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Everest Base Camp Trek for Kids and Seniors - 20 Days

Do you have a lifelong dream to be at the base camp of Mt. Everest and could not make it when you were young due to time constraint? And now you are retired and want to do it but doubt if it is still doable at this age? Or do you want to reach Everest Base Camp together with your grandchild? You might be wondering if Everest trekking is suitable route for you and your preteen or teenager grandchild to trek together? Yes, we have variety of Everest base camp programs, and this 20 days Everest Base Camp Trek for Elderly and Kids is such an itinerary in which you can share your every moment with your grandchild and your family.

There are other faster going Everest Trekking programs for young, more fit and energetic individuals but for one who is above 50 or below 16 this 20 days Everest Base Camp Trek for Elderly and Kids program is appropriate one. Experience an adventure, excitement and thrill at this age walking the grandest walk following the footsteps of Sir Edmund Hillary. Feel the power and grace of the mighty Everest up close and enjoy the nature amidst the Sagarmatha National Park. Spend two days discovering the historic treasures of Kathmandu. Stay in villages set against soaring, jagged pinnacles; get to know the unique culture of the Sherpas; and walk trails lined with mani stones, engraved with Tibetan Buddhist prayers.

Discover remote mountain monasteries and learn about the Sherpas' spiritual perspective on the mountains they call home. Get bewildered at the sight of the four above 8000m peaks -Mt. Everest, Mt. Lhotse, Mt. Makalu, and Cho Oyu that rise above everything else. Take easy, enjoy the walk, observe the nature and culture, because Everest Base Camp Trek – 20 days program is specially designed for your age keeping in mind acclimatization and every safety precautions.

Everest Trekking for kids and seniors starts with your arrival in Kathmandu. After a day tour of four of the UNESCO World Heritage Sites in Kathmandu, we take a scenic flight to Lukla to start our actual walk accompanied by our most experienced trekking guide and porters. We slowly ascend towards Phakding, Namche bazaar, Tengboche, Dingboche, Lobuche, Gorakshep and finally to Everest base camp following the key to adapting to the thinning air that is go slowly, rest often, and drink lots of water and take acclimatization stops on different points. With immense feeling of accomplishment we trace our steps back towards Lobuche, Pangboche, Phortse, Khumjung, Jorsale, Lukla followed by return flight to Kathmandu. While on the trek you will enjoy the alpine forests and its faunas, crossing of the fast flowing rivers over the prayer flags festooned bridges, pausing several times to enjoy the sceneries and to take photos.

If you have make up your mind for Everest Base Camp Trek for Elderly and Kids, then it is recommended to prepare yourself doing walking, hiking, and exercise. With passion for trekking, walking and exploring Himalayas, witnessing the best of panoramic views, acknowledging local culture and traditions; you can definitely plan your next trip to one of the most popular trekking destination in world, Everest Base Camp.

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PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- Four nights twin sharing accommodation with breakfast in a 4-star category hotel in Kathmandu (Hotel Ramada Encore Thamel, Hotel Mulberry or similar)
- Guided sightseeing tour in Kathmandu including temple/monument entry fees and private vehicle
- meals (breakfast, lunch and dinner) during the trek
- Best available teahouse/lodge accommodation (twin sharing) during the trek (we provide rooms with private bathrooms and hot shower at Phakding, Namche and Lukla)
- Staff– one professional, knowledgeable and friendly English speaking trekking leader along with assistant guide (6 trekkers : 1 assistant guide) and porters (2 trekkers : 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Round trip flight Kathmandu – Lukla– Kathmandu including departure taxes
- Duffel bag, sleeping bag, and down jacket for use during the trek
- Icicles Adventure T – shirt, trekking map and trip achievement certificate
- First aid medical kit
- TIMS, National Park Permits
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangements (more on Nepal Visa Information)
- International airfares
- Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- Alcoholic drinks and cold drinks
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipments and clothing
- Tips for Staff (Tips are expected)

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ITINERARY IN DETAIL

Day 1: Arrive Kathmandu (1,338 m/4,390 ft)

Welcome to Kathmandu! Once you land at Kathmandu airport (Tribhuvan International Airport), retrieve your luggage and go through customs (visa, etc.). Then get to the arrival terminal. You will find our representative waiting to greet you. He/she will be holding Icicles Adventure Treks and Tour signboard with your name on it. A comfortable private transfer will take you to the reserved hotel. After checking in, we suggest you have a good rest for the remainder of the day to recover from the jet lag. Overnight in hotel.

