



# MISSION SUMMIT TREKS & EXPEDITION PVT. LTD.

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**Namaste Traveller,**

## **Subject: Details for Everest Base Camp Trek without Lukla Flight (BY Road)**

Greetings from **Mission Summit Treks!** We're excited to share a special travel plan that will make your dream adventure come true. We've thought about what you like and created a detailed plan for your journey. It includes exciting exploration, relaxing moments, and a chance to experience new cultures.

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### **Trip Highlights**

- The world's highest peak Mt. Everest (8,848m above mean sea level)
- Can see two other peaks Lhotse, and Makalu higher than 8,000m from Trail.
- Mt. Everest Base Camp and Kala Pathar.
- Khumbu glaciers.
- Khumjung and Namche village.
- Monastery ( Tangbuche and Khumjung)
- Snow Leopard, Musk Deer, Red Panda, and Himalayan Monal
- Get a chance to Explore Sherpa culture and village
- Lukla Airport
- Total walking days is 10 Days

### **Outline Itinerary**

Day 01: Arrival at Kathmandu and check into Hotel

Day 02: Drive to Salleri (7,578ft/2309 m) from Kathmandu. 7/8 hours. O/N at tea house.

Day 03: Drive to Thamdanda (7,631.23ft/2326m) from Salleri, 6 hours. O/N tea house.

Day 04: Trek to Phakding 9 2791m/9,156ft) from Thamdanda, 6 hours. O/N at tea house.

Day 05: Trek to Namche (3440m/11,286ft) from Phakding, 7 hours. O/N at tea house  
Day 06: Rest day in Namche. O/N in tea house.  
Day 07: Trek to Tengboche (12,566.4ft/3860m) from Namche, 5/6 hours. O/N at tea house.  
Day 08: Trek to Dingboche (14,468ft/4410m) from Tengboche, 5 hours, O/N at tea house.  
Day 09: Rest day in Dingboche (14468ft/4410m), short hiking in Nagarjuna peak. O/N at tea house.  
Day 10: Trek to Lobuche (16,210ft/4940m) from Dingboche, 5, 6 hours. O/N at tea house.  
Day 11: Trek to Gorek Shep (16942ft/5164m) from Lobuche, 5 hours, 1 hour hike to Everest base camp (5364m). O/N at tea house.  
Day 12: Early morning climb to Kalapatthar (5545m), Trek down to Pheriche (4270m), 5 hours. O/N at tea house.  
Day 13: Trek to Namche (3440m) from Pheriche, 8 hours, O/N at tea house.  
Day 14: Trek to Surke (7575.46ft/2309m) from Namche, 6/7 hours, O/N at tea house.  
Day 15: Trek to Thamdanda (7,631.23ft/2326m) 5 hours and drive to Salleri, 3 hours. O/N at tea house.  
Day 16: Drive back to Kathmandu and shift to Hotel.  
Day 17: Departure from Nepal.

## THIS TRIP INCLUDES

- Airport Pickup and Drop
- Kathmandu Accommodation = 2Night
- Experienced trekking guide and porters
- Accommodation in comfortable teahouses or lodges
- All meals during the trek
- Sagarmatha National Park Entry Permit and Khumbu Pasang Lhamu Rural Municipality Permit
- Transportation from Kathmandu to Sallari (For 2 Pax = Jeep with sharing Basis For 4 Pax= Private Jeep)
- Private Jeep Sallari to Thamdanda
- First Aid kit
- Farewell dinner in Kathmandu

## THIS TRIP EXCLUDES

- International airfare to and from Nepal
  - Nepal entry visa fees
  - Personal expenses such as snacks, drinks, and souvenirs
  - Travel insurance (compulsory for all trekkers)
  - Tips for guides and porters
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### **Day 01: Arrival at Kathmandu and check into Hotel**

After your arrival in Kathmandu airport, our company member will welcome you and drop you to hotel. In the evening you will meet your guide and get briefing of your trek. Also you will have welcome dinner with the company members.

### **Day 02: Drive to Salleri (7,578ft/2309 m) from Kathmandu. 7/8 hours. O/N at tea house.**

After having breakfast we will drive towards Salleri, a beautiful village in Solukhumbu district. We will cover 266km to reach Salleri from Kathmandu. Passing Dhulikhel, Khurkot, Ghurmi, markets, forest and river we will reach Salleri after seven to eight hours of drive

### **Day 03: Drive to Thamdanda (7,631.23ft/2326m) from Salleri, 6 hours. O/N tea house.**

After having breakfast in Salleri we will start our driving towards Thamdanda. The off road on the hills of Solukhumbu is bumpy but you will enjoy the rhododendron forest, mountain ranges of Lhumbu region. Around six hours of drive takes us to Thamdanda for night stay.

