the way to Everest Base Camp. The trail from Gorakshep to Everest Base Camp is relatively flat but the high altitude and challenging terrain make it physically demanding. It's important to pace yourself, stay hydrated, and listen to your body. You'll pass through the Khumbu Glacier, as the trail winds its way along the glacier's edge. Upon reaching Everest Base Camp, you'll be rewarded with incredible views of the Khumbu Icefall and the towering peaks that surround the area.

The trek time is 5 hours. The elevation gain is 427m. The distance is about 8km.

Accommodations: Expedition Camp

Meals included: B, L, D

Day 11 - Free day at Everest Base Camp.

During your free day at Everest Base Camp, you'll have the chance to simply rest or explore the area at your own pace and soak in the breathtaking views of the surrounding Himalayan peaks.

Accommodations: Expedition Camp

Meals included: B, L, D

Day 12 - Trek to Dzongla (4830m).

Starting from Everest Base Camp, you'll begin your descent back down the Khumbu Valley before ascending again towards Dzongla. Leaving camp behind, you'll retrace your steps along the trail, gradually losing altitude, providing some relief from the thin air. Once you reach Lobuche, you'll begin the ascent towards Dzongla. The village itself is small and rustic, with traditional stone houses and friendly locals who welcome trekkers with warm hospitality.

The trek time is 6-7 hours. The distance is 14km. The elevation loss is 527m.

Accommodations: Green Valley Lodge

Meals included: B, L, D

Day 13 - Trek to Thangnak (4700m) via Cho La Pass (5420m).

From Dzongla, you'll begin your ascent towards Cho La Pass, which stands at an altitude of approximately 5,420 meters (17,782 feet). As you ascend higher, the landscape changes dramatically, with rugged peaks and glaciers dominating the horizon. Cho La Pass is a narrow saddle between two towering mountains, offering panoramic views of the surrounding peaks

and glaciers. Once you've successfully crossed Cho La Pass, the trail descends into the tranquil valley of Thangnak.,

The trek time is 7-8 hours. The elevation gain is 590m and lose 720 m. The distance is about 10km.

Accommodations: Hotel Khumi-La

Meals included: B, L, D



Day 14 - Trek to Gokyo (4790m).

Starting from Thangnak, you'll begin your trek towards Gokyo, a picturesque village located at an elevation of around 4,790 meters (15,715 feet). The trail initially follows the valley, gradually ascending as you make your way towards the Ngozumpa Glacier, one of the largest glaciers in the Himalayas. Along the way, you'll pass by stunning glacial lakes, known for their vibrant turquoise waters. As you continue trekking, you'll eventually reach the village of Gokyo, nestled alongside the shores of the Gokyo Lakes.

The trek time is 3-4 hours. The elevation gain is 90m.

Accommodations: Fitzroy Inn

Meals included: B, L, D

Day 15 - Hike to Gokyo Ri (5360m) & trek to Dole (4040).

From Gokyo, you'll begin an early morning ascent of Gokyo Ri, following a well-defined trail that winds up the mountainside. From the summit, you'll be rewarded with an unforgettable panoramic view of the Himalayas, including Everest, Lhotse, Makalu, and Cho Oyu, with the turquoise Gokyo Lakes sparkling below. Take some time to enjoy the moment before descending back to Gokyo for breakfast.

Afterward, you'll continue trekking toward Dole, descending through the Gokyo Valley. The trail passes by the serene Gokyo Lakes, alpine meadows, and small Sherpa villages, offering a mix of dramatic mountain scenery and glimpses of daily life in the Khumbu region. With luck, you may spot Himalayan thar or mountain goats along the way.

The hike time is 7-8 hours. The elevation gain is 570m, elevation loss, 1150m. The distance is 14km.

Accommodations: Alpine Cottage

Meals included: B, L, D



Day 16 - Trek from Dole to Namche Bazaar (3444m).

Descending from Dole, we follow the trail as it winds its way down through the valley, passing through dense rhododendron forests, crossing small streams and suspension bridges along the way. As you descend further, you'll gradually enter the Dudh Kosi River valley, where the trail follows the riverbanks towards Namche Bazaar. The landscape changes as you approach Namche, with terraced fields and traditional Sherpa villages dotting the hillsides. Upon your arrival, you'll once again be greeted by the bustling atmosphere.

The trek time is 4 ½ -5 hours. The elevation loss is 596 m. The distance is about 9.6 km.

Accommodations: Khumbu Resort

Meals included: B, L, D

Day 17 - Namche Bazaar (3444m) to Phakding (2610).

