

Phaplu to Everest Base Camp Trekking

Package Highlights

- Best Alternative trekking route of **Everest Base Camp**
- Drive to **Phaplu** 8 hours from Kathmandu or take 20 minutes flight to Phaplu airport, less scary flight than Lukla
- Less risky of high altitude sickness and opportunities of exploring lowland of Khumbu region less touristic area
- 2 days acclimatization Namche and Dingboche to get fit your body to make successful Everest Base camp and **climb Kalapathar**
- Trekking back to Lukla and fly back to Kathmandu. Also have option to trek up to Phaplu and driving back to Kathmandu or fly.
- Staying in local tea houses, comfortable twin sharing room tourist standard neat and clean. Hygienic foods provided by local restaurants
- Trekking with English speaking professional trekking guide and porter

Trip Facts

- Starting Price: US\$1399.00 (Per Person)
- Duration: 17 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle / Aeroplane
- Trekking Style: Lodge to Lodge Trek
- Accommodation: Hotel and Guest House
- Max. Altitude: 5,545 meters Kalapathar
- Min. Pax: Any
- Best Season : Month of March till May and Month of Sept to December

Itinerary Details

Day 01 : Arrive at Kathmandu (Tribhuban International Airport) and transfer to the Hotel. Preparation of trekking and overnight

Representative from Nepal highland Treks greet you in international airport. Your hotel for the airport is about 7 kilometers takes 20 minutes driving. Check in the room and rest. Stay in briefing with Nepal highland treks team including your guide. Final preparation of the trip, check your trekking equipment with the help of your guide. Entire trekking equipment are available to buy in Kathmandu in case of any trekking equipment need to buy here.

Day 02 : Drive Kathmandu to Phaplu (266 km - 8 Hours) Overnight at local lodge

Start driving to Phaplu after your breakfast in Hotel. Drive through scenic road starts from Dhulikhel, Khurkot Ghurmi, and various settlement of different cast group of Nepal. Driving road is with beautiful Pine, Rhododendron forest, magnificent George, mountain ranges and Rivers. Salleri is headquarter of Solukhumbu district where you will get quite nice comfortable accommodation.

Day 03 : First day of trekking starts. Trekking to Nunthala (6/7 Hours – 1,823m) overnight at local guest house

Trekking route goes ups and down walking through Sherpa villages with Tibetan style of settlement and their culture. Enjoyable trekking path is awesome view of Numbur Himal accompanied by local scenario. Every villages have locally made old monastery represent Tibetan Buddhism to practice their religion. Reaching to Nunthala is nice and a large village. Nice place of mixed settlement of Sherpa, Rai, Magar, Tamang of Hindu and Buddhist. Village is more interesting with lots shops, tea houses, local lodges and stores.

Day 04 : Trek to Paiya/ Paya (8 Hours – 2,730m) overnight at local guest house

Quite long day but easy walk through community of Sherpa, Magars and other mix-up. The view of Lukla village and Nunthala valley surprise us. Descent and ascent through alpine forest, and cross the Dudhkoshi River. Steep hill climb to reach top ridge of Buspa Danda offering super views of mountains and landscape. Middle of forest Paiya village is nice stop to overnight.

Day 05 : Trek to Phakding (5/6 Hours – 2652m) overnight at local guest house

Our trek meet today the regular trekking trail starting from Lukla after flying from Kathmandu. Easy trekking trail goes till Surke. Gradually ups trail to Chaurikharka, Chhepung, Nurning and to Phakding. The impressive view of Kusum Kangaru, Buddhist village with mani walls makes trail impressive. Phakding have various lodges for trekkers where you will find nice suspension bridge over Dudh Koshi River

Day 06 : Trek to Namche Bazar (3,440m) 6/7 Hours. Overnight at tea house

After your breakfast start trekking to Namche Bazar (Biggest town in Everest region). We pass big suspension bridge at the beginning. Then our trail become slightly up hills. Route is passing through alpine forest along with Dudhkoshi River. We also pass Benkar village, Monjo village and Jorsalle on the way. After having our lunch, we start tough up hills walking and reach Namche.

Day 07 : Acclimatization and rest at Namche. Hike to Everest view hotel (3,880m) and back to Namche for overnight

It is acclimatization day and we take hiking tour around. Hike to Everest view hotel and Khumjung village. Visit local monasteries and Hillary school. It is pleasant day to have your lunch at Khumjung village with front view of Mount Everest, Lhotse, Nuptse, Thamserku, Amadablam and others. Come back to Namche. Walking around in Namche get more refresh

Day 08 : Trek to Tengboche (3,860m) 5/6 hours. Overnight at tea house

We trek an easy way with front view of panoramic mountain up to Phunki Thanga, small River side village. From here, trekking route start to be up hills. It contains some of the major ascend toward Tengboche. Tengboche is famous with Tengboche monastery and it is one of the largest monastery in Everest region. Monastery open from 3 pm and it is good visit at their evening chanting by lamas

Day 09 : Trek to Dingboche (4,410m) 5/6 hours. Overnight at tea house

Trekking through Rhododendron forest reach at Deboche village. After Diboche valley reach at Pangboche village which is having biggest settlement of Sherpa peoples. We still have good view of Mount Everest, Lhotse and Amadablam. Trekking trail than follow through upper Pangboche for exploring an oldest pangboche monastery. After walking some minor ascends, we can see picturesque village of Dingboche with beautiful potato fields.