### **Day 04: Trek to Phakding 9 2791m/9,156ft) from Thamdanda, 6 hours. O/N at tea house.**

After having breakfast we will start our trek and reach Lukla, the gateway to Namche. We will follow the same trekking trail towards Phakding from Lukla which will be followed by trekking coming from flight to Lukla. We will descend to bank of Dudhkoshi and continue the trek towards forest, cross different suspension bridges, walk through ChauriKharka, Chhepung, Nurning and reach Phakding.

### **Day 05: Trek to Namche (3440m/11,286ft) from Phakding, 7 hours. O/N at tea house**

We will start our trek from Phakding at around 8am. Passing Manjo village, Benkar village, Jorsalle village Pine trail and crossing biggest suspension bridge we will reach Namche and around seven hours of walk. You will enter the Sagarmatha national park from Manjo village where we will take our national park permit. The stone paved stair welcomes us to Namche.

### **Day 06: Rest day in Namche. O/N in tea house.**

To acclimatize our body in high altitude we will not go next destination but do short hiking nearby Namche. After having breakfast we will go uphill to view wonderful

mountain ranges aligned in Horizon of Everest region. The mesmerizing view of Mount Everest, Nuptse, Lhotse, Lhotse Shar, Amma Dablam, Tabuche, Cholache, Thamsherkhu, Khangteka from Namche view point and Everest view hotel completes speciality of Everest panaroma trek. We will also visit Khumjung village, Syangboche airport and taste local Sharpa's food, local tea and return to Namche.

**Day 07: Trek to Tengboche (12,566.4ft/3860m) from Namche, 5/6 hours. O/N at tea house.**

The easiest trial in Everest trekking route is Namche to Tengboche. Less uphill and wonderful view of Himalayan ranges through the trial makes the day amazing. We will pass Kaynjuma Sannasa, Phungi Thanga, and Tengboche monastery and reach Tengboche after 5/6 hours of walk.

**Day 08: Trek to Dingboche (14,468ft/4410m) from Tengboche, 5 hours, O/N at tea house.**

After having breakfast in Tengboche we will descend downwards to cross suspension bridge over Dudh koshi and ascend towards uphill. We will see the reduced vegetation on hills. Passing through Pangboche and Somare village, Imja stream we will reach Dingboche. The amazing beauty of Nuptse, Lhotse and Amadablam from Dingboche retain our tiredness of trek.

**Day 09: Rest day in Dingboche (14468ft/4410m), short hiking in Nagarjuna peak. O/N at tea house.**

To acclimatize the body in high altitude and prevent from altitude sickness we will take rest in Dingboche. After having breakfast we will do short hiking in Nagarjuna peak (5100m) for wonderful scenery of Mt Makalu. If we don't get tired we will trek to Chukhung and return to Dingboche for rest.

**Day 10: Trek to Lobuche (16,210ft/4940m) from Dingboche, 5, 6 hours. O/N at tea house.**

After having breakfast in Dingboche we will trek uphill towards Thukla. Grazing yaks, and mountain goats on the meadow shows Himalayan survival of animals. The wonderful view of Amadablam attracts us and our continuous walk takes us to Lobuche. It takes around 6 hours to reach Lobuche from Dingboche.

**Day 11: Trek to Gorek Shep (16942ft/5164m) from Lobuche, 5 hours, 1 hour hike to Everest base camp (5364m). O/N at tea house.**

The final resting place of Everest base camp trek without Lukla flight is Gorek Shep and the final destination is Everest base camp. We will trek to Gorak Shep from Lobuche and take rest for an hour. Selecting our rooms and leaving our bag in Gorekshep we will hike to Everest base camp which takes around 1 hours. The moranes and rocky surface, Khumbu Glacier and mountainous surrounding welcome us in EBC. Spending an hour in base camp we will return to Gorek Shep for night stay.

**Day 12: Early morning climb to Kalapatthar (5545m), Trek down to Pheriche (4270m), 5 hours. O/N at tea house.**

We will wake up around 4:00am and hike to Kalapatthar to see sunrise and amazing view of Mt. Everest, Nuptse, Pumori and other ranges. After spending sometime in Kalapatthar we will trek back to Gorekshep and have our breakfast. After having breakfast we will trek to Pheriche for night stay which takes around 5 hours from Gorekshep.

