

EVEREST BASE CAMP IN COMFORT

An alternative to our standard camping treks, our Everest Base Camp in Comfort itinerary allows you to experience Nepal's most famous trekking route in the relative comfort of heated lodges and tea houses.



Day 1 Arrive Kathmandu and transfer to Gokarna

On arrival in Kathmandu you will be met at the airport and transferred to Gokarna Forest Resort for one night. Evening at leisure.

The 188ha Gokarna Forest Reserve is located a short distance from Kathmandu. Formerly the private hunting grounds of the Nepali royal family, today the Forest forms part of the Gokarna Forest Resort, a luxury hotel & golf complex on the outskirts of Kathmandu. Designed by the team behind Scotland's Gleneagles, Gokarna is considered one of the finest golf courses in the region.



Your Financial Protection

All monies paid by you for the air holiday package shown [or flights if appropriate] are ATOL protected by the Civil Aviation Authority. Our ATOL number is ATOL 3145.

For more information see our booking terms and conditions.

Gokarna Lodge is located amid dense woodland. A winding road climbs through the forest up to the main complex, which is a unique blend of Malla and Rana period architecture. Further on, exotic Forest View cottage rooms are set beside the century-old restored Hunter's lodge.

Day 2 Fly to Lukla (2,900m). Trek to Phakding, 3-4 hours



This morning you will fly into Lukla, from where you begin your trek into the Khumbu region. The views from the plane as you approach Lukla are stunning, providing dramatic scenes of terraced hills and the distant Himalayan giants. After landing, you will meet with your ground crew and begin the 3-4 hour trek to Phakding (2,635m).

Yeti Mountain Home Phakding occupies a peaceful spot on the banks of the Dudh Koshi River, overlooking this small Himalayan settlement and the surrounding pine forest. It's a lovely guest lodge with just 18 en-suite rooms and a cosy lounge with fireplace.

The rest of the afternoon is at your leisure. Depending on the time of your arrival in Phakding, you may like to take the time to visit the 16th-century Rumijung Monastery, about one hour's walk from the lodge. Alternatively, relax with a drink around the fireplace before dinner in the evening.

Day 3 To Namche Bazaar (3,450m), 5-6 hours

Continue trekking along the banks of the Dudh Kosi, periodically crisscrossing this roaring river via exciting suspension bridges laden with prayer flags.

After entering Sagarmatha National Park, the trail begins to climb steeply. Be sure to take regular breaks to rehydrate and, as you approach the end of the trail, to admire the stunning views of Namche Bazaar, the gateway to the Khumbu region and tonight's resting point.

Namche is the Sherpa capital and a bustling village, filled with markets and traditional Sherpa houses. On arrival in town, check in at the Yeti Mountain Home Namche.

YMH Namche is a little larger than the Phakding lodge (20 rooms), but otherwise it offers much the same quality of accommodation and facilities. The rooms are fully heated and en-suite, and there's a lovely bar, dining room and lounge to relax in. It's the flagship YMH Lodge.





Day 4 Everest Viewpoint (3660m) and short trek to Kyanguma (3550m)

Today is primarily a rest and acclimatisation day near to Namche Bazaar. Start the day with a trek up to the Everest Viewpoint above Namche, where there are great views to be had of Mt. Everest, Lhotse (the 4th highest peak in the world) and the beautiful Ama Dablam.

Then descend via Khunde village and return to your lodge in Namche.

The rest of the day is for relaxation and acclimatisation.



Day 5 To Thyangboche (3,864m), 4-5 hours

Departing Namche Bazaar this morning, continue along the contour of the hills en route to Thyangboche, with amazing views into the deep and lush valleys below.

At Thyangboche there is a famous monastery, inside of which are ornate wall hangings, a giant sculpture of the Buddha, and the musical instruments and robes of the Lamas. Overnight at standard lodge.



