

Best Luxury Everest Base Camp Trek: 16 Days with Top Hotels & Lodges

5 Star Hotel Package

3500^{USD} per person

*Including healthy meals

Trip Style: Cultural Tour+Trekking

Trip Difficulty: Moderate +2



Experience the Mount Everest Base Camp Trek with a highly reputable Sherpa-owned company boasting over 27 years of experience.

Our meticulously designed **Luxury Mount Everest Base Camp Trek** prioritizes your comfort and well-being. Before and after the trek, indulge in the luxury of 5-star accommodations for four nights in the city. Throughout the journey, our experienced Sherpa guide and dedicated crew ensure your safety and enhance your trekking experience. Your epic adventure deserves the best, and our commitment is to provide unparalleled facilities in the breathtaking Everest region of Nepal. Join us for an extraordinary trek that combines the thrill of the Everest Base Camp with the indulgence of luxury amenities.

Embark on the **Ultimate Mount Everest Base Camp Trek** with us! Experience the pinnacle of comfort as you stay in the best premium lodges with cozy beds, electric blankets, and indulgent amenities. Enjoy the best hygienic and delicious meals along the way, culminating each day with the best soothing hot shower.

Secure an unforgettable experience of a lifetime by booking our **Everest Base Camp luxury lodge trek**. Enjoy unparalleled comfort and safety as you traverse one of the world's most iconic landscapes.

1. **Personalized Service:** Indulge in regal treatment throughout your journey with our carefully chosen **luxury lodges**, renowned for their exceptional personal service. From the moment you arrive until the conclusion of your trek, expect nothing less than a royal experience.
2. **Best 5-Star Accommodation in Kathmandu:** Prior to commencing your trek, enjoy a two-night stay at a centrally located 5-star hotel. This provides the perfect opportunity to refresh after a long flight and acclimate to the local time and culture. Following the trek, indulge in another two nights at the same luxurious hotel, including a day of rest and relaxation before your journey back home.
3. **Best Sherpa Hospitality:** Immerse yourself in the genuine warmth of Sherpa hospitality during your 11-night stay in the finest luxury lodges across the Everest region. Experience a welcoming embrace and familial treatment throughout your journey, with only a few nights spent in normal lodges at higher altitudes.
4. **Unique and Attractive Lodges:** Indulge in the unique allure of each luxury lodge on our **Best Mount Everest Base Camp trek**. From breathtaking Himalayan views to cozy interiors, every lodge offers a distinct experience, ensuring your journey is filled with varied and captivating moments.
5. **Hassle-free Trekking:** Rely on our highly experienced **Sherpa guides** and porters for seamless logistics and planning, allowing you to fully enjoy your trekking experience. With their expertise, you can immerse yourself in the incredible natural beauty of the region without the burden of handling any details.
6. **Comfort and Convenience:** In our Best luxury lodges, enjoy comfortable accommodation, hot showers, and delicious meals, ensuring you're well-rested and energized for each day's trek. No need to rough it in a tent or sacrifice comfort; you can indulge in both luxury and adventure.
7. **Your Everest Adventure Begins:** Welcome to the **Best Sherpa Family-Owned Company!** With over 27 years of expertise, we take pride in being a Sherpa family-owned business, deeply connected to the Everest

region. Organizing the **Mount Everest Base Camp Trek** is not just a service; it's our commitment to making your trek exceptional.

DURATION: 16 days

Trip Facts

Arrival City

- Kathmandu, Nepal

Trip Style

- Cultural tour & Hiking

Suitable For

- Couple, families and friends

Service Level

- Reliable, friendly & authentic sherpa guide

Departure City

- Kathmandu, Nepal

Maximum Altitude

- Highest Kala patthar
- int 5,644.5 M (18,519 Ft)

Accommodations

- 5 Star Hotel in City
- Comfort Lodge on Trek

Fitness Level

- Physical & Mentally Fit
- Walk, Run & Gym Work

Trek Region

- Everest Region, Nepal

Trip Durations

- 15 Nights/ 16 Days
- Kathmandu to Kathmandu

Meals

- Daily Breakfasts In City
- 3 Meals daily during trek

Best Time to Travel

- September- December
- Spring : February-May

ITINERARY

Day 01:: Arrive Kathmandu (1,300m/ 4,264ft) - Transfer to best 5 Star Hotel

On a clear day, you will fly into Kathmandu. During the flight, from the windows, you will witness glimmering snow-topped peaks extended down giving us the first joy of our trip which is an unforgettable experience. As soon as you will land at Tribhuvan International Airport, Mountain Sherpa Trekking and Expeditions office representative will receive at the airport and accompany you to your hotel. The representative will aid you to check into your selected hotel, and after you move to your rooms and refresh yourselves we will be shortly briefed about our everyday activities. The remaining time is open to move around and get familiar with your setting. In the evening, we will meet up with our senior trek guide who will brief the group about facts related to our trek.