**Day 13: Trek to Namche (3440m) from Pheriche, 8 hours, O/N at tea house.**

We will trek to Namche following the downhill and uphill of Tengboche, Kangjuma, and pass Sannasa, Phungi Thanga to get to our destination. It takes around 8 hours to reach Namche. The trail will be the longest trail in Everest base camp trek without flight.

**Day 14: Trek to Surke (7575.46ft/2309m) from Namche, 6/7 hours, O/N at tea house.**

After having breakfast in Namche we will descend towards Manjo village and pass pine trail, suspension bridges and reach Phakding. We will have our lunch in Phakding and trek towards Surke for night stay.

**Day 15: Trek to Thamdanda (7,631.23ft/2326m) 5 hours and drive to Salleri, 3 hours. O/N at tea house.**

We will descend to Thamdanda from Surke following the easy trail of everest region. It takes around five hours to reach Thamdanda from surkey. After taking rest for an hour we will drive to Salleri for night stay.

**Day 16: Drive back to Kathmandu and shift to Hotel.**

We will return to Kathmandu in jeep. It takes around eight hours to reach Kathmandu from Salleri. We can enjoy the beauty of hills, mountains and river while returning back to Kathmandu. In the evening we will have farewell dinner with company members. In

this way the Everest base camp trek without Lukla flight competes after returning to Kathmandu.

### **Day 17: Departure from Nepal.**

Depending on your flight time our company member will leave you to airport for goodbye from Nepal.

### **Everest Base Camp Trek by Road Preparation**

A medium-level fitness is perfect for *EBC trek*. If you are a regular gym guy or regular runner then you are completely fit for this trek. If you are not doing any kind of physical activities and want to go for the Everest Base Camp Trek, then you need to do at least 4 to 5 kilometers of walking daily for about 60 days before your trek starts. The key here is to practice and walk for a longer duration on a jogging track on a regular basis.

#### **Check list**

Recommended Gear Lists:

- 01.) Good wind/rain jacket
- 02.) Warm fleece jacket or jersey
- 03.) Good boots, either light-weight trekking boots or light full leather boots
- 04.) Good -20 Sleeping bag (which can be rented or buy in Kathmandu)
- 05.) A comfortable day pack, preferably with a waistband.
- 06.) Fleece jacket or pullover
- 07.) Fleece Wind-Stopper jacket (optional)
- 08.) Waterproof (preferably breathable fabric) shell jacket
- 09.) Down vest and/or jacket (optional)
- 10.) Lightweight gloves
- 11.) Heavyweight gloves or mittens with a waterproof shell outer
- 12.) Sun hat or scarf
- 13.) Light balaclava or warm fleece hat
- 14.) Sunglasses with UV protection
- 15.) T-shirts
- 16.) Underwear
- 17.) Hiking shorts
- 18.) Light and expedition weight thermal bottoms
- 19.) Fleece or wool pants

- 20.) Waterproof (preferably breathable fabric) shell pants
- 21.) Thin, lightweight inner socks
- 22.) Thick, warm wool hiking socks
- 23.) Hiking boots with spare laces
- 24.) Camp shoes (sneakers and/or sandals)

**Other optional necessary equipment:**

- 1.) Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
  - 2.) Small pad or combination lock-to-lock trek bag
  - 3.) Basic First Aid Kit (We also provide a comprehensive first aid medical kit and Oximeter)
  - 4.) Large plastic bags - for keeping items dry inside trek bag
  - 5.) Day pack (approximately 2500 to 3000 cubic inches)
  - 6.) Water bottles (2 bottles recommended)
  - 7.) Toiletries
  - 8.) Small wash towel
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**To proceed**

**1. Booking**

Booking your trek prior to your arrival in Nepal will allow time for permits to be issued, questions to be answered, and will make the process a lot easier for you.

**2. Payment**

When booking one of our tours, you must provide 30% of the cost up front in order to reserve your trip date. The remainder of the cost can be paid later, upon arrival in Kathmandu.

**About Payment:**

We accept Bank transfer for advance (20%) and Rest 80% one day before trip start.

All details of Trip Visit this link: - <https://www.missionsummittreks.com/trip/everest-base-camp-trek-without-lukla-flight/>

**Term and Condition**

<https://www.missionsummittreks.com/terms-conditions/>

**Thanks and Regard**

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