



EVEREST BASE CAMP TREK (17Days)

BEST TRAVEL DATE: March to May and September to November



• Kathmandu • Lukla • Namche • Kalapatthar • Everest Base Camp

DAY	DESTINATION	ITINERARY	MEALS
Day-1	Arrival	Our company representative will be there at Tribhuvan International Airport to welcome you to the city of Temples and the country of Himalayas as well as land of Peace and Integrity. They will take you to the best hotel in Kathmandu. They will also provide you with a brief introduction to the Everest Base Camp. Overnight in hotel	X / X / X
Day-2	KTM	After breakfast, s/s of Pashupatinath Temple + Boudhanath Stupa. Afternoon free for own activities. Overnight in hotel.	B / X / X
Day-3	KTM/LUKLA/ PHAKDING	Fly to lukla (2860m / 9383ft) and trek to Pakding (2640m / 8563ft)	B / L / D
Day-4	PHAKDING/ NAMCHE	Phakding (2610m / 8563ft) to Namche Bazaar (3445m / 11290ft)	B / L / D
Day-5	NAMCHE	Acclimatization at Namche Bazaar (3445m / 11293ft)	B / L / D
Day-6	NAMCHE/ TENGOBOCHE	Namche Bazaar (3445m / 11293ft) to Tengboche (3860m / 12687ft)	B / L / D
Day-7	TENGOBOCHE/ DINGBOCHE	Tenboche (3860m / 12687ft) to Dingboche (4410m / 14470ft)	B / L / D
Day-8	DINGBOCHE	Dingboche (4410m / 14470ft) Acclimatization	B / L / D
Day-9	DINGBOCHE/ LOBUCHE	Dingboche (4410m / 14470ft) to Lobuche (4910m / 16109ft)	B / L / D
Day-10	LOBUCHE/EBC/ GORAKSHEP	Lobuche (4910m / 16109ft) to Everest Base Camp (5380m / 17600ft) Gorakshep (5164m / 16942ft)	B / L / D
Day-11	GORAKSHEP/ KALA PATTHAR/ PHERICHE	Gorakshep (5164m / 1694ft) to Kala Patthar (5550m / 18208ft) to Pheriche (4371m / 14340ft)	B / L / D





Day-12	PHERICHE/ TENGOBOCHE	Pheriche (4371m / 14340ft) to Tengboche (3860m /12687ft)	B / L / D
Day-13	TENGOBOCHE/ NAMCHE/JORSALLE	Tengboche (3860m /12687ft), Namche Bazaar (3445m / 11290ft), Jorsalle	B / L / D
Day-14	JORSALLE/LUKLA	Jorsalle to Lukla (2860m / 9383ft)	B / L / D
Day-15	LUKLA/KTM	Lukla (2860m / 9383ft) to Kathmandu (1315m / 4500ft) and contingency day explore Kathmandu	B / X / X
Day-16	KTM	Hotel in Kathmandu and farewell dinner	B / X / D
Day-17	Departure	After breakfast, Transfer to airport.	B / X / X

Hotel Type

City	Standard Hotel (2 Star)	Deluxe Hotel (3 Star)
Kathmandu	Hotel Kamal or similar	Kathmandu Arts or similar
Trekking route	Tea House Lodges	Tea House Lodges

Vehicle type

<u>NO OF PASSANGER</u>	<u>ICLE TYPE (A/C)</u>	<u>MODEL</u>
2-3 Person	Car	Skoda, Toyota, Tata Manza
4-6 Person	Van / Jeep	Toyota, Van, Scorpio, Jeep
7-12 Person	Hi-Ace Van	Toyota Hi-Ace Van
12-20 Person	Coaster / Mini Bus	-
20-35 Person	Coach	-

PRICE: (Subject to change, depend on exchange rate)

Group Size	Standard Package (2-star hotel)	Deluxe Package (3-star hotel)
2-3 pax	RM9,580	RM9,970
4-6 pax	RM8,660	RM9,050
7-10 pax	RM7,990	RM8,380
11-15 pax	RM7,780	RM8,170
16 pax +	RM7,640	RM8,030





The above price Includes:

- All ground transportation by private vehicle including airport pick up and drop off.
- Round trip ticket for Kathmandu-Lukla-Kathmandu.
- Full board meals with tea or coffee during trek.
- Government licensed English speaking trekking Guide
- Sagarmatha National Park fees
- Taxes and office service charges
- One porter to carry 3 guest personal items
- 4 nights hotel in Kathmandu
- 12 nights Teahouse lodges during trekking
- Porter and guide insurance

The above price excludes:

- Nepal entry visa fees
- Entrance fee in Kathmandu Sightseeing
- Lunch and dinner in Kathmandu
- All personal trekking and climbing gear
- Personal insurance
- Extra accommodation cost in Kathmandu, due to early arrival, late departure, early return from trekking and expedition due to any reason
- Helicopter or chartered flight cost in case of emergency.

Nepal Visa: 1-15 days (USD30); 16-30 days (USD50)

Personal hiking insurance:

Recommend MSIG TravelRightPlus Insurance

Plan	Premium	Coverage
Plan 1	RM166	RM250,000
Plan 2	RM249	RM350,000
Plan 3	RM291	RM500,000





TERMS AND CONDITIONS:

1. Full name and passport copy submit to Green Trekkers upon registration.
2. A non-refundable deposit of RM1000/person is required upon registration.
3. Full payment 60 days prior to departure date.
4. Visa and travelling insurance are compulsory.
Visa can apply online <https://nepaliport.immigration.gov.np/> click Visa pre arrival.
5. Payment payable to:
GREEN TREKKERS SDN. BHD.
Maybank (Kota Kemuning, Shah Alam)
A/C no.: 5127-8105-7364
Swift Code: MBBEMYKL
Bank address: No. 9 & 11, Jalan Anggerik Vanilla N31/N,
Kota Kemuning, 40460 Shah Alam, Selangor

Please email the proof of transaction to info@greentrekkers.my and the official receipt will be issued.

6. **Cancellation Policy:**
Deposit RM1000 is strictly non-refundable for any cancellation.
Cancellation after full payment is made, the following applied:
 - 50-60 days prior to departure
 - Deposit forfeited
 - 80% of the balance payment refund
 - 40-49 days prior to departure
 - Deposit forfeited
 - 70% of the balance payment refund
 - 30-39 days prior to departure
 - Deposit forfeited
 - 50% of the balance payment refund
 - Less than 30 days prior to departure
 - 100% of the tour fare forfeited
 - No show on departure
 - 100% of the tour fare forfeited

7. **INDEMNITY:**
Participants are compulsory to buy travel insurance recommended above. (Required by Trekking Company in Nepal)
In the event of any causes beyond the Company's control like accident, injury or death arising during the period of tour, Green Trekkers Sdn. Bhd. and the Trekking Company in Nepal is indemnified and waived against all claims. All claims shall refer to the insured insurance company.