Day 2: Trek preparation and Kathmandu Valley Sightseeing Tour

After breakfast we start a guided tour to several medieval and spiritual sites in Kathmandu which are also listed as UNESCO World Heritage Sites including the historic Durbar Square, the sacred Hindu temple of Pashupati Nath, the famous 'Monkey Temple' (Swayambhunath) and Buddhists shrine (BouddhaNath) which is one of the large Stupas in the world. Later after sightseeing program, we will introduce you with your trekking guide and have a small pre-trip meeting. You can also take an opportunity to hire/buy any last minute trekking equipment or bargain for your souvenirs at the many stores. You are advised to pack your things and be set up for your actual Everest base camp trekking adventure that will begin the next day. Overnight in hotel. (Breakfast Included)

Day 3: Fly to Lukla (2,800 m/9,184 ft) and trek to Phakding (2,652 m/8,700 ft)

Wake up at dawn and be ready for the adventure. We will usher you to domestic terminal of Kathmandu airport for an early morning flight. After an adventurous 40 minute flight above the array of beautiful green and white mountains, we arrive at the Tenzing-Hillary Airport at Lukla (2,800m/9,186ft), an entry town from where your Everest Base Camp trek begins. This is one of the most beautiful air routes in the world concluding in a dramatic landing site on a hillside surrounded by high mountains peaks. In Lukla, we meet our additional crew members and do some packing and arrangements, we start our trek through the prosperous village of Lukla, descend to Chaurikharka, head up the Dudhkoshi valley until we reach Phakding. As we just land at the altitude of almost 3000m today, to assist in acclimatization, we only have a short walk today. Yet, if you are interested in additional activities you can take a side trip to a nearby monastery. Overnight in local lodge. **Walking Time: 3-4 hrs, Included Meals: B, L, D**

Lukla Flights

The primary gateway to the Everest Base Camp Trek is via a flight to Lukla (2840m), which lands at one of the world's most extreme airports: Tenzing-Hillary Airport. Positioned on a narrow plateau above a steep cliff with a short and narrow runway, the flight itself is as thrilling as it is challenging. Weather conditions here are notoriously unpredictable, with visibility shifting rapidly, which adds a layer of excitement to the journey.

Ramechhap Airport

During the busy trekking seasons in spring (March, April) and autumn (October, November), Kathmandu Airport faces significant congestion, leading most flights to Lukla to operate from Manthali Airport in Ramechhap, approximately a 4-5 hour drive from Kathmandu. To avoid this drive, you can opt for a helicopter flight from

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Kathmandu, though this is an additional expense.

Weather

Flights to Lukla are dependent on clear weather and stable conditions. Delays or cancellations are common due to sudden shifts in weather, which may extend your trekking plans by a few days. We recommend adding buffer days to your itinerary to mitigate any disruptions to your return travel plans.

In the event of prolonged delays, a helicopter transfer to Lukla is an alternative, although this incurs additional costs and is not included in the standard trek package. While helicopters can operate in some conditions that planes cannot, extreme weather can ground them as well. In such cases, we will endeavor to arrange a helicopter charter, subject to availability and weather permitting. Please note, helicopter availability is limited and may lead to delays.

We ask for your flexibility and understanding in these situations. If weather conditions prevent flights for an extended period, an alternative is to drive to Tham Danda—a challenging 20-hour journey—and begin the trek from there. This route is prone to difficulties, especially in adverse weather, requiring extra days and considerable patience.

