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7 Days Everest Base Camp Trek

URL: <https://nepalbasecamptreks.com/trip/7-days-everest-base-camp-trek/>

Trip Code

NBT 051

Destination

Nepal

Activity

Treks

Start / End Point

Lukla / Lukla

Duration

5

Per Person From

USD 750

Region

Everest Region Treks

Max. Altitude

3800m

Nature Of Trek

Tea House to Local Basis

Best Season

All round year

Activity Per Day

4-6hrs

Transportation

Domestic Fligh

Challenging

Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Highlights of 7 Days Everest Base Camp Trek

- Scenic short flights to and from Kathmandu-Lukla both ways with awesome mountain panorama.
- Explore local Sherpa traditional farm villages and colorful culture of Buddhist religion and heritage.
- Daily grand views of snow-capped peaks with stunning Everest and Ama Dablam mountains.
- Within high Khumbu Sherpa capital at Namche Bazaar with marvelous scenery and views.
- Tour of Nepal impressive world heritage sites around Kathmandu of great interest.

7 Days Everest Base Camp Trek

Short Everest Trekking, a perfect way to get a close glimpse of world number Mt. Everest which stands at 8,848 m and 29,028 ft high, a great journey within a short duration of four days an ideal moderate adventure for people with limited time and stringent Everest Base Camp Packages. Our Short Everest Trekking where all types of people can join in from family-school / college groups to corporate executives, as this walk leads you gaining altitude slowly to reach our highest point of the adventure at Namche Bazaar located above 4,440 m high with incredible views of giant peaks of Khumbu areas.

Short Everest Trekking starts with a scenic flight from Kathmandu to land at Lukla airstrip, and then following a nice trail within Sherpa villages encountering Mani Walls (Buddhist prayer) and into the cool shade of alpine woodland to reach Namche Bazaar. Namche Bazaar the capital of Khumbu Sherpa with beautifully carved houses serving as hotels and lodges for trekkers with excellent service and meals with rooms facing views of mountains, Namche Bazaar a lively town or a large village filled with stores-shops-restaurants-hotels-post office and banks as well.

Namche also holds colorful and busy Saturday market once a week, which is interesting to observe on that day, after a marvelous time at Namche head back to Lukla for the flight back to Kathmandu after memorable walks and interesting moment on Short Everest Trekking.

Detail Itinerary of Short Everest Trekking

Day 1: Arrival In Nepal

On arrival in Kathmandu capital city and hub of Nepal received by our guide and staff and then transfer to your hotel in the heart of Kathmandu, with time for group briefing and information regarding your trip in Nepal where evening includes welcome dinner in a nice authentic Nepalese restaurant with folk programs to entertain you during dinner.

Day 2: Fly to Lukla 2,820 m and trek to Monjo 2,860 m

Early morning transfer to domestic airport, after security formalities board on a smaller aircraft (twin otter / Dornier) for short panoramic flight to Lukla.

On arrival, you received by our trekking staff and guides within Lukla and the start first-day walk (lunch depending upon the time of arrival at Lukla either in Lukla or few walks further down on route) to Phakding.

The walk leads down with gradual walks on the well-defined trail with views of peaks along the way, and then with few ups overlooking peaks of Kusum-Kangru 6,369m, and then crossing a suspension bridge, a short climb brings at Ghat village, as walk continues to Phakding village located by the bank of Dudh-Kosi glacial River.

From Phakding, on crossing the bridge over Dudh-Kosi, as our walk leads to short up and downhill and re-crossing the same river again for some time, with a magnificent view of Thamserku 6,608m, then

reaching a nice looking village at Monjo for an overnight stop in the comfort of the nice good lodge.