Leaving the bustling Sherpa hub of Namche Bazaar, the trail descends gently through rhododendron forests and terraced fields. You'll cross suspension bridges over the Dudh Koshi River, passing small villages and observing daily life in the Khumbu. The trek offers stunning views of surrounding peaks as you make your way to the peaceful village of Phakding, where you'll spend the night.

The trek time is 4-5 hours. The elevation loss is approximately 1300m, gain 350m. The distance is about 10.5 km.

Accommodations: Namaste Lodge

Meals included: B, L, D

Day 18 - Trek back to Lukla (2846m).

Trekking from Phakding to Lukla marks the final leg of your journey. This trek retraces part of the route you took on your way, offering familiar sights and stunning views of the surrounding mountains.

Upon reaching Lukla, celebrate the completion of your trek. Take some time to reflect on your journey and savour the memories of the magnificent landscapes and unforgettable experiences you've had.

The trek time is about 3-4 hours. The distance is 8km. The elevation loss is 440m, gain 230m.

Accommodations: Shangri La Lodge

Meals included: B, L, D

Day 19 - Heli to Kathmandu from Lukla.

Enjoy a breathtaking aerial view of the rugged Himalayan landscape as you finish your adventure in the Everest region and return to the bustling capital city of Nepal.

Arriving in Kathmandu, you'll be transferred to your hotel, where you can relax and unwind after your adventure in the mountains.

Accommodations: Hotel Yak & Yeti

Meals included: B.

Day 20 - Departure.

Guides & Group Size

The maximum guide to guest ratio is 1:4 with one porter for every two clients. Our guides hold certification from the Association of Canadian Mountain Guides and the International Federation of Mountain Guides Association, and we are licensed and permitted to operate in the region. The maximum group size is 12. We require a minimum of 4 guests.

Your lead guide for this trip will be Chhering Dorjee Sherpa. Chhering is an IFMGA/UIAGM Nepalese Mountain guide who now calls Canada home. Chhering began his career

in the mountains as a kitchen boy for an expedition to Mt. Shisapangma (8011m). He successfully summited Mt. Everest for the first time in 2008, at the age of 19, as a climbing sherpa. Chhering has summited Mt. Everest seven times, all through the Khumbu Icefall, south side route. After working as a climbing sherpa for a few years, he got the chance to lead an Everest Expedition in autumn 2010, successfully recording the first Autumn ascent of Mt. Everest in 10 years. Chhering has also successfully led and summited three expeditions to Mt. Manasalu (8163m) and two to the summit of Mt. Cho-Oyu (8201m) within three days without the use of oxygen. He has done numerous summits of other peaks in Nepal such as Island Peak, Lobuche, Mera, Parchamo, Gyajikhang, Pisang, and Chulu East. He also climbed Denali, Mt. Rainier and twice Aconcagua. Chhering began working with Yamnuska during a 2012 expedition in Nepal where he worked together with Yamnuska on an Island Peak expedition. He has since settled in Canmore with his family and now works full time with Yamnuska.

Meeting Time and Place

Guests will be greeted by their guides at the welcome dinner at the Yak & Yeti Hotel at 7pm (NPT) local time.

Transportation

Travel to and from Nepal is not included in this trip. Once in Nepal all your transportation is provided including airport transfers both on arrival and departure from Kathmandu as well as the helicopter to and from Lukla. Any ground transportation once on the trek is provided.

Accommodations

Hotel accommodations while in Kathmandu for the first 2 nights is at the beautiful Yak and Yeti Hotel, Nepal's finest hotel. The

"Yak and Yeti is a heritage hotel located in Durbar Marg, the thriving city center of Kathmandu Valley, in a prime location that is minutes walking distance from the former Royal Palace."

While on the trek all accommodation is provided including two nights at Everest Base Camp.

Please note that in some locations, there may be additional charges for showers and phone charging.

We reserve the right to substitute accommodations with other options of equivalent quality and standard if necessary.

Meals

Other than the first night welcome meal the remainder of the meals while in Kathmandu are not provided.

All meals while on the trek are provided. Purchases of bottled water and alcohol are not provided. In Nepal, water purification is a concern due to varying water quality across different regions. Various options are available to safeguard against water contamination, each suitable for different circumstances. Some of the most prevalent methods are:

1. Boiling: Boiling water is one of the simplest and most reliable methods for killing pathogens. However, this method does not remove chemical contaminants or particulate matter.
2. Chemical Disinfection: Chemical disinfectants are widely used for purifying water, especially in remote areas or during trekking. These tablets are effective against most bacteria and viruses, although they may not eliminate all protozoa and can sometimes leave an unpleasant taste.
3. Filtration Systems and Steri/UV Pens: Some examples of filtration systems are gravity, pump or ceramic filters.