Day 6 To Pheriche (4,252m), 4-5 hours

Continue to trek along the roaring glacial waters of the Dudh Kosi with magnificent views of the mountains. Then cross a suspension bridge over the Imja Khola, and climb to Pangboche passing thousands of Mani stones. From Pangboche the route winds high above the valley floor, passing through various Sherpa settlements until you reach your resting place for the next two days, Pheriche. Overnight at standard lodge.

Day 7 Acclimatisation day in Pheriche

Today is set aside as an acclimatization day, which is particularly important now that you have gone above 4,000m. You have the option of a light hike up the valley for photos and views of the spectacular 6,000m peaks of Tawoche, Cholatse, Island Peak and the 8,000m wall of Lhotse. On a clear day one may see Mount Makulu, a giant of more than 8,000m and the 5th highest mountain in the world. Overnight at standard lodge.

Day 8 To Lobuche (4,900m)



From Pheriche the trail continues across farmland and meadows, then contours upwards across some exposed hill slopes. Stop in Dzugla (4,570m) for lunch before continuing along the lateral moraine of the Khumbu Glacier.

Today, as you ascend higher into the Himalayas, you will pass stone memorials to climbers who have died on the mountains. Look carefully to find touching memorials to famous mountaineers.

Lobuche is a small village, always busy with trekkers and sherpas, and the last major settlement on the route to Everest Base Camp.

Overnight at standard lodge.

Day 9 Gorak Shep (5,410m) and Kala Pattar (5,550m)

An early morning start brings you closer to your destination.

Wind your way through the terminal moraine of the Khumbu glacier to your accommodation at Gorak Shep, situated at the base of Kala Patthar.

This was the original Base Camp used by Sir Edmund Hillary and Tenzing Norgay on their successful ascent of Everest, before the Base Camp moved closer to the mountain on the edge of the Khumbu Icefall.

From Gorak Shep, you can make an optional ascent of the non-technical peak Kala Patthar (5,550m), for which you will be rewarded with marvelous views. From this lofty perch you can clearly see the summit of Mount Everest, Nuptse, Lhotse and Ama Dablam.



Day 10 To Everest Base Camp (5,346m), 4-5 hours

Today you reach your goal, the Base Camp of Mount Everest, located at the foot of the Khumbu Icefall. It's a tough trek, but yesterday's journey to the higher altitude Kala Pattar should have left you well-prepared.

In the afternoon, return to Gorak Shep for overnight.



Day 11 Descend to Pangboche (3,985 m), 6-7 hours

Follow the route back down the Khumbu valley to Pangboche. On arrival in Pangboche, check into the Everest Summit Lodge, a very comfortable 10-room lodge not dissimilar to the Yeti Mountain Home lodges you stayed at previously.

Day 12 To Namche Bazaar (3,440m), 6-7 hours

Continue to Namche Bazaar, which after several days in the hills will likely seem a thriving metropolis! Check back into the Yeti Mountain Home lodge for a chance to enjoy some of those luxuries you will no doubt have missed, not least a hot shower.

Day 13 To Lukla (2,840m), 6-7 hours

Today is your last day on the trail, as you hike from Namche to Lukla. Overnight in Lukla where you'll enjoy a good meal and a drink. Overnight at YMH Lukla.

Day 14 Fly to Kathmandu (1,350m)

The scenic morning flight back to Kathmandu gives you one last chance to say farewell to the mountains. Check in at Gokarna Lodge. Evening at leisure; relax and perhaps take advantage of the various treatments offered at Gokarna's spa.

Day 15 Kathmandu

Today is free to explore, go shopping, and visit the palaces and markets of Kathmandu. A favourite destination for many is the Monkey Temple, a Buddhist temple situated on a small hill that offers panoramic views of the city. Or perhaps join the thousands of Hindus who venture to the Pashupatinath temple, one of the most famous Hindu temples in Nepal; you can also visit the most famous Shiva temple in Asia.



Day 16 International flight home.

Transfer to Kathmandu Airport for your return flight home.

Price and booking information

The cost of this itinerary is from £2,773 per person, based on a group size of 2 and subject to availability at the time of booking. For more information, including suitable travel dates, contact us.