

# EVEREST BASE CAMP

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14 DAYS / 13 NIGHTS





# WHO WE ARE

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Founded in **1993**, Banjara has a deep-rooted presence in the Indian Himalayas when it comes to hospitality and adventure. Through our experiences we hope to share the same spirit of adventure & exploration with everyone and also bring the best of adventure and hospitality together in doing so.



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# ARRIVE KATHMADU. REST & PREPARE

Arrive at Kathmandu airport and get transferred to your hotel. You will also get introduced to your lead and briefed about the days to come. Spend the day at leisure exploring the busy and colourful streets of Kathmandu



0 km



1400 m





# FLY TO LUKLA, TREK TO PHAKDING.

Flying from Kathmandu to Lukla and trekking to Phakding on the Everest Base Camp trek is an exciting and scenic adventure as you'll be flying above the majestic mountains and trekking through picturesque villages, lush forests, and flowing rivers before reaching your destination.



40 min



4 hours



2651m





# PHAKDING TO NAMCHE BAZAR

After a short walk we reach the base from where the long uphill to Namche begins. You gain 800 - 900 metres in altitude to reach the busiest settlement on the Everest Base Camp trail, Namche Bazar. Check in to your guest house, roam about Namche, buy any items you might have missed out and get some well-deserved rest.



6 hours



3500 m







# ACCLIMATIZE AT NAMCHE BAZAR

Acclimatising at Namche Bazaar on the Everest Base Camp trek is essential after the big bump in altitude. It might be disconnected by road etc but Namche has enough to keep you busy from shopping, coffee shops, wood fired pizzas to short hikes close by.



0 hours



3500 m



# TREK NAMCHE BAZAR TO TENGBOCHE



6 hours



3870 m

Trekking from Namche Bazaar to Tengboche on the Everest Base Camp trek is a 10km hike that takes around 5-6 hours. The trail passes through lush forests, suspension bridges, and offers stunning mountain views. The highlight is reaching Tengboche Monastery, the largest in the region, where you can witness daily prayers and ceremonies.





# TREK TENGBOCHE TO DINGBOCHE



6 hours



4360 m

The trek from Tengboche to Dingboche on the Everest Base Camp trek is a 12km journey that takes about 5-6 hours. The trail involves steep ascents and descents, a river crossing, and offers panoramic views of the Himalayas. Dingboche is a picturesque village surrounded by towering peaks, known for its terraced fields and traditional Sherpa houses, and a popular spot for acclimatization before continuing towards Everest Base Camp.







# ACCLIMATISE AT DINGBOCHE



0 hour



4360 m

Having gained altitude steadily over the past few days, we give our bodies an added opportunity to adapt to the higher altitudes which is highly recommended. Spend the day at leisure and prepare for the days to come.



Dingboche to Lobuche is a challenging 7.5km hike that takes around 5-6 hours. The trail involves a steep climb, stunning views of valleys and glaciers, and Lobuche serves as a popular stopover for trekkers heading towards Everest Base Camp.

## DINGBOCHE TO LOBUCHÉ



5 hours



4940 m





Covering around 12km and taking approximately 7-8 hours. The trail involves a gradual ascent along the Khumbu Glacier, followed by a steep rocky climb towards Gorak Shep at an altitude of 5,170 meters. From Gorak Shep, trekkers can hike for around 2-3 hours to reach the base camp of the world's tallest peak, Mount Everest, which is located at an altitude of 5,364 meters. The journey offers breathtaking views of the Himalayas and is a highlight for most trekkers on the trail.

# LOBUCHE TO EBC TO GORAK SHEP



7 hours



5170 m





We start out from Gorak Shep for the high view point called Kala Pathar. The to & fro hike to this 5600 m high viewpoint from Gorak Shep takes about 4 hours. Enjoy panoramic views of the high Himalyas including Everest from the top. Following Kala Pathar we walk start our return journey and walk to periche where we spend the night.

# TO KALA PATHAR & BACK THEN TO PERICHE



7 hours



4300 m





We descend back down to Namche Bazar. A place you'll now find urban after the higher villages you have just visited. Enjoy your evening here as we all reminisce about the days on the trail before making our final walk to Lukla the next morning

## PERICHE TO NAMCHE



6 hours



3500 m





The final hiking day as we make the long journey back to Lukla from where we'll catch our flight to Kathmandu the next morning. Today is a 6-7 hour long hike, but by now everyone is much acclimatized to long walk and the altitude so it should be a moderate day for all.

# NAMCHE TO LUKLA



6 hours



2651 m





Flying back from Lukla to Kathmandu is the final leg of the Everest Base Camp trek. The flight takes approximately 30-40 minutes and offers spectacular views of the Himalayas. Once in Kathmandu, trekkers can celebrate their accomplishment and explore the city's rich cultural and historical heritage.

# LUKLA TO KATHMANDU



40mins



1400 m





# FLY OUT FROM KATHMANDU

The journey back home from Nepal is typically bittersweet for trekkers who have just completed the Everest Base Camp trek. After saying goodbye to the mountains and their fellow trekkers, during the flight, trekkers can reflect on their experiences, share stories with fellow travelers, and perhaps even plan their next adventure.





## INCLUSIONS

- All meals from Dinner Day 1 to Breakfast Day 14
- Accommodation for 13 nights
- Airport Transfers in Kathmandu
- Internal flights to Lukla and back to Kathmandu
- Qualified guide and support staff
- Banjara Trip / Team Lead
- Trekking permits and fees
- Porterage of upto 12 kg per person
- Comprehensive First Aid

## EXCLUSIONS

- Taxes. GST 5%
- Mandatory Insurance
- Alcoholic beverages and other extras
- International flights to Kathmandu
- Single room supplement
- Personal Expenses like, WiFi, phone charging, hot water, etc while on the trek
- Any deviations from the plan
- Anything not mentioned in the inclusions
- Tips. These are expected. 10-15 % of trip price

**INR 1,16,000/- Per Person**  
**+ 5% GST**

**Group size: 6 to 10 People**





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