

# Everest Base Camp 2020

**AURORA**  
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**Departing:** 13 October - 30 October 2020

Minimum 8 participants departing, maximum 20.

**Price:** \$4,890pp ex Kathmandu



**This 14-day Everest Base Camp adventure offers trekkers the best this area has to offer, and is truly an incredible experience of this magnificent region and its fascinating people.**

From Lukla (2,805m) we trek to Namche Bazaar (3,436m) for a day of acclimatization and optional hikes. From Namche we explore the Sherpa villages of Khunde and Khumjung before heading for Everest Base Camp. A day-hike along the Khumbu Glacier to Everest Base Camp (5,364m) and a climb of Kala Patthar Peak - 5,550m for a close encounter with Mt. Everest surrounded by some of the highest mountains on the Earth.

This is a moderate to difficult Everest Base Camp trek from 2,805m to 5,550m with optional day hikes up to 5,550m. Come join us on this Nepalese adventure to the roof of the world!

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## Inclusions

Your trek cost includes:

- Pre-Adventure Strength and Conditioning Program prepared by our Aurora Exercise Physiologists specifically for this adventure (8 weeks and 2 fully supervised sessions for Brisbane trekkers or our 12 week Remote Preparation Program for interstate trekkers).
- Trained Himalayan guides & support team including one porter per 2 trekkers
- Australian Trek leader
- Dedicated Wilderness/Remote Area medic & fully stocked first aid kit
- Trek shirt, trek hat
- Sunscreen, anti-septic hand-wash
- All relevant Park fees
- All accommodation and meals as described in the itinerary
- Transfers and plane flights as described in the itinerary other than international flights
- Plane flight Kathmandu / Lukla return or equivalent air transfer
- Travel Insurance
- 8 week pre-adventure newsletters and administration support

## Exclusions

- Lukla – Kathmandu helicopter flights on sharing basis USD\$ 550 per person (In case of bad weather)
- Single supplement fee USD\$ 135 per single room (only available in Kathmandu)
- Bar bills, extra drinks (mineral water, beer, coke, chocolate etc),
- Personal nature expenses, personal trekking gear (Jacket & Sleeping bag),
- Extra night accommodation if earlier return from trekking by any reason,
- Extra cost occur by any reason such as strike, landslide and accident etc,
- Tips for trekking staffs
- Visa fee for Nepal and International flight

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## Everest Base Camp 2020

### Itinerary

#### Day 1

Arrive at Kathmandu airport and transfer to Hotel Marshyangdi.

#### Day 2

Explore around Kathmandu

#### Day 3

Fly to Lukla - 2800m and trek to Tok Tok - 2623m

#### Day 4

Trek from Phakding - 2523m to Namche Bazar - 3436m

#### Day 5

Explore around Namche (Visit Kunde and Kumjung, E.V Hotel)

#### Day 6

Visit Thame and return to Namche Bazar - 3400m

#### Day 7

Trek from Namche Bazar - 3400m to Dihuche - 3776m

#### Day 8

Trek from Dehuchi - 3776m to Dingbuche - 4350m

#### Day 9

Explore around Dingbuche - 4350m

#### Day 10

Trek from Dingbuche - 4350m to Lobuje - 4740m



#### Day 11

Trek from Lobuje - 4740m to Kalopather - 5550m and return to Gorakshep - 5140m

#### Day 12

Trek from Gorakshep - 5140m to Everest Base Camp - 5390m and return to Gorakshep - 5140m

#### Day 13

Trek from Gorakshep - 5140m to Pangbuche - 3930m

#### Day 14

Trek from Pangbuche - 3930m to Namche - 3436m

#### Day 15

Trek from Namche Bazar - 3400m to Lukla - 2840m - Tea shop

#### Day 16

Fly out Lukla-Kathmandu and transfer to Hotel Marshyangdi

#### Day 17

Kathmandu

#### Day 18

Transfer to Airport