Day 02:: Half day city Tour of Kathmandu city (1,300m/ 4,264ft) - Best 5 Star hotel

On this day you will have a Half-day sightseeing program. You will explore around Kathmandu valley and visit around historical as well as spiritual attractions. You will visit the places enlisted in the UNESCO World Heritage list including Boudhanath and Swayambhunath. Swayambhunath Temple, which is set at the top of the hill of the city also referred to as the Monkey Temple. Boudhanath Stupa is one of the largest stupas in the World. In the late afternoon, we come to our hotel to get refreshed then we go for required gear shopping & checking the gears. We will help to check your important clothing as well as we deliver you our company duffel bag, Sleeping bag, and down jacket. We will have an early dinner and go to bed. Because your flight will be the early morning & you have to get up at 4:30 am and get ready to go to the airport for next day.

Day 03:: Kathmandu - Lukla- Phakding (2,652m/ 8,700ft)- Deluxe Mountain Home [B/L/D]

Height: Lukla : 2,800m/9184ft | Phakding: 2,652m/8,698ft

We make an early start to take a stunning, small mountain flight to Lukla (2850m/9317ft) the start point for our trek. Lukla is the gateway to the Khumbu and Everest Base Camp trek. Our trekking team meets us at the Lukla airstrip and we'll spend a few minutes arranging our bags etc., Before setting off through this winding village to the trek start properly at the Khumbu 'gateway'. Kick-off your trek with an easygoing hike through Chaurikharka

village and descent towards Dudh Koshi river valley before moving up to Ghat (2,530m/8,300ft). There will be sufficient short stops to meet the locals, take pictures and just soak up the panorama and the clear mountain air as we wander along, the undulating trail seeing views of 6000m snow-capped peaks high above.

The trail follows the bank of the Dudhkoshi River until Phakding (2,652m/8,700ft), where we will be staying for the night to acclimatize. The afternoon is free to rest in the riverside gardens or sun lounge. For those who wish, Our Sherpa Guide will make a short trip up to the higher village and wonderful tiny Sherpa monastery perched on the valley side. Assemble again for pre-dinner drinks round the fire followed by evening meal.

Day 04:: Trek to Namche Bazaar (3,440m/ 11,280ft)- Deluxe Mountain Home [B/L/D]

Height: 3,440m/11,283ft

After having breakfast, our walk takes us through a beautiful pine forest, next to Dudh Koshi River traversing a lot of suspension bridges passing through Sherpa settlements like Benkar, Manjo as well as Jorsole. Besides, you will reach the serene viewpoint to witness Mt. Thamserku (6618 m) after crossing the check post. The path moves to the Dudh Koshi riverbed to the meeting spot of the Bhote Koshi and Dudh Koshi rivers. On the way exciting sight of Mt. Everest, Nuptse- Lhotse ridge will completely capture you. About 3 hours ascend through the breathtaking pine forest, as a final point, we will reach a well-off trading and administrative settlement Namche Bazaar the biggest sherpa village in Nepal.

Day 05:: Acclimatization Hike to Kunde & Khumjung Sherpa Villages, then Return to Namche.

Embark on a captivating journey through the breathtaking Himalayan landscape as you take a rest day from the bustling Namche Bazaar and set off to explore the enchanting Kunde and Khumjung Sherpa Villages. This 5 to 6-hour hike will not only provide you with stunning vistas but also immerse you in the rich Sherpa culture that thrives in the Everest region of Nepal.

Starting at an elevation of approximately **3,440 meters (11,286 feet)** in Namche Bazaar, the bustling gateway to Everest, you will begin your ascent towards the peaceful village of Kunde.

Reaching an altitude of around **3,840 meters (12,600 feet)**, you'll arrive in **Kunde**, a charming Sherpa village nestled amidst the dramatic Himalayan scenery. The village is home to the famous Kunde Hospital, built by Sir Edmund Hillary, providing healthcare facilities to the local Sherpa community. Take a moment to explore the village, interact with the friendly Sherpa locals, and delve into their traditional way of life.

Continuing your hike, you'll make your way to the neighboring village of Khumjung, situated at an elevation of approximately **3,790 meters (12,434 feet)**. Khumjung offers an authentic Sherpa experience, where you can visit the renowned Khumjung Monastery, believed to house the scalp of a yeti. Marvel at the ancient artifacts and religious treasures within the monastery, and soak in the spiritual atmosphere that permeates the surroundings.

Immerse yourself further in the Sherpa culture by indulging in a delightful lunch at one of the local teahouses in Khumjung. Savor traditional Sherpa cuisine, such as momos (dumplings) or thukpa (noodle soup), and engage in conversations with fellow trekkers and Sherpa locals, sharing stories and experiences.

As the day draws to a close, retrace your steps back to Namche Bazaar, taking in the panoramic vistas of the Everest region along the way. Descending through the tranquil trails, you will experience a profound sense of achievement and tranquility, while simultaneously allowing your body to acclimatize effectively. Throughout the hike, our knowledgeable Sherpa guide will accompany you, providing expert assistance and encouraging a slow, steady pace, ensuring your safety and well-being. This immersive experience amidst the natural splendor and cultural heritage of the region will prove invaluable in preparing your body for the challenges ahead.

