



Standing in the shadow of Mount Everest (*Sagarmatha* in Nepalese) – the highest point on planet Earth – is a destination only a small fraction of people will get to experience during their lifetime. GlobalOkie Travel is excited to offer the opportunity for travelers to make a unique journey and approach to this magnificent mountain during the late spring of 2026! The Everest Base Camp trek will offer stunning views of the mountains, valleys, and monasteries along the traditional trekking route and allow travelers to have a view of and feel the energy of this amazing mountain. I'm excited that you're considering going with GlobalOkie Travel on this amazing journey; it will undoubtedly supply a lifetime of incredible memories and stories!

This is challenging trek is probably one of the most coveted in the Khumbu region as Kalapathar is considered the most spectacular viewpoint in the entire Everest Region. The visits to Kalapathar and Everest Base Camp are truly magical and a once-in-a-lifetime experiences. The views from top of Kalapathar and walking on the Khumbu Glacier on the way to Everest Base Camp are just phenomenal.

Enjoy Namche Bazaar, a bustling little village with shops that sell everything from Tibetan yak bells to fresh breads. It's also home to the National Park Museum, Everest View Hotel, and Namche Monastery, which are all fantastic visits. Tengboche has the biggest monastery in the Khumbu Valley – a bonus for any visit is to get blessed by the head abbot. The Nangatsang hills above Dingboche are worth a hike as there are excellent views of Makalu and ranges that you might not see even from Kalapathar.

Musk deer and Himalayan Tahr are the principal animals of this region and often seen around the cliffs above and below the trail. Impeyan Pheasant, the national bird of Nepal is a rare beauty to see. 99% of the local inhabitants are Sherpa people, and their warm and smiling faces will welcome you. All these unique Khumbu Valley experiences will provide a lifetime of incredible memories!

During your time in the Kathmandu area, we will stay in the nearby neighborhood of Patan, a more tranquil setting than the hustle and bustle of Thamel, and home to several stunning temples, beautiful monasteries, delicious mo-mo (dumpling) cafes, and stellar coffee shops.

**This will be a small-group trip with VERY limited space available and a fantastic Early-Bird Enrollment Discount, so sign up soon!**

**Here is the nitty-gritty!**

*\*Participants should be in good health, comfortable walking 5-7 hours daily at a moderate pace, managing stairs and short ascents, as well as high altitude. We'll ensure plenty of breaks to enjoy the journey together at a comfortable pace, however the .*

#### **Trip Dates:**

- **May 23-June 8, 2026** (will need to arrive in Kathmandu, Nepal [KTM] on 23 May which means a departure from US on or before 21 May; depart KTM on 8 June)
  - Feel free to make plans to travel earlier or stay later (maybe a stop for a day or more somewhere on the way...?)
  - *This trip must meet a minimum number of travelers; please do not make any non-refundable travel plans or purchases until the trip is confirmed to go.*
  - I am happy to assist with suggestions for international insurance and travel arrangements; GlobalOkie can book your international ticket for \$50 per person.

#### **Cost:**

- **Early bird special!** - \$4,250 - plus international air (travel between countries will be organized and is included), travel insurance (medical/accident/repatriation insurances required; cancelation/delay/luggage highly recommended), etc (see details below)
  - **This price includes a \$250 "Early Bird Special" valid if the deposit is paid before 1 July 2025.**
  - Single room supplement charge: \$500 – if requested, I will do my best to pair you with a same-gender roommate if you're traveling solo and wouldn't mind sharing a twin room, saving the single room supplement (cannot guarantee).

#### **Payment Schedule:**

- You are welcome to pay balance in full or visit with me if you'd like to consider a different payment schedule. Easy payments via: check, wire transfer, Venmo, CashApp, or credit card (let me know and I can send a Square credit card payment link)
  - Deposit upon enrollment: \$1,000 (non-refundable unless provider cancels trip; will attempt to cancel with replacement with partial refund)
    - **\$250 per person Early bird discount ends 1 July 2025**
  - Due prior to 15 December 2025: \$1,500
  - Due prior to 1 March 2026: balance

**To Enroll:**

- Read the trip terms and conditions in this document (deposit and cancelation policy differ slightly from the standard GlobalOkie Travel) as well as the General Terms and Conditions available via the link at the bottom of the GlobalOkie Travel website ([www.globalokie.com](http://www.globalokie.com)). Then, click on the link "ONLINE 2025-26 Enrollment Form"; complete and submit the online enrollment form; pay deposit via check, Venmo, CashApp, or Credit Card (Square link can be texted or emailed). You're enrolled!!!  
Completion of the enrollment form and payment of deposit constitutes agreement to the Terms and Conditions.