Should conditions make the Everest Base Camp Trek unfeasible, we can redirect to other treks such as Annapurna Base Camp or Langtang Gosainkunda. While these treks do not lead to Everest Base Camp, they offer stunning views and rewarding experiences.

Your cooperation and flexibility are crucial in navigating these complexities, ensuring a memorable and enjoyable trekking experience regardless of the route.

Day 4: Phakding to Namche Bazar (3,440 m/11,283 ft)

We start our walk soon after breakfast. Today's trek is exciting not only due to few uphill and downhill walks but also because of crossing and re-crossings of Dudh Koshi River and magnificent view of Mt. Thamserku (6,608m/21,675ft) from the Benkar village. We cross more bridges and reach Monjo. We get our trekking permits checked at the entrance of Sagarmatha National Park at Monjo. We tumble down and a gradual walk brings us to Jorsale, the last village until Namche Bazaar. The walk is enjoyable through the river bed and we reach Hillary Suspension Bridge. As we climb up towards Namche Bazzar, magnificent sight of Kwangde Peak, Kusum peak, Kangaru peak, Mt. Everest, Lhotse, Tawache, and many other magnificent mountains greet us. We break at the Chautara to admire the view. Finally, we reach the colorful village of Namche Bazzar, the main trading village in the Khumbu. Overnight in local lodge. **Walking Time: 6 – 7 hrs, Included Meals: B, L, D**

Day 5: Namche Bazaar: Acclimatization Day

For your successful Everest Base Camp trek, its essential that you get acclimatized gradually. Namche Bazzar is an ideal place to spend a rest day to acclimatize to the new altitude before heading off towards higher elevation. It is recommend staying active and mobile during the acclimatization day instead of resting in your lodge. If you trek a few hundred vertical feet during the day, it will help you to properly acclimatize. You can either spend the day exploring Namche Bazzar or taking a hike to Thame or Khunde. Tucked away between two ridges amidst the giant peaks of the

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Khumbu, Namche Bazzar is centre of Everest region and has plenty of lodges, tea shops, souvenir shops, money exchangers, government offices, ATMs, Internet cafes, restaurants, bakeries, etc. You can also even enjoy colorful market each Friday evening and Saturday. You can visit Visitor Center near the headquarter of the Sagarmatha National Park where you can observe an assortment of things allied to the first Everest ascenders, Sherpa culture and learn about the various flora and fauna of the Sagarmatha National Park. You can also take an interesting side trip up to Khumjung, Syangboche airstrip and Everest View Hotel, a Japanese build deluxe hotel which offers you great views of Mt. Everest, Ama Dablam, Nuptse, Lhotse and others. Surrounded by the snowy peaks of Kongde and Thamserku . Overnight in local lodge. **Walking Time: 5 – 6 hrs, Included Meals: B, L, D**

Day 6: Namche Bazzar to Tengboche (3860m/12660ft)

Upon breakfast in Namche, we set out towards Tengboche, enjoying superb view of Mt. Everest, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam and close up view of Thamserku. Our trek follows more or less smooth trail with few ups and downs which will not bother us as the magnificent view of the Himalayas keeps our company all through the journey. Along the way, we can spot wildlife musk deer, a herd of Himalayan Thar and multicolored pheasants. The trail goes gradually down up to Kayangjuma. The path eventually reaches Sansa, which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer flags festooned bridge over the Dudh Koshi River, we reach Phunki Thenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Thenga, we gear up for a slightly tougher climb through the pine forests before we reach Tengboche. Tengboche is a great place for close up views of Mt Ama Dablam, Mt Nuptse, and Mt Everest, and it has the biggest Buddhist Monastery of the Khumbu r egion. We pay our visit to the monastery the same day at around 3 pm to witness the ceremony in the principal and popular monastery of Everest region. Overnight in local lodge. **Walking Time: 5 – 6 hrs, Included Meals: B, L, D**

Day 7: Tengboche to Dingboche (4410 m/14465 ft)