Day 06: : Trek to Deboche (3,820m/ 12,530 feet). Overnight Deluxe Mountain Lodge.

After a healthy breakfast in Namche Bazaar, we begin our day around 7 o'clock in the morning. We gradually ascend, passing through picturesque villages like Sanasa and Kyanjuma. We then descend to Phungitanga before hiking for approximately 2 hours to reach Tengboche, where we are rewarded with incredible panoramic views.

Starting from Namche Bazaar at an elevation of about 3,440 meters (11,286 feet), we follow a well-marked trail that meanders through stunning landscapes adorned with lush forests and vibrant rhododendron blooms. The mesmerizing sight of snow-capped peaks surrounds us, captivating our senses.

Gradually ascending, we arrive at the peaceful village of Deboche, nestled at an altitude of around 3,820 meters (12,530 feet). Here, we find solace in a deluxe mountain lodge, offering a comfortable haven to unwind and rejuvenate after a day of trekking. The lodge provides warm hospitality, comfortable accommodations, and breathtaking views of the majestic mountains dominating the horizon.

Immersing ourselves in the tranquil ambiance of Deboche, we can leisurely explore the village, admiring traditional Sherpa houses and the fluttering prayer flags. Engaging in cultural exchanges with the friendly Sherpa community, we learn about their unique way of life, rich traditions, and spiritual practices.

Indulging in a delectable meal at the lodge's restaurant, we savor a variety of local and international cuisines crafted from fresh ingredients. Relaxing in the cozy lounge area, we can enjoy a hot cup of tea or coffee, basking in the serene atmosphere that envelops us.

As night falls, we retire to our deluxe rooms equipped with modern amenities, ensuring a comfortable and restful sleep. With anticipation for the adventures and scenic wonders that await us the next day, we drift into a peaceful slumber, cherishing the memories of our tranquil overnight stay amidst the grandeur of the mountains.

Day 07: : Trek to Dingboche 4,410 meters (14,468 feet) approx. 3-4 hours. Available Best Lodge [B/L/D]

Embark on a scenic trek from Deboche to Dingboche, immersing yourself in the natural beauty of the Himalayas. As you journey through the picturesque landscapes, you will pass by the charming Sherpa villages of Pangboche and Somare. With altitudes ranging from approximately 3,820 meters (12,530 feet) to 4,410 meters (14,468 feet), this trek offers breathtaking views and a chance to experience Sherpa culture firsthand.

Starting from Deboche at an elevation of around 3,820 meters (12,530 feet), you will follow the well-defined trail as it winds through the enchanting Himalayan terrain. As you ascend gradually, you will reach Pangboche, situated at approximately 3,930 meters (12,893 feet). Take a moment to appreciate the traditional Sherpa architecture and visit the ancient Pangboche Monastery, an important spiritual site.

Continuing your trek, you will pass through the village of Somare, located at an altitude of about 4,010 meters (13,156 feet). Engage with the Sherpa community, learn about their unique customs and traditions, and witness their harmonious way of life amidst the rugged mountain environment.

Finally, you will arrive at Dingboche, nestled at an elevation of around 4,410 meters (14,468 feet). This scenic village offers stunning panoramic views of the surrounding peaks, including Ama Dablam and Lhotse. Take in the breathtaking vistas, relax in the tranquility of the village, and prepare for the further adventures that lie ahead on your Himalayan trekking journey.

Day 08: : Hike to Nagarjuna Peak back to Dingboche - Approx. 5 hrs Lodge [B/L/D]

Beginning from Dingboche Village, nestled at an altitude of approximately 4,410 meters (14,468 feet), you will ascend steadily on a well-trodden trail towards Nagarjuna Peak. The hike offers mesmerizing views of towering peaks, including Ama Dablam and Lhotse, as well as the rugged terrain of the Everest region.

As you make your way up, take your time to acclimatize to the increasing altitude. Listen to your body and maintain a steady pace, allowing it to adjust to the thinning air. Remember to stay hydrated and take breaks when needed to ensure a safe and comfortable journey. During your ascent, it is important to acclimatize gradually to the

higher altitude. Our experienced [Sherpa guide](#) will accompany you, ensuring your safety and well-being by maintaining a steady pace, providing guidance, and taking care of your needs along the way. Remember to communicate any discomfort or concerns to your guide, as they are there to support you throughout the hike.

Reaching the summit of Nagarjuna Peak, situated at an elevation of approximately 5,050 meters (16,568 feet), you will be rewarded with awe-inspiring vistas of the surrounding Himalayan giants. Immerse yourself in the tranquility of the high-altitude environment, capturing the beauty of the majestic peaks and the vastness of the landscape.

From Nagarjuna peak, We enjoy the marvelous views of world's highest mountains, Mt Lhotse, Mt Makalu, and Mt Cho Yu as well as Cholatse (6440 m/21,126 ft) and Taboche (6542 m/ 21,463 ft) on the west.

