



Bridge Nepal Treks & Travels

Ananda Bhairab Marg, Naxal, Kathmandu

Phone: +977 9802397328 | +977 9851425260

Email: info@bridgenepaltreksandtravels.com

Website: www.bridgenepaltreksandtravels.com

Everest Base Camp Trek with Kathmandu City Exploration: 15 Nights and 16 Days with Bridge Nepal

Price	1600.00
Duration	15 Nights and 16 Days
Location	Nepal

Tour Overview

The Everest Base Camp Trek with Kathmandu City Exploration is the perfect combination of Nepal's rich cultural heritage and the breathtaking beauty of the Himalayas. This unforgettable 16-day adventure begins with a warm welcome upon your arrival in Kathmandu, where you will be introduced to Nepal's vibrant culture, ancient traditions, and UNESCO World Heritage Sites. Before heading to the mountains, enjoy a guided exploration of Kathmandu's historic landmarks, sacred temples, bustling local markets, and architectural treasures while preparing for your Himalayan journey.

Your adventure continues with a spectacular mountain flight to Lukla, the gateway to the Everest region. From here, the trek follows the legendary trail through the heart of the Khumbu region, passing traditional Sherpa villages, suspension bridges, alpine forests, Buddhist monasteries, and breathtaking mountain landscapes. Along the route, you will explore famous destinations such as Namche Bazaar, Tengboche, Dingboche, Lobuche, Gorak Shep, Everest Base Camp, and Kala Patthar while enjoying magnificent views of Mount Everest, Lhotse, Nuptse, Ama Dablam, and other Himalayan peaks.

The highlight of the journey is reaching Everest Base Camp (5,364m) and witnessing the spectacular sunrise view from Kala Patthar (5,545m), the finest viewpoint in the Everest region. Combining cultural discovery in Kathmandu with an immersive trekking experience through the Khumbu Valley, this Everest Base Camp Trek with Kathmandu City Exploration offers the ultimate Himalayan adventure for trekkers seeking stunning mountain scenery, authentic Sherpa culture, and a once-in-a-lifetime achievement.

Trip Highlights

- Experience the legendary Everest Base Camp Trek with Kathmandu City Exploration in one unforgettable journey.
- Warm welcome upon arrival in Kathmandu with full trek briefing and preparation.
- Explore Kathmandu's UNESCO World Heritage Sites, ancient temples, stupas, and cultural landmarks.
- Enjoy a thrilling mountain flight between Kathmandu and Lukla, the gateway to the Everest region.
- Trek through the heart of the Khumbu region, home of the world-famous Sherpa people.
- Visit vibrant Sherpa villages including Phakding, Namche Bazaar, Tengboche, Dingboche, Lobuche, and Gorak Shep.
- Explore Namche Bazaar, the bustling trading hub and cultural center of the Everest region.
- Acclimatize safely with scenic hikes to Everest View Hotel and Nagarjun Hill.
- Visit the iconic Tengboche Monastery, the spiritual center of the Khumbu Valley.
- Reach the legendary Everest Base Camp (5,364m), the starting point for Everest summit expeditions.
- Hike to Kala Patthar (5,545m), the highest point of the trek and the best viewpoint of Mount Everest.
- Witness breathtaking views of Mount Everest, Lhotse, Nuptse, Ama Dablam, Pumori, Thamserku, and other Himalayan giants.
- Walk through Sagarmatha National Park, a UNESCO World Heritage Site rich in biodiversity and mountain scenery.
- Cross thrilling suspension bridges above the Dudh Koshi River adorned with colorful prayer flags.
- Experience authentic Sherpa culture, Himalayan hospitality, and traditional mountain lifestyles.
- Enjoy spectacular views of glaciers, icefalls, alpine valleys, and snow-capped peaks throughout the trek.
- Capture unforgettable sunrise and panoramic mountain views from Kala Patthar.
- Challenge yourself on one of the world's most iconic and rewarding trekking routes.
- Create lifelong memories in the shadow of the highest mountain on Earth.
- Trek with confidence under the expert guidance of Bridge Nepal Treks and Travels.

Detailed Itinerary

Day 1: Arrival in Kathmandu (1,350m)

Upon your arrival at Tribhuvan International Airport in Kathmandu, a representative from Bridge Nepal Treks and Travels will warmly welcome you and transfer you to your hotel. After check-in, you will receive a detailed briefing about your upcoming Everest Base Camp Trek. The remainder of the day is free to relax or explore the vibrant streets of Kathmandu.

Overnight stay in Kathmandu.

