

Himalayan Trek – Bucket List Holidays



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12 days of adventure and breathtaking scenery

Welcome to the majestic Himalayas of Nepal! We are thrilled to present to you our 12-day adventure through the breathtaking mountain landscapes and cultural wonders of this incredible region.

Prepare to be captivated as you embark on a journey that will take you to the iconic Mount Everest Base Camp, where you'll stand in awe of the world's highest peak. Immerse yourself in the rich heritage and spirituality of Kathmandu, as our knowledgeable guides lead you through its ancient temples, vibrant markets, and hidden gems.

As you trek through the Himalayas, you'll witness awe-inspiring vistas of snow-capped peaks, pristine valleys, and remote mountain villages. Experience the warm hospitality of the local Sherpa people, who will share their stories and traditions with you along the way.

This itinerary is carefully crafted to provide you with an unforgettable adventure, blending exhilarating trekking challenges with moments of tranquility and

reflection. Whether you are an experienced trekker or embarking on your first Himalayan expedition, this journey promises to leave an indelible mark on your heart and soul.

We are here to assist you every step of the way, from helping you with travel arrangements to providing expert guidance on trekking preparations. Our team is dedicated to ensuring your safety, comfort, and enjoyment throughout the entire trip.

Get ready to create lifelong memories, forge new friendships, and embrace the extraordinary beauty of the Himalayas. We can't wait to be a part of your unforgettable journey through Nepal's majestic mountains.

Namaste and welcome to the adventure of a lifetime!

Day 1: Arrival in Kathmandu



- Arrive at Tribhuvan International Airport in Kathmandu
- Transfer to your hotel and settle in
- Explore the vibrant streets of Kathmandu and immerse yourself in the rich culture and history of the city

Day 2: Kathmandu Sightseeing



- Embark on a guided tour of Kathmandu's UNESCO World Heritage Sites, including Durbar Square, Pashupatinath Temple, Boudhanath Stupa, and Swayambhunath Stupa
- Learn about the ancient history, architecture, and religious significance of these iconic landmarks

Day 3: Fly to Lukla and Trek to Phakding



- Take a scenic flight from Kathmandu to Lukla, enjoying breathtaking views of the Himalayas
- Begin your trek from Lukla to Phakding, passing through picturesque Sherpa villages and enjoying the peaceful mountain scenery

Day 4: Trek to Namche Bazaar



- Continue your trek to Namche Bazaar, the gateway to the Everest region
- Experience the vibrant Sherpa culture, explore local markets, and enjoy stunning views of Mount Everest and other surrounding peaks

Day 5: Acclimatization Day in Namche Bazaar



- Take a day to acclimatize to the high altitude in Namche Bazaar
- Explore the town, visit the Sherpa Museum, and hike to the nearby Everest View Hotel for panoramic views of the Himalayas

Day 6: Trek to Tengboche



- Resume your trek towards Tengboche, home to the famous Tengboche Monastery
- Marvel at the stunning views of Everest, Ama Dablam, and other Himalayan peaks along the way

Day 7: Trek to Dingboche



- Continue your trek to Dingboche, a picturesque village nestled in the Khumbu Valley
- Enjoy breathtaking views of the surrounding mountains and immerse yourself in the serene mountain atmosphere

Day 8: Acclimatization Day in Dingboche

- Spend a day acclimatizing in Dingboche
- Take a hike to Nagarjun Hill for panoramic views or explore the village and interact with the friendly locals

Day 9: Trek to Lobuche



- Trek to Lobuche, located at the foot of the Khumbu Glacier
- Enjoy the dramatic mountain scenery and prepare for your ascent to Everest Base Camp

Day 10: Trek to Everest Base Camp and Gorak Shep



- Embark on the exhilarating trek to Everest Base Camp, an iconic destination for mountaineers
- Explore the base camp area and soak in the awe-inspiring surroundings
- Continue to Gorak Shep for an overnight stay

Day 11: Hike to Kala Patthar and Trek to Pheriche



- Wake up early to hike up to Kala Patthar for a breathtaking sunrise view of Mount Everest and the surrounding peaks
- Descend to Pheriche for a well-deserved rest and relaxation

Day 12: Trek to Namche Bazaar and Fly back to Kathmandu



- Trek back to Namche Bazaar, retracing your steps through the stunning Himalayan landscapes
- From Namche Bazaar, fly back to Kathmandu, where you can relax, shop for souvenirs, and reflect on your incredible adventure

Note: This itinerary is subject to change depending on weather conditions, trekking pace, and individual preferences.

Best Time to Travel: The best time to undertake this trek is during the spring (March to May) and autumn (September to November) seasons, when the weather is generally favorable, and the skies are clear, offering spectacular views of the mountains.

Please keep in mind that trekking in the Himalayas requires a good level of physical fitness and stamina. It is essential to prepare yourself physically and mentally for the challenges and high altitude conditions.

We recommend consulting with your healthcare provider before embarking on this trek to ensure you are in good health and able to handle the physical demands of the journey.

Throughout your trek, you will be accompanied by experienced guides and porters who will ensure your safety and provide valuable insights into the local culture and environment.



We hope this itinerary has inspired you to embark on this incredible adventure through the Himalayas of Nepal. If you have any questions or would like to start planning your trip, please don't hesitate to contact us. We look forward to helping you create a memorable and life-changing experience in the majestic Himalayas.

Safe travels and enjoy the beauty of the Himalayas!