After relishing the magnificent views and capturing memories to last a lifetime, begin your descent back to Dingboche Village. The return hike allows your body to further adapt to the altitude changes and solidify the acclimatization process. Enjoy the serenity of the trail, appreciating the natural wonders that surround you.

Upon reaching Dingboche, take the time to rest, rejuvenate, and relish in the achievements of the day's hike. Soak in the panoramic vistas, savor a nourishing meal, and engage in conversations with fellow trekkers and friendly Sherpa locals.

This acclimatization hike to Nagarjuna Peak and back to Dingboche provides an ideal opportunity to prepare your body for higher altitudes, ensuring a safer and more enjoyable trek in the Himalayas. It allows you to immerse yourself in the natural grandeur of the region while taking essential steps towards acclimatization.

Day 09: : Trek to Lobuche (4930m/16174ft) approx. 5/6 hrs- 8000 inn and hotel [B/L/D]

After the sunrise, we come up to the small point at the back of the village above Pheriche Valley. At the top, Tawoche and Cholatse (6440m) strike us with an image that seems to tilt frontward from across the valley in the west. To the north, Lobuche Peak (6119m) and the snowfields of Cho La are prominent. The walking is now by and large flat on wide-open fields, but make sure that you are well hydrated. Then, we cross the Khumbu Khola at Dughla (4620m) and take a light lunch at the foot of the huge terminal moraines of Khumbu Glacier. The fantastic views of Pumori (7145m) and, across the border in Tibet, Changtse (7550m), are seen at the top of the valley at the same time Everest disappears behind the gigantic walls of Nuptse and Lhotse.

Day 10: : Trek to Everest Base Camp 5364m & back to Gorakshep [5170M/16961ft]-Best Lodge [B/L/D]

Height: 5180m/16,994ft & Gorekshep: 5364m/17,598 ft (EBC)

This is it! Our huge day kicks off with an early, moderately easy hike from Lobuche to Gorekshep. The following, straight trail to Everest Base Camp is tougher, covering rocky dunes and moraine, formed accumulation of unconsolidated glacial debris. On the way to our destination, we'll approach the famed Khumbu Glacier and icefall, located on the slopes of Everest. At the Base Camp, our goal, you'll have the chance (during the spring climbing season) to meet climbers attempting to scale the mountain's summit. Break out your cameras for unbelievable views of breathtaking beauty. As the afternoon sun starts to wane, we'll head back to Gorekshep for some much-needed rest and relaxation after a grueling and busy day.

Day 11: : Hike to Kala Patar & Trek to Pheriche (4,371 m/ 14,337 ft)-The Edelweiss Lodge. [B/L/D]

Height: 2,800m/9,184ft Trekking Distance: 16km (6-7 hours)

Kala Pattar is not a Nepali name but a Hindi name and translates to "black rock". From these black rocks above the peak, the views are stunning. Most eyes are locked on the mass of Everest and its rocky buttresses directly before us. Many of the famous ascent routes are quite clear. Below us, the Khumbu Glacier snakes towards the icefall and Western Cwm. We can see the area where expeditions set their base camp but the original site was at Lake Camp, now known as Gorak Shep. Take a look in every direction and soak it in. The view south and our route out are exceptionally stunning.

In the afternoon we make the return trek to Pheriche a small Sherpa town for overnight sleep. From Lobuche, you follow the path down as far as Dughla, and then instead of taking the trail back to Dingboche, you descend to the flat valley bottom. It is then quite a short distance on the flat to reach Pheriche where you will stay for the night.

Day 12:: Trek to Namche (3790M/12,435 ft) - Approx. 4/5 hrs. Deluxe Mountain Home [B/L/D]

Altitude: 3,440m/11,284ft

This morning will seem much easier as you are descending and are at a lower altitude than you have been at for the last five days. If you did not have a chance to visit the gompa in Pangboche on the way up it would be worth a quick visit now. Leaving Pangboche you descend to cross a bridge over a terrifying gorge before making a short climb in the forest to Tengbocheto watch out for musk deer and pheasants in the woods along here. From Tengboche, you descend to the river at Phungithanga and then make the final climb of the day up through the pine forest to reach the very beautiful Sherpa village Namche. It will seem delightfully warm at this altitude and the air definitely packed with oxygen!!

Day 13:: Trek to Lukla (2,860m/ 9,383ft)- Overnight stay in best Luxury lodge in Lukla

Height: 2,800m/9,184ft

On this day we enjoy a leisurely breakfast at Yeti Mountain Home. Then we continue our trek to Lukla along the bank of the Dudh Koshi River through increasingly green scenery. We cross the Hillary Suspension Bridge and numerous other suspension bridges, pass by many monasteries and Sherpa towns before reaching Lukla

Our arrival in Lukla brings an evening in our last comfort Lodge. We check into our lovely Mountain Lodge for a celebration dinner and party with our Sherpa guide & Trekking Crew: You made it! Thanks to great teamwork and determination, you've accomplished a physical feat of which others are only nightmares. This is your last night on the mountain, which can be bittersweet

Our Deluxe Mountain Lodge is located very conveniently and offers the perfect end to your trekking holiday. The lodge has the most attractive decoration of all with the incredible paintings of a Buddhist monastery providing a lovely peaceful environment. Overnight in Lukla.

