



Everest Base Camp Yoga Trek

Everest Region, Nepal



Contact

Tel: [+977 9851070897](tel:+9779851070897)

Email: info@nepaltrッキングroutes.com

Bhagwati Mandir, Thamel Marg, Kathmandu, Nepal

Website: <https://nepaltrッキングroutes.com/>



Contact

Duration

15 Days

Tour Type

Yoga Trek

Group Size

2+

Accommodation

Tea house, Guest house

Meal

Breakfast, Lunch Dinner

Max. Altitude

5545 M

Best Season

Sep-Nov, Mar-May

Departure from

Kathmandu

Overview

Everest Base Camp Yoga Trek is one of a kind trek that combines spirituality with lifetime adventure of trekking in world-famous Everest region. The program fits in perfectly for those who have a desire to learn and practice yoga and seek thrilling adventure on the lap of the highest mountain on earth. The ultimate aim of this trek is to reach Everest Base Camp located at an astounding altitude of 5364 m. Everest base camp offers magnificent views of Mt. Everest, Lhotse and Nuptse and an opportunity to meet leading mountaineering from around the world.

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The journey begins with a scenic and thrilling flight to Lukla, the starting point of Everest trek. The trek follows the trail which is often used by Yaks and people to ferry goods. One of the best attractions of the trek is the experience of rich Sherpa culture, cuisine and hospitality especially in Sherpa villages like Phakding, Namche, Dingboche, Pengboche, etc. Visiting Tengboche

Monastery (3867 m), one of the biggest monasteries in the Himalayas, is certainly one of the highlights of this trek. Along the way you will have plenty of mountain scenarios to catch such as Ama Dablam, Thamserku, Lhotse, Nuptse, and Everest among others.

Aside from the actual trek, you will enjoy yoga, spa and massage in Dingboche and Namche. A small group meditation will be organized by yoga mentor as part of acclimatization exercise. The trek is an endurance test as well as a perfect way to build up one's physical and mental well-being. The Everest base camp trekking trail lies within Everest National Park, a world heritage site that is home to such endangered species as snow leopard, Himalayan black bear and mountain goats. The vegetation on the lower elevation ranges from pine and birch which gives way to alpine vegetation of moss and lichens above 4000 m.

Everest Base Camp Yoga Trek is entirely a lodge-based trek which means your accommodation and food will be provided in lodges. We provide you full arrangements along with permits and experienced trekking guides who have led many trekking groups in Everest region.

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Itinerary

Day 01: Arrive at Kathmandu and transfer to the hotel

Upon your arrival, a representative from Nepal Trekking Routes will reach Kathmandu International Airport [TIA] to welcome and receive you. You will be escorted to your hotel where you can refresh and relax and in the evening a welcome dinner program will be organized at a Nepali restaurant.

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Overnight in Kathmandu (accommodation included)

Day 02: World heritage Sightseeing and Trek Preparation

Today will begin with a gentle yoga class to ease you into the days ahead, followed by free time to enjoy the sights of Kathmandu. Rest is important on this day. Optional guides can be arranged with Nepal Trekking Routes for visiting world heritage monuments such as Kathmandu Durbar Square, Pashupatinath temple, Swayambhunath stupa and Bouddhanath (not included).

In the evening, our trekking guide will conduct a briefing about the trekking program before dinner.

Overnight in Kathmandu

Day 03: Kathmandu to Phakding via Lukla flight (2,652m) 3 hrs

We will wake up early today to catch a mountain flight to Lukla, the gateway to Mt. Everest. We will ease into some gentle breathing exercises and stretches before starting the trek towards Phakding.

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In route we will pass through pine and oak forests amongst the chirping of Himalayan bird songs. A gentle Yin class and meditation will end our first day

Overnight in Phak

Day 04: Phakding to Namche Bazaar (3,440m) 5 - 6 hrs

The day will begin with meditation, pranayama and light asana, followed by a warm breakfast to take in the crisp mountain air. The trail leaving Phakding parallels the Dudkhosi River alongside the forested hills. Crossing of the suspension bridge over the confluence of Bhotekoshi and Dudhkoshi will allow for our first glimpse of Everest and other peaks! We will stop for breathing and meditation practice here. The last segment is an uphill trek, until we reach Namche Bazar. A light restorative class and meditation before dinner.

Overnight in Namche Bazaar

Day 05: Namche Bazaar : Rest day

Today is an acclimatization day, but movement of the body is important. We will start the day with a very gentle asana and breathing class and the rest of the day can be spent exploring and learning about the sights and sounds of Namche Bazaar and Sherpa culture.

There is an optional trek on this day.

We will hike up to Everest View National Park headquarters with our yoga mats and have a class amongst the mountain tops. There is a museum on Sherpa culture here too. We will then walk up to Everest View Hotel, one of the world's highest hotels to capture an

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amazing panorama of Mahalangur Himalayan ranges including Everest, Thamserku, Ama Dablam, Lhotse, Nuptse and Choaltse.