Day 10 : Acclimatization in Dingboche. Hiking around and overnight

It is good to have acclimatized here before you reach at Everest Base Camp. Instead of staying inactively, we make hiking around the valley. We climb up behind the valley. It is good view of some 8000 miter Himalayas and several other climbing peaks. Instead of hiking long, we back to lodge and take rest for tomorrow's ascent.

Day 11 : Trek to Lobuche (4,910m) 4/5 hours. Overnight at tea house

It is short hiking at high altitude. We start after your breakfast in Dingboche. After walking around three hours in wide valley we reach at Duglha. You're walking than reach some tough ascending. You may feel hard to breathe as it is thinner air in high altitude. You will reach Lobuche. Lobushe is small settlement with fewer tea houses only. You have to be prepared with chilly night.

Day 12 : Trek to Everest Base Camp (5,360) and back to Gorakhshep (5,180m) for overnight. 7/8 hours

Day of reaching at base camp of highest peak of the earth, you are at the day of reaching your dream. It is better to start trekking as earlier as possible after your breakfast. The trekking trail to Everest Base Camp is not hard but it is continuously ascending and descending at glacier rocky trail. Everest base Camp is extremely beautiful. Panoramic Mountains including Everest is surroundings. We will come up to near from Khumbu Glacier and see icefall from slopes of Mount Everest. We then come back to Gorakhshep for our overnight

Day 13 : Climb Kalapathar at early in the morning (5,545m) and trek down to Pheriche (4210m) 7 hours. Overnight at tea house

We prepare with our small bag with hot drinking water and some nuts. It is about one and half hours climbing. When we start, it is dark and chilly. Get sunrise view and panoramic mountain views which is probably the best view ever in this trekking. We come down to Gorakhshep and have breakfast. Hike back to Pheriche for overnight

Day 14 : Trek to Namche (3410m) 6/7 hours. Overnight at tea house

All the way down hill from Pheriche to Phunki Thanga. We can choose either Tengboche or Phunki thanga for our lunch. Small ascend involve after phunki Thanga to the top. Again an hour downhill reach Namche. You can feel more relax at Namche having nice walking soundings. Namche is having some of the goods cafes, shops and restaurants

Day 15 : Trek Namche to Lukla (2860m) 6/7 Hours. Overnight at tea house

Today is quite long walking down and flat land. It is same way back as we crossed Jorsalle, Manjo, Benkar, Phakding and other small villages on the way. From Jorsalle we cross area of Everest National park. Enjoy your walking with several suspension bridge over Dhudhkoshi river

Day 16 : Fly back to Kathmandu. Trekking ends

Fly early in the morning from Lukla to Kathmandu. You can view Scenic Mountain and green hills from tiny flight. Drive from Kathmandu domestic airport

Day 17 : Departure from Nepal

You also have option to get one more rest day in Kathmandu. As per the itinerary, today is the departure day. Nepal highland treks provide you transportation drop to International airport. It is important to reach there 3 hours before your flight time.

Cost Includes

- Airport picks up and drops arrangement

Phaplu to Everest Base Camp Trekking

- 2 nights accommodation in 3* category hotel Kathmandu on twin sharing with breakfast
- Everest Trekking permit and TIMS card (Local tax)
- Private jeep from Kathmandu to Phaplu
- Flight back ticket from Lukla to Kathmandu
- Accommodation in tea house on twin sharing during trekking (Room with attached bathrooms are provided in Lukla, Namche and in Phakding)
- Three times foods during trekking (Breakfast, Lunch and Dinner) including tea and coffee
- An English speaking trekking guide and supporter (2 peoples = 1 supporter) with their foods, accommodation, insurance, equipment
- Emergency rescue management, First Aid kit
- Duffel bag to put your stuffs and handover it to Porter
- Warm down sleeping bag in returnable base if you need
- One evening dinner at authentic Nepali cultural restaurant
- Management of emergency evacuation in case of need
- Government taxes and official service charge

Cost Excludes

- Lunch and dinner while at Kathmandu
- Bar bills, soft drinks/ bottled drinks including drinking water
- Hot shower, battery charges, communication cost and internet at local tea houses
- Personal equipment, personal insurance, medical expenses, cost of emergency rescue in case of need
- Nepal entry visa (USD 50 per person for one month) you can get on arrival visa.
- International air fair
- More than 3 cups of hot drinks per day
- Accommodation upgrading more than 3 star hotel in Kathmandu and Deluxe tea houses on the way at available places. More than 3 star hotel in Kathmandu and Super deluxe tea houses on the way in trek can be upgrade as per your interest
- Extra activities mentioned than in our itinerary and cost including
- Tipping to staffs