Day 14:: Fly to Kathmandu from Lukla - Overnight Stay at Yak & Yeti Hotel [B/B]

After a very early breakfast at the lodge, we make our way to the Lukla Airport Stations. Today we leave the mountains behind and fly back to Kathmandu. Where your journey both began and ends. Please note that flights into Lukla are sometimes delayed due to weather conditions either in fog-bound Kathmandu or windy Lukla; be reassured that our staff in Lukla and in Kathmandu will be doing everything possible to minimize the inconvenience caused if this happens.

At Kathmandu, Your driver and our Guide will be waiting for you at the airport. He will drive you to your hotel. Arriving in the busy city after a trek is always a bit of a surprise but you are soon in the tranquility of the hotel. The rest of the day is free for you're to rest and recall the adventure.

Day 15:: Rest at Hotel or Tour of Bhaktapur & Patan(1,300m/ 4,264ft) - Best 5 Star Hotel

This day serves as a crucial emergency buffer in case of flight delays from Lukla. If no delays occur, seize the opportunity to explore the enchanting cities of Bhaktapur and Patan. Roam through Bhaktapur's well-preserved medieval architecture and vibrant markets or marvel at Patan's ancient temples and intricate artistry. Alternatively, unwind at a luxury hotel in Kathmandu or indulge in a rejuvenating massage or spa experience for a perfect blend of adventure and relaxation.

Our complimentary guide service is available for a visit to local markets, assisting you with any last-minute shopping or souvenirs, ensuring a delightful experience for our valued guests.

Day 16.: Transfer to the airport by private car and fly back home after best trek in Nepal

This is your last day in Nepal. Our representative will drive you to the airport. And, you will return back to your home country. We'll transfer you to the airport in good time for your international flight. We'll make sure you arrive at Kathmandu International Airport with sufficient time before your flight home. At this time, we'll say our goodbyes and bid you departure, armed with warm memories and magnificent photos to show your loved ones. Your buffet and healthy breakfast are included in the hotel.

Meals: Buffet Breakfast

Cost Includes



Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning and conclusion to your journey.
- Kathmandu-Lukla-Kathmandu round-trip flight, including airport drop-off and pickup service.
- Enjoy four comfortable nights in a centrally located, best 5-star hotel with complimentary local guide services to explore tourist and local markets.
- We accommodate you for 11 nights in Sherpa lodges during the trek, including 8 nights in the best comfort lodge rooms equipped with attached bathrooms, comfortable beds, and hot showers for added comfort.

Meals & Drinks Included As Per Below

- Four unlimited buffet-style hygienic breakfasts in a 5-star hotel in the city are included as per the itinerary.
- Unlimited three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, ensuring a hygienic and delicious culinary experience for a delightful and nourishing trekking journey.
- Unlimited warm beverages, such as tea, hot lemon, hot chocolate, or coffee of your choice, will be provided every day to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole
- Warm sleeping bags and down jackets will be provided if required.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for oxygen saturation as well as heart rates

Best Sherpa Guide & Porters Will Be Provided

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Staff Pay, Insurance & Required Permits

- Pay and insurance for guide and support staff
- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality Entrance Permit
- Enjoy a half-day cultural tour in Kathmandu, inclusive of a tour guide and driver. Immerse yourself in the local culture, gaining familiarity with the local environment before your trek.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
 - We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
 - We offer a complimentary Local Market Guiding Service for our valued clients interested in purchasing souvenirs at both wholesale and local prices.
-
-

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

Vital Information

Ethical Company

Why Book your Best Luxury Everest Base Camp Trek with Mountain Sherpa Trekking

1). Top-notch Sherpa Guides

Our whole guides & staff are 100% Local Sherpa people from the Everest region. As you know “Sherpa’s are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest”

We have extremely professional, reliable, and experienced climbing Sherpa’s working with us. We have four expert Sherpa guides for each group of ten trekkers on the trail in order to make sure all of our teams have the best chance at safe success in their goals. Since we will employ experienced Sherpa guides, they will take care of everything and will make your trip easy and wonderful.

2). Supporting Our Community

We believe that we all must give back to our society, as a responsible Sherpa Company, we know the importance of giving and supporting those in need. Hence, [Mountain Sherpa Foundation](#) has been established to help address the basic needs problems of the deprived people and low-income families of a remote part of Nepal. We work directly with the local communities to find lasting solutions to poverty and injustice. We seek to help and to be helped to ensure that poor people can improve their lives and livelihoods.

We continue to help the local community and have helped our Sherpa guides, porters, and staff. As things get worse for tourism workers amid covid-19 pandemic, **Mountain Sherpa Trekking director Mr. Pasang Sherpa** distributed relief packages to more than 450 Sherpa trekking guides, porters, and climbing guides on 25 May 2020, Similarly, He supported to Trekking Agencies Association of Nepal (TAAN) that has established a food bank for the tourism workers in Nepal during the COVID 19 pandemic.