Day 2: Kathmandu Sightseeing & Trek Preparation

After breakfast, enjoy a guided sightseeing tour of Kathmandu's cultural and historical landmarks. Visit UNESCO World Heritage Sites, ancient temples, sacred stupas, and traditional marketplaces that showcase Nepal's rich history and spiritual heritage. Following the tour, meet your trekking guide for a final equipment check and trek preparation briefing.

Overnight stay in Kathmandu.

Day 3: Fly to Lukla (2,860m) and Trek to Phakding (2,651m)

Flight Duration: 35-40 minutes

Walking Duration: 3-4 hours

Distance: Approximately 8 km

An early morning scenic flight takes you from Kathmandu to Lukla, offering spectacular views of the Himalayas. After landing at the famous Tenzing-Hillary Airport, begin your trek through traditional Sherpa settlements, prayer wheels, mani stones, and pine forests. Following the Dudh Koshi River, the trail gradually descends to the peaceful village of Phakding.

Overnight stay in Phakding.

Day 4: Trek to Namche Bazaar (3,440m)

Walking Duration: 6-7 hours

Distance: Approximately 10-12 km

Today's trail follows the Dudh Koshi River through beautiful forests and crosses several suspension bridges. After entering Sagarmatha National Park at Monjo, continue through Jorsalle before crossing the famous Hillary Suspension Bridge. A challenging uphill climb rewards you with your first views of Mount Everest before

reaching Namche Bazaar, the vibrant gateway to the Everest region.

Overnight stay in Namche Bazaar.

Day 5: Acclimatization Day at Namche Bazaar

Walking Duration: 3-4 hours

To assist with acclimatization, take a scenic hike to Everest View Hotel, one of the highest luxury hotels in the world. Along the route, enjoy panoramic views of Everest, Lhotse, Ama Dablam, Thamserku, and other Himalayan peaks. After spending time enjoying the mountain scenery, return to Namche Bazaar. The afternoon can be spent exploring local shops, bakeries, museums, and Sherpa culture.

Overnight stay in Namche Bazaar.

Day 6: Trek to Tengboche (3,867m)

Walking Duration: 5-6 hours

Distance: Approximately 10 km

The trail offers stunning views of Everest, Nuptse, Lhotse, Ama Dablam, and Thamserku as it traverses above the Dudh Koshi Valley. Descend to Phunki Tenga before climbing through rhododendron forests to Tengboche. Upon arrival, visit the famous Tengboche Monastery, the spiritual center of the Khumbu region, surrounded by magnificent mountain scenery.

Overnight stay in Tengboche.

Day 7: Trek to Dingboche (4,260m)

Walking Duration: 5-6 hours

Distance: Approximately 11 km

After breakfast, descend through forests before crossing the Imja Khola River. Pass through the villages of Pangboche and Somare while enjoying increasingly dramatic views of Ama Dablam and the surrounding mountains. As the landscape becomes more alpine, arrive at Dingboche, a beautiful settlement surrounded by stone-walled fields.

Overnight stay in Dingboche.

Day 8: Acclimatization Day in Dingboche - Hike to Nagarjun Hill (5,000m)

Walking Duration: 4-5 hours

A second acclimatization day is essential before heading to higher elevations. Hike to Nagarjun Hill, which offers spectacular views of Makalu, Lhotse, Ama Dablam, Island Peak, and the surrounding Himalayan range. After spending time at the viewpoint, return to Dingboche for rest and recovery.

Overnight stay in Dingboche.

Day 9: Trek to Lobuche (4,930m)

Walking Duration: 5-6 hours

Distance: Approximately 8 km

The trail gradually climbs through alpine terrain to Dughla before ascending to the Thukla Pass memorial site, dedicated to climbers who lost their lives on Everest. Continue along the Khumbu Glacier moraine while enjoying breathtaking mountain views before reaching Lobuche.

Overnight stay in Lobuche.

Day 10: Trek to Everest Base Camp (5,364m) via Gorak Shep (5,170m)

Walking Duration: 7-8 hours

Distance: Approximately 15 km

Today's trek is one of the most exciting days of the journey. Follow the trail to Gorak Shep, the last settlement before Everest Base Camp. After a short break, continue across glacial terrain toward Everest Base Camp. Upon reaching the legendary base camp, enjoy the incredible achievement of standing at the foot of the world's highest mountain. Take photographs and celebrate before returning to Gorak Shep.

Overnight stay in Gorak Shep.