Later, we will return for a cozy evening in Namche.

Overnight in Namche Bazaar.

Day 06: Namche to Tengboche (3,870m): 5 - 6 hrs

As the dawn breaks, we will carry our rucksacks and march down the trail ahead. The section between Namche and Tengboche is one of the easier parts of our trek, as we walk into serene forests of oaks, pines and magnolia.

Tengboche Monastery is one of the most sacred Himalayan monasterys built by the Sherpa community some 300 years ago. The monastery is in a vantage position affording a stunning view of Mt. Ama Dablam.

We will have breathing and meditation exercises, a short distance from the monastery to respect the Temple Culture. Overnight in Tengboche

Day 07: Tengboche to Dingboche (4,360 m) 5 - 6 hrs

The trail from Tengboche first goes downhill past the quiet forests. As we continue to walk further, the vegetation changes as trees give way to shrubs and rocky landscape with occasional walled houses.

Overnight in Dingboche.

Day 08: Dingboche Rest Day

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Today is another day allocated for acclimatization. Movement is important, so the morning will begin with an asana and pranayama class. We will take short, optional hike to the nearby Pangboche valley. There will be plenty of time to observe local Sherpa culture and enjoy the Yaks walking freely!

Overnight in Dingboche.

Day 09: Trek from Dingboche - Lobuche (4,910) 5-6 hrs

The trail from Dingboche to Lobuche is straight forward along open lands crossed by fresh streams. We will enjoy beautiful Himalayan views of Everest, Lhotse and Thamserku along this section of the trail as well as pay tribute to memorials erected in the name of trekkers and mountaineers who have lost their lives in the Everest region.

A guided meditation will be led in memory.

Overnight in Lobuche.

Day 10: Lobuche to Gorekshep via EBC (5,170m) 8-9 hrs

We made it! The trail is rocky and quite challenging here as we walk parallel to Khumbu glaciers on our right. The final section involves negotiating our way through big rocks and boulders.

Gorakshep is the last village before Everest base camp.

We will stay overnight in Gorakshep where we will do a restorative yoga class.

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Day 11: Gorekshep to Pheriche Via Kalapatthar (4280 m) 8-9 hrs

Sunrise over Mt Everest!

Today we rise very early, around 4 am, starting our trek in the moonlight, to ensure we reach to the top of Kalapathar at dawn. This is when the first sunlight hits Mt. Everest, the most stunning and magnificent view!

We will have plenty of time to meditate and take in the experience, before returning to Gorakshep, where we will have lunch before continuing back to Pheriche.

Overnight in Pheriche.

Day 12: Trek from Pheriche to Namche (3,570m) 5-6 hrs

Don't say that the route is same and there is nothing new to see while returning. You will witness absolutely different landscape and feeling is different while returning. Enjoy your return trip with local brewery and food.

Overnight at Namche.

Day 13: Trek back from Namche to Lukla: 6- 8 hrs

We will start our day with breathing and meditation and then continue to retrace our steps back to Lukla, enjoying the beautiful views of Everest, Lhotse, Thamserku and Choaltse.

One last mountain Yin class and overnight in Lukla.

Day 14: Flights from Lukla – Kathmandu

We will Catch an early morning flight back to Kathmandu, where the magic all began!

Once in Kathmandu, you will be transferred to your hotel.

There will be a gentle Hath class at the hotel.

Overnight in Kathmandu.

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Day 15: Farewell Travel Guest

The journey within the mountains of Nepal comes to an end today! There is nothing to do, but we just trade emails to travel companions and organize our photos. If we have more time we can do some shopping or sightseeing. At last approximately 3 hours before our scheduled flight, a representative from Nepal Trekking Routes drops you to the airport. On your way to home we will have plenty of time to plan our next adventure trip in the wonderful country of Nepal

Group morning meditation, pranayama and asana class before departure!

Inclusion

- Trekking Guide and Trekking porter (Two participant=1 porter =Maximum 20 kg of luggage)
- Breakfast, Lunch, Dinner, with tea coffee, accommodation during the trekking
- Kathmandu Guest house hotel in Kathmandu and Tea house accommodation during the trekking
- Sleeping bags, down jackets, duffel bags and trekking sticks (if required)
- Trekking permit of National park, as well as other entry fee during the trekking
- TIMS(Trekking Information Management System)
- Flight fare Kathmandu to Lukla and Lukla to Kathmandu
- Insurance and equipment for the trekking staffs

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- First aid kit
- Emergency helicopter rescue service, your helicopter rescue fee is paid by your travel insurance company .
- Farewell dinner in Kathmandu with cultural program in typical Traditional Nepali restaurant

Exclusion

- Personal expenses
- Bar bill, beverages, hot shower, extra accommodation in Kathmandu
- Single supplement (per person for accommodation USD 80) Per night
- During the trekking single supplementary is USD 250
- Travel insurance
- Tips for guide 10% and porter 5%
- Meals & hotel accommodation in Kathmandu (without itinerary)

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