Mountain Sherpa Trekking is committed to making a positive impact on the communities it operates in. As part of its social responsibility, the company donates up to 15% of its annual revenue to the Mountain Sherpa Foundation (MSF). This foundation is actively involved in various social activities aimed at uplifting underprivileged individuals and communities in Nepal.

One of the key initiatives undertaken by MSF is providing scholarships to underprivileged students. So far, the foundation has granted scholarships to [140 deserving students from all seven wards of Mapya Dudhkoshi Rural Municipality](#). These scholarships offer educational opportunities that may have otherwise been inaccessible to these students, empowering them to pursue their dreams and aspirations.

In addition to the scholarship program, the Mountain Sherpa Foundation organizes regular medical health camps in remote villages of Nepal. These camps provide essential healthcare services to communities that lack easy access to medical facilities. By reaching out to these underserved areas, the foundation strives to improve the

overall health and well-being of the local population.

Recognizing the importance of education and technological advancement, MSF also focuses on providing computers to schools. By equipping educational institutions with the necessary technology, the foundation aims to enhance the learning environment and expand the educational opportunities available to students.

Furthermore, the Mountain Sherpa Foundation supports [educational endeavors by providing school bags and stationery to students](#). These basic yet essential supplies enable students to fully engage in their studies and maximize their learning potential.

Under the leadership of President Pasang Sherpa Pinasa, the Mountain Sherpa Foundation remains dedicated to making a positive difference in the lives of underprivileged individuals and communities in Nepal. Through their ongoing initiatives, they continue to create opportunities, empower individuals, and contribute to the social development of the country.

As an ethical Sherpa Company, Mountain Sherpa Trekking's commitment to giving back through the Mountain Sherpa Foundation exemplifies its strong ethos of social responsibility and community engagement.

3). Quality Run Journeys

Unlike many other companies, at Mountain Sherpa Trekking, our guides will not dictate the food menu during your trek in Nepal. This means you have the freedom to choose any food item from the lodge menu according to your taste and preferences. As part of the trip price, our guides will ensure that you are provided with ample meals throughout the trek.

We understand that variety and individual preferences are important when it comes to food. Unlike the common practice of serving the same food for every meal, we believe in offering you the flexibility to select your meals. In all the lodges we stay in, you have the liberty to choose what you want to eat for each meal.

Our dedicated guides prioritize your comfort and well-being. They will ensure that you are provided with good quality lodge accommodations and hygienic food throughout your treks and climbs in the Himalayas. We recognize that having access to high-quality meals is crucial for a successful and enjoyable trip.

Rest assured that with Mountain Sherpa Trekking, you have the freedom to savor a variety of delicious meals while trekking in Nepal. Our guides will make every effort to meet your dietary preferences and ensure that you have a memorable culinary experience in addition to an incredible journey through the Himalayas.

4). Ethical and Responsible Treatment of our Porters:

The invaluable assistance of porters is essential in enabling most individuals to conquer the challenges of these treks. They play a crucial role in lifting heavy loads, preparing necessities, and providing encouragement along the way. At Mountain Sherpa Trekking & Expeditions, we recognize the significance of porters and hold them as the backbone of our company. In fact, our founder Pasang Sherpa, who initially started his journey in the

industry as a porter, comprehends their needs better than anyone else.

We are deeply committed to ensuring a better life for each member of our staff, including the porters. This involves offering improved salaries, providing them with essential gear such as warm clothing and proper hiking shoes for high-altitude treks, and facilitating comfortable lodging arrangements.

Furthermore, our dedication extends to supporting the families of our staff. We actively contribute to their village schools by providing school materials for their children, thereby assisting in their educational development. Additionally, we contribute to the health clinics in their villages by providing necessary medicines, aiming to enhance the overall well-being of the community.

By prioritizing the welfare of our staff and their families, we aim to create a positive impact beyond the boundaries of our company. Mountain Sherpa Trekking & Expeditions stands as a testament to our commitment to providing a better life for our staff, acknowledging their invaluable contributions, and fostering sustainable development in the communities we serve.

7 reasons Why You Should Trek with Our Sherpa Guide

1. Our guides Act honestly, fairly, and professionally. They will be always punctual, reliable, honest, good sense of humor, friendly and caring.
2. Our guides are extremely patient with those of you who are slower trekkers, which is the key to a successful trip in the Himalayas.
3. Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your trekking in the Himalayas which is most important for a successful trip.
4. Our Sherpa guides are Government certified and top-notch!
5. Our guide will ensure that they understand what their duty of care is to their respected guests and will exercise it at all times.
6. Your safety and enjoyable trip are always our priority. Our guide will make sure all of your party is properly acclimatized in the Himalayas before going higher.
7. Our Sherpa guides are flexible when it comes to unexpected issues.