Day 11: Hike to Kala Patthar (5,545m) and Trek to Pheriche (4,243m)

Walking Duration: 7-8 hours

Distance: Approximately 13 km

Wake before sunrise and hike to Kala Patthar, the highest point of the trek and the most famous viewpoint in the Everest region. Enjoy breathtaking panoramic views of Mount Everest, Nuptse, Pumori, Lhotse, and surrounding peaks as the morning sunlight illuminates the Himalayas. After descending to Gorak Shep for breakfast, continue trekking down to Pheriche.

Overnight stay in Pheriche.

Day 12: Trek to Tengboche (3,867m)

Walking Duration: 5-6 hours

Distance: Approximately 9 km

Descend through alpine valleys and yak grazing areas while enjoying beautiful mountain views. Pass through Pangboche and continue toward Tengboche. The lower altitude provides a more comfortable environment after several days at high elevations.

Overnight stay in Tengboche.

Day 13: Trek to Namche Bazaar (3,440m)

Walking Duration: 5-6 hours

Distance: Approximately 10 km

Retrace your steps through forests and suspension bridges while enjoying final views of Everest and Ama Dablam. The trail descends steadily before climbing gently back to Namche Bazaar, where you can enjoy the lively atmosphere and celebrate your successful Everest Base Camp adventure.

Overnight stay in Namche Bazaar.

Day 14: Trek to Lukla (2,860m)

Walking Duration: 6–7 hours

Distance: Approximately 18 km

The final day of trekking follows the Dudh Koshi River through Monjo, Phakding, and traditional Sherpa villages. Cross suspension bridges and walk through beautiful forests before reaching Lukla. Spend the evening celebrating the completion of one of the world's most iconic trekking adventures.

Overnight stay in Lukla.

Day 15: Fly Back to Kathmandu (1,350m)

Flight Duration: 35–40 minutes

After breakfast, board your scenic flight back to Kathmandu. Enjoy one final view of the Himalayan peaks before landing in the capital city. Upon arrival, transfer to your hotel and enjoy free time for shopping, relaxation, or exploring Kathmandu at your own pace.

Overnight stay in Kathmandu.

Day 16: Final Departure

Depending on your flight schedule, enjoy some free time before being transferred to Tribhuvan International Airport for your departure. Your Everest Base Camp Trek with Kathmandu City Exploration concludes with unforgettable memories of Nepal's culture, the Khumbu region, Everest Base Camp, and the magnificent Himalayas.

Included Services

- Airport pickup and drop-off services in Kathmandu.
- Warm welcome and trip briefing upon arrival in Nepal.
- 3 nights hotel accommodation in Kathmandu on a twin-sharing basis with breakfast.
- Guided Kathmandu city sightseeing tour as per the itinerary.
- Private transportation for Kathmandu sightseeing and airport transfers.
- Domestic flight from Kathmandu to Lukla.
- Domestic flight from Lukla to Kathmandu.
- 12 nights accommodation in comfortable mountain teahouses and lodges during the trek.
- Experienced, government-licensed English-speaking trekking guide.
- Porter service (1 porter shared between 2 trekkers) carrying up to 20 kg of luggage.

- Guide and porter salary, accommodation, meals, insurance, equipment, and transportation.
- Sagarmatha National Park Entry Permit.
- Khumbu Pasang Lhamu Rural Municipality Permit.
- Acclimatization days in Namche Bazaar and Dingboche.
- Comprehensive first-aid medical kit carried by the guide.
- Trekking route planning and logistics management.
- Certificate of trek completion from Bridge Nepal Treks and Travels
- All government taxes and company service charges.
- 24/7 support and assistance from Bridge Nepal Treks and Travels throughout the trip.

Excluded Services

- International airfare to and from Nepal.
- Nepal entry visa fees.
- Travel insurance (mandatory and highly recommended).
- Emergency helicopter rescue and evacuation expenses. In case of emergency, the insurance will be covering your every medical and evacuation expenditure.
- Lunch and dinner in Kathmandu.
- Personal trekking equipment and clothing.
- Personal expenses
- Tips and gratuities for guides, porters, drivers, and staff.
- Personal medical expenses and medications.
- Any services not specifically mentioned in the "Cost Includes" section.

Fixed Departure Dates

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Frequently Asked Questions

Q: What is the Everest Base Camp Trek with Kathmandu City Exploration?

The Everest Base Camp Trek with Kathmandu City Exploration is a 16-day adventure that combines guided sightseeing in Kathmandu with the world-famous trek to Everest Base Camp. It offers travelers the opportunity to experience Nepal's cultural heritage and the breathtaking landscapes of the Everest region in one complete journey.

