

# Everest Base Camp Trekking During Mani Rimdu Festival

## Package Highlights

- Everest Trek and explore Mani Rimduk festival in Tengboche
- Stay overnight in local guest houses and use local foods prepared by local guest house and restaurant
- Trek lead by professional trekking guide and Porters are provided (1 porter = 2 Trekkers)
- Trekking through scenic landscape of Khumbu region, unique local villages, interact with local peoples and their cultures
- High Himalayan views every day in trek, climb to Kalapathar and reach at Everest Base Camp

## Trip Facts

- Starting Price: US\$1325.00 (Per Person)
- Duration: 15 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
- Mani Rimdu festival date : Fixed by Monk every year

## Itinerary Details

### **Day 01 : Arrival at Tribhuban International airport of Kathmandu. Transfer to Hotel and Overnight 1350m**

Representative from Nepal Highland Treks pick up you from International airport and transfer to Hotel. If you get time, we will discuss about your trip and check your trekking gears. Overnight at Hotel

### **Day 02 : Day in Kathmandu. Sightseeing to UNESCO heritage sites and trip preparation. overnight at Hotel**

After your breakfast in Hotel, our tour guide will lead you to sightseeing at UNESCO heritage sites of Kathmandu valley. Bhaktapur Durbar Squire (Old King palace with arts

and architecture), Bauddhanath Stupa (Biggest Buddhist Stupa) and Pashupatinath temple (A biggest Hindu temple). Come back to hotel and final preparation of your trekking.

**Day 03 : Fly to Lukla (2,860m) and trek to Phakding (2,652m) 3/4 hours. Overnight at tea house**

Early in the morning we drive to domestic airport for your flight to Lukla. It is early morning flight about 35 minutes. Scenic flight with tiny aircraft takes off you at Hillary airport (Lukla). Introduce with your porter. After managing your luggage, start walking toward Phakding. The trail follows the bank of the Dudhkoshi River. Easy and flat walking takes only around 4 hours.

**Day 04 : Trek Phakding 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 05 : Trek Namche to Tengboche. The place of Mani Rimdu festival celebrate (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 06 : Day in Tengboche to observe Mani Rimdu Festival and also for acclimatization. Overnight and local tea house**

Mani Rimdu festival happen in Tengboche Monastery. The main activities of festival is Chanting Buddhist mantra by monks, Special music by their instrument and Mask dance. Local peoples gather as huge number. Observe the festival and also can hiking around

**Day 07 : Trek Tengboche 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 08 : Trek Dingboche 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. Lobuche is small settlement with fewer tea houses only. You have to be prepared with chilly night.

**Day 09 : Trek Lobuche 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 10 : 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 11 : Trek Pheriche 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 12 : 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 13 : Fly back to Kathmandu and transfer to Hotel. Rest**

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 and check in hotel. Nepal Highland Treks invite you to have together dinner in typical Nepali cultural restaurant. Share your experience of Everest Base camp trekking

### **Day 14 : An extra day in Kathmandu. Relax or choose your activities**

A reserve day in Kathmandu is for relaxing after your long days trekking. You still can choose some other activities around Kathmandu valley. Otherwise you have good walking around Thamel to have shopping souvenirs for your relative and friends.

### **Day 15 : Departure and farewell**

It is normally to be at International airport 3 hours before your flight time. It only takes 20 minutes drive to reach Airport from Thamel. We manage transportation for your final departure

### **Cost Includes**

- Airport picks up and drops arrangement
- 4 nights' accommodation in Kathmandu on twin sharing with breakfast
- Sightseeing tour in Kathmandu valley with Guide, transportation and entrance fees
- Everest Trekking permit and TIMS card
- Flight ticket of Kathmandu – Lukla – 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
- 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 30 per person for a month multiple visa, USD 100 per person for 3 months multiple visa) you can get on arrival visa.
- International air fair
- More than 3 cups of hot drinks per day

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- Accommodation upgrading (more than 3 star hotel in Kathmandu) and Deluxe tea houses on the way
- Extra activities mentioned than in our itinerary and cost including
- Tipping to staffs

### **Useful Note**

### **Trip Note**

### **Departure Note**