Hotel & Lodge

Our carefully selected hotels are not only luxurious but also strategically located in prime locations, offering easy access to the city's top attractions and amenities. You will have the convenience of being close to local markets, shopping centers, and cultural sites, providing an opportunity to immerse yourself in the rich and vibrant Nepalese culture.

Moreover, our hotels boast modern amenities, including high-speed internet access, state-of-the-art fitness

centers, and world-class spa services, ensuring that you have everything you need to unwind and recharge before and after your trek. You can indulge in fine dining at our exquisite restaurants, sip on your favorite drink at our bars, or take a refreshing dip in our swimming pools - the possibilities are endless!

Our team understands the importance of comfort and convenience, especially when embarking on a challenging trek like the Everest Base Camp. That's why we have gone above and beyond to provide you with a luxurious and comfortable stay that will exceed your expectations. With our Best Everest Base Camp luxury trek, you can have it all - an unforgettable adventure in the Himalayas and a luxurious and relaxing stay in one of our carefully selected hotels.

Don't settle for anything less than the best. Book your trek with us today and experience the ultimate luxury trekking experience of a lifetime!

LUXURY 5-STAR HOTEL ACCOMMODATION:

- **Marriott Kathmandu** - Located at Naxal, Kathmandu. Combine the modern design with local creativity
- **Yak and Yeti Hotel** - Centrally located Luxury 5 star hotel in Kathmandu

6 Nights Luxury Mountain Lodge accommodation:

We understand that your comfort and relaxation are crucial when embarking on a trekking adventure in the mountains. That's why we are thrilled to offer you 9 nights of comfortable and luxurious lodge accommodations during our trek. Our carefully selected lodges provide the perfect retreat after a day of hiking, with exceptional amenities and services that will leave you feeling refreshed and rejuvenated.

Here is a list of places where you will have comfort/luxury lodge accommodations during your Luxury Everest base camp trek:

Day 03: Phakding (2,652m/8,700ft) - On the third day of your trek, you will stay in the charming village of Phakding. The village is situated on the banks of the Dudh Koshi river and offers stunning views of the surrounding mountains. You will stay in a comfortable lodge with all the modern amenities and enjoy the warm hospitality of the local Sherpa people.

Day 04 & Day 05: "Vibrant Namche Bazaar: Luxurious Two-Night Stay in the Heart of Khumbu"

Immerse yourself in the vibrant atmosphere of Namche Bazaar, the bustling commercial and cultural hub of the Khumbu region. During your two-night stay, you will have the opportunity to explore colorful markets, visit renowned monasteries, and soak in the awe-inspiring panoramic views of the Himalayas. Your lodging in Namche will provide a luxurious and comfortable retreat, equipped with modern amenities for a truly enjoyable experience.

Day 06: "Luxury Haven in Dingboche"

Day 12: Namche Bazaar (3440M/11,280ft) - On your return journey, you will once again stay in Namche

Bazaar. This will give you the opportunity to explore any parts of the village that you may have missed on your previous visit.

Day 13: Lukla (2,860 M/9,380 ft.) - Lukla is the gateway to the Everest region and the starting and ending point of your trek. During your stay in Lukla, you will stay in a comfortable lodge and reflect on the incredible journey that you have just completed.

5 NIGHTS ARE BEST AVAILABLE AT SHERPA MOUNTAIN LODGE

Among 11 nights, we will accommodate you 5 Nights in a local sherpa lodge. we provide you best available lodge accommodation with an attached bathroom and hot shower, where available. Here are the lists of Places where we will provide you best local lodges during this trek.

Day 07: Dingboche

Day 08: Dingboche

Day 09: Lobuche - 8000 inn hotel

Day 10: Gorakshep

Day 11: Pheriche

Lukla Flight

Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are canceled due to mountain weather conditions, **Mountain Sherpa Trekking & Expeditions** will charter a helicopter to ensure you are on schedule for your international flight connections. The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilized. US cash, traveler's cheque, or credit cards (Visa, MasterCard & American Express only) are accepted. You will be given a receipt upon payment so that you may claim the amount from your travel insurance.

The minimum cost will be US\$350 and the maximum US\$650 depending on the number of group members. The maximum allowance for checked luggage on these flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to so please pack carefully. Please note that approx. 5.5kgs of this weight will be taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg), and sleeping bag liner (0.5kg) that you are provided.

EXTRA COSTS:

Our **Everest base camp luxury lodge trekking** packages are all-inclusive but we advise that you budget between \$400 and \$500 for additional expenses on your trek including tips. We also suggest you plan on having

extra money available in cash or on a credit card in case you require to book a helicopter in the event your flight is canceled.

Unforeseen cost due to flight cancellation, weather conditions, etc. You are responsible for extra hotel nights and meals in Kathmandu or Lukla that are a result of flight delays.

Nepal entry visa (\$40 USD).

Meals:

All the meals are included on the trek however we only include breakfast while you are in the city. you can budget \$10-15 per day for lunch and dinner in Kathmandu.