As a precaution, please consider bringing your own water purification system to ensure you have access to clean drinking water during your travels

See the itinerary for meals included: Breakfast (B), Lunch (L), Dinner (D).

Is it for you?

The trek to Everest Base Camp requires you to train prior to your departure so you are set up for success. You need to be prepared to trek for 16 days in a row for approximately 4-6 hours per day. The elevation gain can be up to 600m on some days.

Elevation can be a concern and factor as well. The itinerary we have put together has considered this. We have built in rest days at certain elevations to allow people to adjust to the thin air. We also carry medication to deal with a lot of altitude related issues. Research has shown that a good fitness level, rest days at key elevation points and hydration will help with acclimation and avoid problems along the way. Emphasis will be placed on maintaining good health throughout our journey.

Participants must be at least 18 years old to join the program.

Training

Understanding the prerequisites should help with your training throughout the winter. Winter ski tours and walks with a 15-20lb pack are recommended as the best training, however other activities such as cross country skiing and hiking can also be good training. Please read the itinerary and 'Is it for you?' sections and be both physically and mentally prepared for the trip. If you are uncertain about your experience level, please call us.

Here are some key aspects of training to consider:

- **Cardiovascular Fitness:** Building endurance through activities like hiking, running, cycling, or stair climbing will help prepare your body for the sustained physical exertion of trekking at high altitudes.
- **Strength Training:** Focusing on leg muscles, core strength, and upper body strength will help you navigate steep terrain and carry your backpack comfortably.
- **Endurance Training:** Since you'll be trekking for consecutive days, building up your endurance by progressively increasing the duration and intensity of your training sessions is important.
- **Gear Familiarization:** It's essential to break in your trekking boots and become familiar with all your gear before the trip to avoid discomfort or surprises on the trail.
- **Hydration and Nutrition:** Pay attention to your hydration and nutrition leading up to the trek. Proper hydration and balanced nutrition are crucial for maintaining energy levels and supporting recovery.

Clothing & Equipment

Clothing

- Moisture-wicking long-sleeve t-shirts
- Moisture-wicking short-sleeve t-shirt
- Heavy fleece jacket
- Heavy down jacket
- Gortex or waterproof jacket with hood
- Trekking pants
- Hiking shorts
- Waterproof pants
- Hiking socks
- Long underwear
- Underwear
- Hiking boots with ankle support
- Camp shoes

- Light inner gloves/glove liners
- Insulated wool or down mittens/gloves
- Sunglasses
- Broad-brimmed hat
- Neck gaiter or bandana
- Gaiters
- Sweatshirt
- Sock liners

Trekking Gear & Supplies

- Duffle bag
- 25-45 L Daypack (40 L recommended)
- Waterproof cover for daypack
- Water bottles or hydration bladder
- Sleeping bag rated to -18°C/ 0°F
- Sleeping bag stuff sack
- Trekking poles
- Micro spikes (Cho La Pass)
- Headlamp with extra batteries
- Personal water filter or water purification tablets
- Travel pillow or pillowcase
- Stuff sacks for dirty clothes/shoes
- Small lock(s) for duffel bag and daypack
- Quick-drying trekking towel

Toiletries & First Aid

- Sunscreen (we recommend an SPF of 50+)
- Lip balm with sunscreen
- Moleskin, medical tape, and/or second skin for treating/preventing blisters
- Advil or Ibuprofen
- Diamox (for altitude sickness) (prescription medication – see your doctor or a travel clinic)
- Personal prescriptions

- Antibiotics (Cipro for travelers' diarrhea) (prescription medication – see your doctor or a travel clinic)
- Deodorant
- Toothbrush/toothpaste
- Razor (as needed)
- Wet wipes
- Hand sanitizer
- Feminine hygiene products (as needed)
- Face lotion
- Hairbrush
- Hair ties
- Earplugs (for sleeping)

Additional Items

- Portable solar charger/power bank
- Book
- Journal/pen
- Playing cards

Important Documents

- Passport (needed at entry gate for registration)
- Visa (these are easy to attain when you land in Kathmandu—bring \$50 USD for 30-Day Visa Application)
- Money (\$200-350 USD cash is recommended—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance