

# Everest Base Camp Trek

**BY ADU TOURS**

**SMALL GROUP  
TRAVEL**

**LIMITED SPOTS  
AVAILABLE**

**EVEREST  
BASE CAMP**

**CONQUER THE EBC  
TREK**

**PICTURESQUE  
LOCATIONS**

**THE HIGHEST VILLAGES  
AND MONASTERIES IN  
THE WORLD**

# ADU TOURS

Explore Kathmandu and Everest Base Camp Trekking  
including Kala Pattar climb.

This small group tour offers you the chance to travel to, and explore, the vibrant city of Kathmandu before flying onto Lukla to begin the trek to Everest Base Camp.

The trek will lead you through the Khumbu Valley where we will take time to explore the various Buddhist monasteries dotted along the trail.

Spend your nights in some of the highest villages in the world, immerse yourself in the local culture and traditions and learn of the native Sherpas spiritual connection with the mountains first hand as you share a local meal with the people who call this amazing part of the world home.

Reaching an altitude of 5,500m as you ascend Kala Patthar, you will witness awe-inspiring views of Mount Everest.

A total of 16 days and 15 nights all for AU\$3500.

You will be expected to co-ordinate your own flights to and from Kathmandu or we can book flights for you at an additional cost.

As there are limited places on this small group tour you will need to get in quick and we will require a deposit to hold your position on the tour.

If you are interested in joining this amazing opportunity register through the book now link on the ADU Tours website.

# **Tour inclusions**

- **AIRPORT TRANSFERS ON ARRIVAL AND DEPARTURE –  
AIRPORT/HOTEL/AIRPORT**
- **WELCOME DINNER IN KATHMANDU**
- **3 NIGHT'S ACCOMMODATION IN KATHMANDU AT A 3 STAR HOTEL  
INCLUDING BREAKFAST, (1 NIGHT PRE AND 2 NIGHTS POST EVEREST  
BASE CAMP TREK)**
- **DOMESTIC FLIGHTS KATHMANDU – LUKLA – KATHMANDU**
- **EVEREST NATIONAL PARK ENTRY FEE**
- **TREKKING PERMIT AND LOCAL TAXES**
- **NEPALESE TREKKING GUIDE**
- **ADU ENGLISH SPEAKING TOUR GUIDE**
- **NEPALESE LUGGAGE PORTERS**
- **ALL ACCOMMODATION DURING THE TREK**

# **Tour exclusions**

- **RETURN AIRFARES TO NEPAL**
- **NEPAL ENTRY VISA**
- **PERSONAL TRAVEL, MEDICAL AND RESCUE INSURANCE**
- **EMERGENCY RESCUE EVACUATION IF REQUIRED**
- **LUNCH AND DINNER IN KATHMANDU**
- **SOME FOOD DURING THE TREK**
- **PERSONAL EQUIPMENT**
- **TIPS FOR LOCAL GUIDES**
- **HELICOPTER FLIGHT ADDITION - KATHMANDU TO LUKLA IF NECESSARY**



# Tour Itinerary

## **DAY 1: ARRIVE IN KATHMANDU**

We will be there to greet you on your arrival into Tribhuvan International Airport. Once we've all arrived, we will transfer by airport shuttle to our accommodation. Tonight will be spent in Kathmandu exploring the vibrant Nepalese city and enjoying a group welcome dinner with our Nepalese hosts. Get a good night's sleep; tomorrow the trek begins.

*Accommodation: Hotel*

*Meals included: Welcome dinner*

## **DAY 2: FLY TO LUKLA**

Begin your journey with a breath-taking Himalayan flight to Lukla, a small town perched on a mountainside. After this scenic flight we set off on the first leg of our trek to Phakdingma. Once there we will take time to visit the local monastery before resting up overnight at a local lodge.

*Approximate Trekking Time: 3 hours*

*Accommodation: Local Lodge*

*Meals included: Breakfast.*

## DAY 3: TREK TO NAMCHE BAZAAR

Today's trek begins along the banks of Dudh Koshi river surrounded by a beautiful pine forest. We cross the Hillary Suspension Bridge, named after the iconic Sir Edmund Hillary. The trek takes us through Sagarmatha National Park. Here, keep an eye out for some rare wild species such as Himalayan Bear, Thar, Red Panda, and many more. This is also where you'll get your first view of Mt. Everest.

After reaching Namche Bazaar, the main trading center of the Khumbu region, also better known as the gateway to Mt. Everest, spend your time exploring the local markets before resting up overnight in a local tea house.

*Approximate Trekking Time: 6 hours*

*Accommodation: Tea House*

*Meals included: Breakfast.*

## DAY 4: ACCLIMATIZATION DAY TRIP

It's important to allow your body to adjust to the altitude, for that reason today is a "hike high and sleep low", day. To adjust to higher altitude you need to hike to a higher elevation and then return to sleep at a lower elevation.