This part of the trek has a five hundred metres gain but it is a little more gradual. Give a good lovely look to the Everest today morning because you will not see Everest from your trial until you reach Gorekshep. We set off and straight away through musk deer trail (the trail is called so as plenty of musk deer is seen there among birch and rhododendron forest) and the village of Deboche and descend down to the suspension bridge over Imja Khola. This stage of the trek has Ama Dablam towering over us on our right the whole time with the bluest of sky showing every detail of this magnificent mountain. We pass through several Chortens and Mani walls and small villages. You would better have a tea break at Pangboche to enjoy the view of the most beautiful mountain on earth, Ama Dablam while sipping your tea. After Pangboche, we spent most of the day walking close to the river with a reasonable ascent towards the end of the walk before arriving Dingboche. At this altitude 4410m the lack of oxygen in your breath is normality. At Dingboche you will notice there are no more trees around and the only vegetation present is small spiny shrubs. While trekking in these parts you better watch where you land your foot. There are stones and rocks everywhere and accidentally kicking one really hurt. On arrival at Dingboche, we will see beautiful array of fields enclosed by stone walls to protect barley, buckwheat and potatoes from the cold winds and grazing animals. Overnight in local lodge. **Walking Time: 6 – 7 hrs, Included Meals: B, L, D**

Day 8: Dingboche -Acclimatization Day- Side trip to Nagerjun Hill (5100m/16728ft)

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This would be your second acclimatization day in course of your Everest Base Camp Trek and you are suggested to stay active. To aid acclimatization our guide will take you to climb Nagerjun (5100m), a hill located on the edge of the Chhukung valley directly above Dingboche. The trail becomes steep at times, resulting in a physically challenging day but the view says – keep going. Ascending the hill takes about five hours. Taweche (6367m), Cholatste (6335m), Lobuche (6119m), Awi Peak (5245m), Amphu Gyabjen (5630m), Ama Dablam (6856m) seen from a different angle, Lhotse (8516m) 4th highest peak, Nuptse (7861m), Island Peak (6189m), Mt Peak 38 (7590m), Makalu (8481m) 5th highest peak, Thamserku (6608m), Kangtega (6685m) and Chola Tsho a lake at 4590m are just some of the named peaks that surround us, and there are many unnamed peaks too that add magnificence. The Pheriche Valley looks beautiful as well. After a short rest, you start the descent back to Dingboche. Rest at your lodge after lunch. Overnight in local lodge. **Walking Time: 3 –4 hrs, Included Meals: B, L, D**

Day 9: Dingboche - Lobuche (4910m/16105ft)

The pathway ascends steeply out of Dingboche past a chorten and climbs the valley gradually to Dugla. The mountain view on our left is spectacular. We soon reach Dugla at the end of the terminal moraine of the Khumbu Glacier. From here we have a short, steep climb up to Chukpo Lari, a beautiful, yet heart touching place where there is an array of memorials in tribute to the climbers who died during Everest expedition. This is an eerie place and as you take in these memorials you realize the vastness of what Hillary and Tenzing achieved in 1951. From here we have a beautiful vista of the peaks that are in the Nepal-Tibet border. We move on and the trail eases off as we follow the valley to Lobuche (4,910m) our next destination, a small settlement with a few teahouses. We are now in the vicinity of Everest but the great mountain still remains elusive. After a rest, walk around the place, be active and don't miss to watch the sunset over Nuptse. It's a big day tomorrow ultimate push to your goal, the Everest Base Camp. We know you are excited! Overnight in local lodge. **Walking Time: 5 – 6 hrs, Included Meals: B, L, D**

Day 10: Lobuche - Gorekshep (5181m/16994ft)

The trail runs parallel with the lateral moraine of the Khumbu glacier until we climb onto a moraine at the Changri Nup Glacier. It then undulates as we cross the glacier over rocky paths until we descend to Gorakshep. As we reach Gorakshep, we find the snowy mountains looming all around us including the top of the world – Mt. Everest. Overnight in local lodge in Gorakshep. **Walking Time: 3 – 4 hrs, Included Meals: B, L, D**