Q: How difficult is the Everest Base Camp Trek?

The Everest Base Camp Trek is considered moderately challenging. Trekkers should have a good level of fitness and be prepared to walk 5–8 hours daily on varied mountain terrain.

Q: How long is the Everest Base Camp Trek?

This itinerary is 16 days long, including arrival, Kathmandu sightseeing, trekking days, acclimatization days, and departure.

Q: What is the highest point of the trek?

The highest point is Kala Patthar at 5,545 meters (18,192 feet), which offers the best panoramic views of Mount Everest and the surrounding Himalayas.

Q: What is the altitude of Everest Base Camp?

Everest Base Camp is located at an altitude of 5,364 meters (17,598 feet) above sea level.

Q: What can I see during the Kathmandu sightseeing tour?

The Kathmandu city exploration typically includes UNESCO World Heritage Sites, ancient temples, Buddhist stupas, historic palaces, traditional markets, and important cultural landmarks.

Q: How do I get to the Everest region?

The journey begins with a scenic flight from Kathmandu to Lukla, the gateway to the Everest region and the starting point of the trek.

Q: What mountains can I see during the trek?

You can enjoy spectacular views of Mount Everest (8,848.86m), Lhotse (8,516m), Nuptse (7,861m), Ama Dablam (6,812m), Pumori (7,161m), Thamserku (6,608m), Lobuche Peak, and many other Himalayan peaks.

Q: Why are acclimatization days included?

Acclimatization days in Namche Bazaar and Dingboche help your body adjust to higher elevations, reducing the risk of altitude sickness and improving overall trekking safety.

Q: Is altitude sickness a concern?

As the trek reaches elevations above 5,000 meters, altitude sickness is possible. Proper acclimatization, hydration, and a gradual ascent help minimize the risk.

Q: What type of accommodation is provided?

Accommodation includes comfortable hotels in Kathmandu and traditional mountain teahouses or lodges during the trek.

Q: What meals are available during the trek?

Teahouses offer a variety of meals including Nepali dal bhat, noodles, soups, pasta, rice dishes, potatoes, pancakes, tea, coffee, and other international options.

Q: What is the best season for the Everest Base Camp Trek?

Spring (March to May) and autumn (September to November) are considered the best seasons due to stable weather, clear skies, and excellent mountain views.

Q: Is travel insurance required?

Yes. Comprehensive travel insurance covering high-altitude trekking and emergency helicopter evacuation is strongly recommended.

Q: Can beginners do the Everest Base Camp Trek?

Yes. Beginners with good physical fitness, proper preparation, and a positive attitude can successfully complete the trek.

Q: Is Wi-Fi available during the trek?

Wi-Fi is available in many teahouses along the route, although connection quality varies and additional charges may apply.

Q: Can I charge my electronic devices during the trek?

Yes. Most lodges offer charging facilities for an additional fee.

Q: Can I return by helicopter instead of trekking back?

Yes. A helicopter return from Gorak Shep, Kala Patthar, or Everest Base Camp region to Kathmandu can be arranged as a luxury upgrade, subject to weather conditions and availability.

Q: What permits are required for the trek?

The trek requires the Sagarmatha National Park Entry Permit and the Khumbu Pasang Lhamu Rural Municipality Permit.

Q: Is the Everest Base Camp Trek safe?

Yes. With proper acclimatization, experienced guides, suitable preparation, and adherence to safety guidelines, the trek is considered safe for most healthy travelers.

Q: What should I pack for the trek?

Essential items include trekking boots, warm clothing, down jacket, sleeping bag, gloves, hat, sunglasses, sunscreen, water bottle, trekking poles, and personal medications.

Q: What makes this itinerary unique?

This package combines Kathmandu city exploration with the classic Everest Base Camp Trek, allowing travelers to experience Nepal's cultural heritage, ancient landmarks, Sherpa culture, and the world's highest mountain in a single journey.

Q: Who is this trek suitable for?

The trek is ideal for adventure seekers, nature lovers, photographers, cultural travelers, and anyone dreaming of reaching Everest Base Camp.

Q: Why choose Bridge Nepal Treks and Travels for the Everest Base Camp Trek?

Bridge Nepal Treks and Travels provides experienced guides, quality accommodations, reliable logistics, personalized service, safety-focused operations, and memorable trekking experiences throughout the Everest region.

- About The Trek

Bridge Nepal Treks & Travels
www.bridgenepaltreksandtravels.com