Today we'll take a 3km round trip to the town of Khumjung and the famous Everest view hotel, taking time to visit some local schools and a Buddhist monastery. Spend another night at Namche Bazaar.

*Accommodation: Tea House*

*Meals included: Breakfast.*





## **DAY 5: TREK TO TENGBOCHE**

Trek to Tengboche, home to the largest monastery of the Khumbu region. During our monastery visit you will receive a blessing; the same blessing received by climbers who come to attempt the summit of Everest.

Tonight we spend the evening in Tengboche.

*Approximate Trekking Time: 6 hours*

*Accommodation: Local Tea House*

*Meals included: Breakfast.*

## **DAY 6: TREK TO DINGBOCHE**

Continuing our trek we pass through lush alpine forests and see how the local Nepalese live as we come across small local villages along the path.

As we pass through the Khumbila Khola valley and ascend the ridge line, take in the amazing view of Mt. Taboche, Mt. Nuptse, Mt. Cholatse, and many others.

Spend the night in Dingboche.

*Approximate Trekking Time: 6 hours*

*Accommodation: Local Tea House*

*Meals included: Breakfast.*

## DAY 7: ACCLIMATIZATION DAY

Day seven is your second acclimatization day.

Starting with a steep mountain trek, we'll be rewarded with amazing views of Ama Dablam and other giant peaks from different viewpoints all draped with prayer flags, giving you a true feeling of spirituality.

After admiring the view we'll retrace our steps back to Dingboche. Spend the afternoon chatting with the sherpas and get some insight into their life.

Spend the night at Dingboche.

*Accommodation: Local Tea House*

*Meals included: Breakfast.*

## DAY 8: TREK TO LOBUCHE

Today we trek to Lobuche taking time to visit the Khumbu Glacier. With elevations of 4,900 m at its terminus to 7,600 m at its source, it is the world's highest glacier.

Reaching Lobuche you'll be almost at the highest altitude of your trek.

Spend the night at a local Tea House.

*Approximate Trekking Time: 5 hours*

*Accommodation: Local Tea House*

*Meals included: Breakfast.*

## **DAY 9: TREK TO GORAK SHEP AND EVEREST BASE CAMP**

Hike from Lobuche to Gorak Shep, the highest permanently inhabited village in the world. We'll take a rest here and have something to eat before climbing further to the Everest Base Camp.

After getting your iconic picture taken at EBC we will descend back to Gorak Shep, where you will stay the night.

*Approximate Trekking Time: 7 hours*

*Accommodation: Local Tea House*

*Meals included: Breakfast.*

## **DAY 10: GORAK SHEP TO KALA PATTHAR & ONTO DINGBOCHE**

Another day of steep trekking to reach Kala Patthar – the highest point on the trek at just over 5,500m. Its location and height result in the best views in the area of Everest, Nuptse and Lhotse. This is certain to be one of the highlights of the trek. After our many picture opportunities we will descend over 1,000m down to Dingboche where you will spend the night.

*Approximate Trekking Time: 6 -7 hours*

*Accommodation: Local Tea House*

*Meals included: Breakfast.*



## **DAY 11: : TREK TO TENGBOCHE**

Descend back to Tengboche. Where you have more time to explore the little town with the big monastery.

Overnight at a local tea house.

*Approximate Trekking Time: 4 - 5 hours*

*hoursAccommodation: Local Tea House*

*Meals included: Breakfast.*

## **DAY 12: HIKE BACK TO NAMCHE BAZAAR**

Descend back to Namche Bazaar Keep your camera on hand as the view is breath taking.

Spend the night at Namche Bazaar swapping tales of your hike with fellow travellers.

*Approximate Trekking Time: 5 hours*

*Accommodation: Local Tea House*

*Meals included: Breakfast.*

## **DAY 13: HIKE FROM NAMCHE BAZAAR TO LUKLA**

Return all the way back to Lukla with a long day of hiking. Your last night on the mountain will be spent celebrating in Lukla.

*Approximate Trekking Time: 6 - 7 hours*

*Accommodation: Local Tea House*

*Meals included: Breakfast.*



## **DAY 14: FLY BACK FROM LUKLA TO KATHMANDU**

Board your flight for a picturesque journey back to Kathmandu, overseeing the trek you have just conquered.

Spend tonight in Kathmandu

*Accommodation: Hotel*  
*Meals included: Breakfast.*

## **DAY 15: FREE DAY IN KATHMANDU FOR REST AND SHOPPING**

Today you have the opportunity to explore Kathmandu, take in some shopping or just kick back and relax at one of the many cafes or bars.

*Accommodation: Hotel*  
*Meals included: Breakfast.*

## **DAY 16: TIME TO SAY GOOD BYE**

Transfer to international airport for your final departure

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