Day 11: Trekking to Everest Base Camp (5364m/17594 ft) and back to Gorekshep (5181m/16994 ft)

Today is great day on your Everest base camp trek and we wake up rather early and start our walk early. Our desire of being at Everest Base camp is going to be fulfilled today. We walk past lateral moraine of the Khumbu Glacier which is a tough path and when you stand still and quiet you can occasionally hear cracking or scraping sound of the glacier movement. Everest does not seem to get any nearer and by now we have five of the world's highest mountains in such a small area. We see crest of north ridge of Everest along with Mt. Pumori, Mt. Mahalangur, Mt. Lingtern, Mt. Khumbutse, Mt. Nuptse, etc. The trail ascends the side of the glacier for a couple of hours before we finally drop onto the glacial moraine itself. Not far to go now, the trail winds up and down through fascinating ice seracs to Everest Base Camp. We do not get views of Mt Everest but can see the notorious Everest Ice Fall that flows from the Western side. The Ice Fall is regarded as technically the hardest and most dangerous section of the mountain. If its spring we will see colorful tents that arises charisma in the gray surroundings. By now we have met the ultimate objective of our trip. Spend some time taking photos in the natural amphitheater. Trek back to Gorekshep

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takes about another three hours. Overnight in local lodge. **Walking Time: 5 – 6 hrs, Included Meals: B, L, D**

Day 12: Gorekshep - Kalapattar (5545m/18188ft) and trek back to Lobuche

Today is another important day of your Everest Base Camp Trek. We are going to conquer Kalapatthar today which provides the most assessable point to view Mt Everest and the views are said to surpass the wildest imagination. We start early in the morning to catch the outstanding views from Kalapatthar witnessing the first light of day striking on Mount Everest. Kalapattar (5,550m) is a small peak literally meaning black rock, it appears as a big brown bump below the impressive Pumo Ri (7,165m) and above Gorakshep (5,140m). Kalapatthar offers splendid views of the Mount Everest Panorama. During the ascent to Kalapatthar, we take several breaks to catch our breath and to take pictures from several outstanding view points. After about two hours of an ascent, we reach Kalapatthar. We push ourselves to climb the rocky projection near to the summit manifested by cairns and prayer flags. At the very top of Kala Patthar is a small stupa and a weather station. Standing on top of Kalapatthar can be an emotional experience for you. After enclosing as many pictures as we like of the gorgeous Everest, its neighboring peaks and as whole scenery, we trek down to Lobuche. Overnight in local lodge. **Walking Time: 5 – 6 hrs, Included Meals: B, L, D**

Day 13: Lobuche to Pangboche (3,985m/13074 ft)

Today, the trekking trail mostly is flat and downhill and its much enjoyable heading down in altitude than going up. We descend enjoying the scenery to arrive at Thukla, the best place to have a cup of coffee enjoying the picturesque mountain views. Moving further we cross the natural spring water originating from bottom of Everest. Walking along the valley we reach Pheriche where we will be having lunch. There is also a hospital located over there. We further head down to our final destination of the day to Pangboche. We can also take a different trail to visit the Gompa in Upper Pangboche, which is supposed to be the oldest in the Khumbu region or take the regular trail to reach Pangboche. Pangboche is a beautiful and populated village surrounded by Everest to its north, Ama Dablam, Thamserku, and Kangtaiga to the east, the Kongde range to the south and the Imja Tse River flowing through the spacious productive valley. Overnight in local lodge. **Walking Time: 5 – 6 hrs, Included Meals: B, L, D**

Day 14: Pangboche to Phortse Village

The path stays high all day as it traverses (sometimes very narrow in places) the rocky hillside. The views across the valley down to the Tengboche Monastery and up behind us towards Pangboche and to Ama Dablam are spectacular. As the mist rolled in and over the black rock faces, we will be feeling as if we entered some fairytale kingdom. Arriving into the quiet beautiful village of Phortse, we will witness the potato farm, visit local schools and monasteries giving us an insight to local lifestyles. Overnight in local lodge. **Walking Time: 4 – 5 hrs, Included Meals: B, L, D**