Trek Duration

5 Hours

Highest Altitude:

2,860 m

Day 3: Trek to Namche Bazaar

After Monjo, walk to an entrance to Sagarmatha National Park (Sagarmatha for Everest in Nepali and Sherpa calls Chomolungma of Tibetan origin, in both language means 'Great Mother')

From here a short descend leads to Jorsalle village the last village before Namche Bazaar is reached, walking on the Riverbank and then climb for another few hours within green forested areas of rhododendron-oaks and pines trees.

After a climb ending the day at famous Namche Bazaar, in the backdrop of Kwangde, Kusum Kangru, Mt. Everest- Nuptse, Lhotse and Taweche peaks.

Namche Bazaar a lively town and a large village with facilities of banks-post office-cyber café-ATM and many good restaurants-fresh bakeries including well-stocked stores and shops.

Afternoon short hike around to its scenic viewpoints at Sagarmatha National Park Headquarter, a magnificent spot on top Namche Bazaar with breathtaking views of giants Mountains and landscapes, visit its interesting museum for information on local history of Himalayas, geography, culture, mountaineering and existing information on flora and fauna of the region, afternoon at leisure.

Trek Duration

4 Hours

Highest Altitude:

3,440m

Day 4: Trek back to Lukla and transfer to lodge

After a wonderful experience and great time at Namche, a long day walk back to Lukla as our route leads on the same scenic trails downhill to Dudh Kosi River and then past Monjo and Pakding villages to reach at Lukla for last overnight stops around high Khumbu and Everest areas.

Trek Duration

6 Hours

Day 5: Fly back to Kathmandu and transfer to hotel with a free afternoon at leisure.

Morning transfer to small Lukla airport for scenic short flight back to Kathmandu after a great marvelous

walk on the high hills of Khumbu within the shadow of Everest, during flight facing panorama of snow-capped peaks till plane lands at Kathmandu.

On reaching Kathmandu airport then transfer to your respective hotels with a free afternoon at leisure to relax after a wonderful short Everest Trekking.

Day 6: Guided Tour at places of interest around world heritage sites in Kathmandu.

Morning tour in the heart of Kathmandu with famous old Durbar Square with many monuments around Kathmandu Durbar Square, the house of the Living Goddess (Kumari Ghar), the ferocious Kal Bhairab, the red monkey god, and hundreds of erotic carvings are a few examples of the sights at the Square! The buildings here are the greatest achievements of the Malla dynasty.

Visit Kasthamandap a unique type of wooden temple also known as Maru Satal, built in 1596 A.D. by King Laxmi Narsingh Malla. The name Kathmandu derived from a temple built with the wood of a single tree.

After a time in Durbar Square, a short drive to Swayambhunath (Monkey Temple) of 25 centuries old, stands as one of the world's oldest Buddhist Chaitiya or Stupa.

The Great Stupa of Swayambhunath is the wonder that was Nepal, the glory that was Nepal. It is listed a World Heritage for Site with all seeing eyes of Lord Buddha, keeping an eternal watch on the Valley distinguishing between vice and virtue.

Afternoon visit Bouddhanath Stupa, the largest Buddhist shrine of South Asia, this ancient colossal chorten was built in the 6th century A.D. by King Man Deb. It rests on a series of three terraces and from the bird's eye view it takes the relevant shape or of a lotus flower which indeed remains a very holy object for all the devout Buddhists of the world.

From here a short drive leads to Pashupatinath a holy Hindu Temple dedicated to Lord Shiva placed on the bank of Bagmati River, although non-Hindu are not allowed inside the main premise, however, one can watch the devotees and pilgrims on religious prayer from the other side of the river.

Finally, our day tour concludes with a drive back to your hotel with rest of the afternoon free at leisure.

Day 7: International departure for homeward bound.

As per your international flight time depart from the hotel, our guide, and staff transfer you to the airport for your flight back home or to next respective destination, after an enjoyable and memorable time on Short Everest Trek with great service of Base Camp Trekking.

Group Discounts Available

No. of Persons	Price per Person
1+	USD 750

Address

Nepal Base Camp Treks Pvt. Ltd

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal