



Global Adventure Trekking

A best holiday maker

Everest Base Camp trekking

Summary: Fly in by plane and walk to Sherpa village of Tipling, Phakding and Manjo to Namche Bazar. The Thame Monastery, Tyangboche Monastery and Khumjung Monastery with Yeti head is important to visit. Please get back to us for the Mani Rimdo festivals at Tyangboche.

Trip Fact:

- Duration of the trip: 7 nights 8 days trek
- Group Size: 2+
Specialty Categories: Hiking and Trekking.
Max. Elevation: 3870m.
Trek Grade: Moderate.
Best Season: Spring & Autumn.
Mode of transport: By plane and private land transport (KTM-Lukla-KTM by air).
Tour Customizable: Yes,
- Type of accommodation in the mountain: Tea house/ lodge accommodation.



Highlight:

- Sherpa Museum in Namche Bazaar
- Panoramic view from Syangboche, Sherpa culture in Khumjung village,
- World famous Buddhist monastery at Thyangboche,
- Grand view of the Everest, Choyu, Lhotse, Nuptse, and Ama Dablam.
- Global Adventure Trekking has a special package for this trek with daily itinerary.
- EBC trip information:

Day 01 Kathamndu-Lukla 30min flight 2780m.-Thade Koshi 1hrs.-Chiplung 2hrs.-Phakding 1hrs.2620m. Morning fly to Lukla and begins the trek through the Tamang and Sherpa village. Lukla is mostly inhabited by Sherpa tribes. The trail goes gradually flat to Phakding. Over night at Guest house. B.L.D.

Day 02 Phakding-Manjo 2hrs.-Namche Bazaar 3hrs.(3440m). You are approaching to the Himalaya closely. Viewing all mountain and pine forest and following the yak take you to Namche Bazar. On the way you will have the first



encounter of mount Everest, Amadablam, Themserku and many more. Over night at Guest House. B.L.D.

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Day 03 Rest day in Namche for acclimatization Optional hike to Thame/Khumjung Monastery/ Everest

view Hotel. Over night at Guest house.
B.L.D.

**Day 04 Namche-Sanasha 1.5hrs. 3580m-
Phunke tanga 1 hrs.-Thyangboche
3870m.** Day begins with flat path and with
amazing Himalayan range including
Everest and descends to the Phunke
Tanga and all uphill to Tyangboche through
the rhododendron and alpine tree.
Overnight at Guest House. B.L.D.



**Day 05 Tyangboche.- Khumjung 4hrs.
3830m.** Your trek back towards till Sanasa
and path split to Namche and Khumjung
which will takes 1.5hrs. You are in Khumjung Village which is called Hidden Valley. The Monastery, Aid
post, Hillary School and many more mountain range makes your day the best. Over night at Guest house.
B.L.D.

Day 06 Khumjung-Namche 2hrs.-Manjo 3hrs.
As you trekking back this day walk little
dradually up and all descends to Jorshelle via
Namche Bazar. As soon as you cross the Dudh
Koshi the path goes flat to Manjo. Over night at
Guest House. B.L.D.



Day 07 Manjo-Phakding 3hrs.-Lukla 3hrs.
This is another easy day as you are going
through the village and waterfalls and some
mountain views. Once you arrive in Lukla you
feel like you made the great trek which is in fact too. Over night at Guest House.

Day 08 Lukla-Kathmandu by flight.Morning fly to Kathamndu where the car will be waiting to receive
you at the airport and drive back to Kathmandu.



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Cost Include(s)

- ✓ Sagarmatha National park Entry Permit.
- ✓ Kathmandu- Lukla-Kathmandu air ticket
- ✓ 4 nights hotel accommodation in 2/3 star level in B/B plan.
- ✓ Best available lodge Accommodation in the mountain
- ✓ Experienced English Speaking guide with equipment.
- ✓ Airport pick up and drop by private bus/Jeep/Car
- ✓ All the fooding and lodging and salary of guide and porters
- ✓ TIMS (Trekker Information Management System)
- ✓ One porter for each 2 clients.
- ✓ Standard breakfast Lunch and Dinner during the trek
- ✓ Insurance of Nepalese Staffs.
- ✓ Gov't tax and VAT

Cost Exclude(s)

- Personal expenses and all kind of drinks
- Personal Insurance of clients, Tips, lunch
- laundry, telephone, Internet and Personal equipments.
- Emergency evacuation by Helicopter
- Int'l Air ticket and Airport tax and custom clearance
- Alternative transportation in case of bad weather Kathmandu-Lukla-Kathmandu.
- Optional services if taken by clients.

Note-

Your safety is of paramount concern while travelling with Global Adventure Trekking. Please keep in mind that above itinerary is just the guideline, it might be customized if required. The weather could be change quite often in the Himalaya, we may have heavy rain fall or snow fall which caused flooding, land-slide and road blockage which is beyond the human control. We can't give any guarantee for natural disaster, weather condition, health condition of the group member and unexpected natural disasters. Our team leader/ group leader will try to ensure that the trek runs according to our original plan

⇒ Trek as an Individual, Private Group or Join a Scheduled Trek

Global Adventure Trekking specializes in organizing treks for individuals, couples, and small groups. You can trek by yourself as a private group on the date you select without paying extra,



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or you can choose to join a small group that is scheduled during your preferred time frame. We also now and then arrange groups on dates other than those shown on this schedule so feel free to contact us to inquire about other possible dates for group treks that you might be able to join.

⇒ Small groups with matching capability

Global Adventure Trekking limits groups to 8 persons and coordinates groups to insure compatibility and similar trekking capabilities, so that no one person in the group feels they are being held back or holding back other members of the group. Our sole interest is insure that each client can experience Nepal in the way that matches their interests and capabilities.

⇒ When are the Treks programmed?

Please see below the scheduled times for treks in 2014/15. If you would like to join one of these groups simply indicate your trek interest and preferred departure date when you contact us. If a group is shown as Closed (full) please check with us as we may be begins another group on or around that date that you could join.

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