Day 15: Phortse Village to Khumjung (3760 m/12332 ft)

Today the trail goes to down hill thorough the lush Phortse Tenga then climbing hill for about an hour until Mongla danda. Here you may enjoy incredible view of Mt. Everest (8848), Lhotse (8516m), Lhotse shar (8382m), Nuptse (7879m), peak- 38(7591m), Ama dablam (6856m), Thamserku (6623m), Kangtega (6783m), Kusum kangaru (6367), Cholaste (6335m), Tabuche peak (6495m), Khumbi La (5765m) and Kwangde Ri (6011m). From Kyangjuma the trail follows for a while easy level walk through rhododendron forest to Sanasa .There is three way directions from where one way right hand side leads to the direct Everest base camp trek and another way up ward left hand side leads to the Gokyo valley trek. From here the trail steep climbs up approximately one and half hour. We arrive at large Sherpa

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village, Khumjung Now the trail descends and ascends frequently up to Khumjung. The Khumjung village is said to have the largest settlement of Khumbu region. There is well-equipped high school built by Edmund Hillary in 1960. There is an old monastery where the skull of Yeti is believed to have preserved. The neighboring village of Khumjung is Khunde where a well equipped Hospital is built by Edmund Hillary in 1964.Overnight in local lodge. **Walking Time: 5 – 6 hrs, Included Meals: B, L, D**

Day 16: Khumjung to Jorsale (2740m/8987 ft)

The trail ascends slightly to the Syangboche airport and descends to Namche Bazar at an altitude of 3440m. After the relaxing, we have tea, coffee or lunch and continue trek down to Jorsale. Overnight in local lodge. **Walking Time: 5 – 6 hrs, Included Meals: B, L, D**

Day 17: Jorsale to Lukla

After again multiple crossings over the prayer flags festooned suspension bridges over the fast flowing Dudh Koshi and its tributaries, the trail becomes more level and natural. The more we trek downwards the more we feel easier to breathe as the air gets denser. Any remaining sore throats and colds will be gone by today. Although we are following the same route down, we feel completely different views with open plains, rhododendron and pine forests, and in the distance snow covered peaks. Upon arrival in Lukla, stretch those sore legs and summon up the experiences of the last couple of weeks. Celebrate your successful and safe trek with your crew. Overnight in local lodge. **Walking Time: 5 – 6 hrs, Included Meals: B, L, D**

Day 18: Fly back to Kathmandu

The early morning flight drops us in Kathmandu. Flights to Kathmandu are usually scheduled for morning because wind can create problem to fly the aircraft after noon. But sometimes the flight can be delayed and even canceled due to bad weather and other reasons that are beyond our control. You will be transferred to hotel in Kathmandu after arrival in Kathmandu. You can rest in your hotel, could do some last minute shopping and packing, or stroll around Thamel. Overnight in local lodge. **Included Meals: B, D**

Day 19: Contingency Day

Mountain weather becomes unexpectedly bad sometimes that can affect the Lukla-Kathmandu flight to be delayed and even canceled. An extra day would help you to be in safe side from missing your flight back home. If everything went smooth as planned, you can use this day for sightseeing around Kathmandu UNESCO World Heritage sites. Overnight in Hotel in Kathmandu. **Included Meals: B**

Day 20: Final Departure

Today your Everest Base camp trekking comes to an end. If you have more time you can do some shopping, sightseeing, be at leisure or your individual activities. Approximately 3 hours before your scheduled flight a representative from Icicles Adventure Treks and Tour will escort you to the airport and see you off on your home-bound flight. We believe your experiences during the past few days are sure to leave memories you will cherish. For those who are not ready for the day to finish, we are more than happy to provide an extended service for you. Please have a look in our website for more programs. Overnight in Hotel in Kathmandu. **Included Meals: B**