Useful Note

You can also trek Phaplu to Everest base camp by taking Kathmandu Phaplu flight and back to Kathmandu from Phaplu by flight again. Phaplu flight is not dangerous and scary flight like Lukla. Here is the suggested itinerary

DAY 01:ARRIVE AT KATHMANDU (TRIBHUBAN INTERNATIONAL AIRPORT) AND TRANSFER TO THE HOTEL. PREPARATION OF TREKKING AND OVERNIGHT
DAY 02:FLY TO PHAPLU (20 minutes) AND TREKKING STARTS. TREKKING TO NUNTHALA (6/7 HOURS – 1,823M) OVERNIGHT AT LOCAL GUEST HOUSE

Phaplu to Everest Base Camp Trekking

DAY 03:TREK TO PAIYA/ PAYA (8 HOURS – 2,730M) OVERNIGHT AT LOCAL GUEST HOUSE

DAY 04:TREK TO PHAKDING (5/6 HOURS – 2652M) OVERNIGHT AT LOCAL GUEST HOUSE

DAY 05:TREK TO NAMCHE BAZAR (3,440M) 6/7 HOURS. OVERNIGHT AT TEA HOUSE

DAY 06:ACCLIMATIZATION AND REST AT NAMCHE. HIKE TO EVEREST VIEW HOTEL (3,880M) AND BACK TO NAMCHE FOR OVERNIGHT

DAY 07:TREK TO TENGBOCHE (3,860M) 5/6 HOURS. OVERNIGHT AT TEA HOUSE

DAY 08:TREK TO DINGBOCHE (4,410M) 5/6 HOURS. OVERNIGHT AT TEA HOUSE

DAY 09:ACCLIMATIZATION IN DINGBOCHE. HIKING AROUND AND OVERNIGHT

DAY 10:TREK TO LOBUCH (4,910M) 4/5 HOURS. OVERNIGHT AT TEA HOUSE

DAY 11:TREK TO EVEREST BASE CAMP (5,360) AND BACK TO GORAKHSHEP (5,180M) FOR OVERNIGHT. 7/8 HOURS

DAY 12:CLIMB KALAPATHAR AT EARLY IN THE MORNING (5,545M) AND TREK DOWN TO PHERICHE (4210M) 7 HOURS. OVERNIGHT AT TEA HOUSE

DAY 13:TREK TO NAMCHE (3410M) 6/7 HOURS. OVERNIGHT AT TEA HOUSE

DAY 14:TREK TO SURKE

DAY 15:TREK TO NUNTHALA

DAY 16:TREK TO PHAPLU

DAY 17:FLY BACK PHAPLU TO KATHMANDU

DAY 18:DEPARTURE

Trip Note

Trip cost is based on 2/3 pax group : - If this trek is with single pax, trip cost USD 1,725 and if group size is more than 3 pax, cost reduce accordingly. You will also have option to join this trek as small group in our available date. In the case of single pax, we can try our best to make other join in your date. In single pax trek, we provide you only one staff a guide com porter.

Booking procedure and payment

To book this trip, we need your passport copy by email and trip confirmation amount of USD 150 per person. You can pay us trip confirmation amount by bank transfer, by online credit card system. Rest of the payment can made after your arrival in Kathmandu. Paying by credit card, bank transfer or cash.

Cancellation policy

Free cancellation if you cancel your trip 2 month before your trip starts. USD 150 per person is the cancellation charge if you cancel your trip after 2 month time. You have option to transfer your advance amount for next trip or replace it for another friend.

Packing List for Phaplu to Everest Base Camp Trek

Round cap to protect from sun during sunny day

Warm head cover cap

Muff to cover mouth from heavy wind and cold

Phaplu to Everest Base Camp Trekking

2 pairs warm inner thermal and trouser
1 pair warm outer trouser
1 pair wind proof warm outer trouser
One pair light and warm jacket or sweeter
One pair down jacket
One pair wind proof jacket
2 pairs light shocks
2 pair warm shocks
1 pair light shoe or sandal
1 pair warm water proof trekking shoes
2 pairs light trouser or half paint for walking during day and hot temperature
3 to 4 pairs of light t-shirt
Warm glove
Rain coat (cover body and backpack)
20 litter polar bag for trekking, carrying yourself (Trekking bag pack)
Duffel bag, (Nepal Highland Treks provide you in Kathmandu) for porter
Down Sleeping bag with its Inner (You can take from Nepal Highland Treks in returnable)

Other accessories

Head lamp with enough battery
Camera and its battery
Battery charger
Trekking sticks
Phone and charger
lip care
Sun cream
Toilet papers
Hand wash lotion
Tooth brush and tooth paste
Washing soap and bath shampoo
Quick dry towel

Note: You can buy above mentioned trekking equipment in Kathmandu Nepal also.

Departure Note