Gratuities:

Tipping is always appreciated and should be based totally on your satisfaction. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your trips.

Wifi, Batteries Charging, and hot Shower are also not included in the trek package. Wifi is available in some teahouses for \$3 to \$5 an hour. Hot Showers are also available in a few of the teahouses for between \$4 and \$6. You can also charge your electronic devices in the lodges and charging costs between \$1 and \$3 an hour.

Travel Insurance

The importance of Insurance:

Travel insurance is necessary for any trip but is mainly important when undertaking activities such as high-altitude trekking in remote regions where medical facilities or assistance may not be close at hand. You'll enjoy your adventure better with the peace of mind that comes from knowing you have the right insurance cover in place should a mishap occur. This can be anything from lost or stolen luggage to a full helicopter rescue of a mountain.

For the Everest base camp luxury lodge trek, you need to confirm that your travel insurance covers Helicopter Rescue with a height limit of no less than 5,500m. Most standard policies provide cover for walking up to a maximum of 2,500 meters.

The Nepal Trekking Activity Pack add-on extends cover to include trekking between 4,600m and up to 7,000m within Nepal and also includes all activities in the Extreme Activity and Activity packs.

Mountain Sickness:

When we hike above 3500 meters our bodies have to acclimatize to the decreasing amount of oxygen available. To allow our bodies to adjust we have designed our trek's itinerary so that you walk gradually, allowing

acclimatization to occur. However, during the acclimatization process, You may experience some of the following symptoms.

1. Tiredness
2. Minor Headache
3. Troubled sleep
4. Loss of appetite/nausea
5. Shortness of breath
6. Cough
7. Palpitation
8. Swelling of the hands and face

Each Person acclimatizes at different rates. Our best suggestion is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our Sherpa guides have extensive first aid training and we urge you to talk with the Sherpa guide at all times should you believe you have any symptoms in order that we can efficiently monitor your symptoms. The only cure for Acute Mountain Sickness is to descend. Please note that your guide has ultimate responsibility and may ask you to descend if symptoms persist.

Packing List

Packing List EBC Trek

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at stores in Thamel, Kathmandu.

YOU MUST BRING THE FOLLOWING ITEMS:

Upper Body - Head / Ears / Eyes

1. Sun hat
2. Headlamp with Fresh Batteries
3. Wool or synthetic hat that covers the ears
4. Sunglasses with UV protection

5. Neck gaiter or bandana (for sun protection)
6. Face Masks
7. Sun protection (including total bloc for lips, nose etc.)

Hand

1. Fleece/Wool Gloves
2. Glove Liners
3. Heavier shell glove

Core Body

1. Base layer shirts
2. Moisture-wicking long-sleeve t-shirts (1)
3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Insulated Warm jacket
7. Underwear (4-5 pairs)
8. Sleeping bag (comfort rated -10°C)*

Lower Body – Legs

1. Hiking Pants (Convertible, Quick-Dry, Lightweight) 1-2
2. Warm hiking pants with waterproof Windproof and breathable
3. Rain Pants (Lightweight, Waterproof, Breathable)- optional
4. Gaiters (needed Dec-Feb)
5. Long underwear

Feet

1. Hiking boots with ankle support recommend
2. Camp shoes or tennis shoes for lodge

3. Hiking Socks (Synthetic or Wool) 5-7 pairs recommended

Food & Snacks

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

Toiletries

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant
5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes
9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring \$30 (15 Days) or \$50 (30 Days) USD for Visa Application)
- Money (\$200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change

the date of yours)

- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges)
- Travel towel
- Small padlock (to lock your kit bag)
- Antibacterial handwash

Additional Supplies

1. Portable solar charger/power bank
2. Book
3. Journal/pen
4. Playing cards

Basic First Aid Kit including antiseptic cream, throat lozenges, diarrhea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea

THE FOLLOWING ITEMS ARE OPTIONAL:

1. Trekking poles – if you don't have poles, We can provide you complimentary during trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf, or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Earplugs (particularly if you are not the one snoring)
6. Travel clothes
7. Camera
8. Pen-knife (remember to pack sharp objects in hold baggage)
9. Repair kit – (eg. needle, thread, duct tape)
10. Reusable cloth bag for shopping (to avoid plastic bags)

Note:

The Nepalese are still traditional and conservative in the way they dress. Hence to avoid discomfiture on both sides we advise that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach just above the knee and be modest and for women, it is better to wear trousers or a long skirt.

Additional info:

As you pack for Everest Base Camp, remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffle bag which will be carried between tea houses by porters. All extra baggage (non- trekking items) can be stored at the hotel before you start your trek. We provide you with a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 20-25 kg of your personal items. This must include your sleeping bag and down jackets. Therefore your duffel bag should not weigh more than 12 kg/26.5 lbs.

INSIDE YOUR DAYPACKS:

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l size is good for the EBC trek. You need to carry your own backpack (with a waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone), etc.

If you don't have your own down jacket & sleeping bag, don't worry. We will provide you with 4-season sleeping bags and a good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude trek.