**Included in our Tea House Everest Base Camp trek:**

- 4 Nights Pahan Chen in Patan with included breakfast
- A guided city tour of Kathmandu with expert and enthusiastic local guide
- Internal flight KTM/LUKLA/KTM or RAMECHAP/LUKLA/RAMECHAP
- Transfer KTM to RAMECHAP and back to KTM
- 12 nights in traditional Nepalese tea house lodges in the mountain on a sharing basis (Attached bathroom will not be available everywhere)
- Guides & Porter service for the 12 nights 13 days on the trek
- all permits and Insurance surcharge for staff
- 3 daily meals on the trek starting lunch of day 3 until breakfast of day 15 morning
- All Drinks are extras (tea, regular instant coffee, ginger tea, lemon tea, alcohol, soda)
- Boiled Water is provided for the trail for you to fill water bottles/reservoirs
- Meals indicate main course (does not include appetizers, desserts, snacks)
- Weight allowance during the trek recommended 10kg per guest

**Services not included:**

- International airfare
- Nepal entry visa fees (\$50 for 15-30 day e-visa for US citizens)
- Meals in Kathmandu (Lunch & Dinner)
- Any personal expenses – laundry, phone, internet, shopping
- Tipping to Staff- to be determined once we finalize our participant number (appx \$110-140)
- Any extra drinks (including bottled water, canned juice, soft drinks, liquor)
- Travel Insurance (Medical/Accident, evacuation and repatriation REQUIRED)
- Single room supplement \$500 (where available)
- Any expense that occurred during rescue or evacuation
- Any extra expense, if hiring a horse during the trek; alternate or emergency transportation
- Photography or Movie fees on the trek

**Packing/Porterage:**

- Travelers can check 10kg (22lbs) on the internal Nepal flights, thus want to limit their luggage to roughly that amount in a backpack and daypack. On the trail, porters will carry our packs which should weigh no more than 10kg, and we will carry our daypacks with the daily essentials: appx 2 liters of water, a light jacket, appropriate rain gear, snacks,

medicine, camera, and anything needed for the day. A recommended packing list will be provided.

### Tipping

- Guides and porters rely on tips from trekkers as part of their wages. We will have likely have a lead guide, possibly an assistance guide, and one porter for every two trekkers. GlobalOkie will collect guide/porter tip money upon arrival and will distribute it to staff at the conclusion of the trek. Participants are more than welcome to add additional funds to the tip kitty, or individually.

### 17 day Everest Base Camp trip (includes acclimatization days in Namche & Dingboche)

Day	From	To
1	Arrive	Arrive in Kathmandu, transfer to the hotel
2	Kathmandu	Pashupati and Boudha Tour (Breakfast only)
3	Kathmandu	Drive 5hrs to Ramechap, fly to Lukla, Trek to Phakding (B, L, D)
4	Phakding	Namche Bazaar (B, L, D)
5	Namche Bazaar	Acclimatization day (B, L, D)
6	Namche	Debouche (B, L, D)
7	Debouche	Dingboche (B, L, D)
8	Dingboche	Acclimatization day (B, L, D)
9	Dingboche	Lobuche (B, L, D)
10	Lobuche	Gorekshep - Excursion Everest Base Camp (B, L, D)
11	Gorekshep	Kalapathar - back to Pheriche (B, L, D)
12	Pheriche	Debouche (B, L, D)
13	Debouche	Namche Bazaar (B, L, D)
14	Namche Bazaar	Lukla (B, L, D)
15	Lukla	Fly to Ramechap, Drive 5hr to Kathmandu (Breakfast only)
16	Kathmandu	Free Day (Breakfast only)
17	Kathmandu	Depart (Breakfast only)

**Daily Day to Day Itinerary:** meals provided are noted B, L, D (breakfast, lunch, dinner respectively)

#### **DAY 1- May 23:** (no meals provided arrival day)

Arrive in Kathmandu. After clearing immigration and customs, you will be met by staff from GlobalOkie's local partner, Last Frontiers Trekking, who will transfer you to the hotel. The afternoon/evening are open to explore independently or with new friends. Meals on your own

#### **DAY 2 – May 24:** (B provided)

After breakfast, we will tour two heritage sites. First, the famous Hindu temple, Pashupatinath. Also known as the temple of Vishnu, it is popular among the Hindu community. If you are lucky, you will see a Hindu cremation or religious ceremony. Next, we will drive to Boudhanath, one of the religious sites primarily for Buddhists. Visiting Boudhanath, you will find yourself among the locals who walk around the big stupa. After returning to the hotel, we will go through a trek orientation (approximately 1 hr). After the briefing, the rest of the evening is on your own.

**DAY 3 – May 25:** (B, L, D provided)

Wake up before dawn and drive to Ramechap from Kathmandu. The drive is about 5 hours to the small airport of Ramechap. Arrive at Ramechap and check in for the flight to Lukla (2800m). Our trekking porters will be in Lukla, and we will fly with our trekking guide to Lukla from Ramechap. After final preparations in Lukla, the trek begins, passing Chauri Kharka village and making a descent towards the Dudhkosi Ghat (2,530 meters). The trail follows the right bank of the Dudhkosi River until camp at Phakding is reached.

Our hike to Phakding should be around 4hrs.

Today is our overnight here in Phakding (2600m).

Walking distance is approximately 4-6 hours.

Elevation loss of 200 meters

(Note: Flights will be flying from Ramechap (which is 5hrs drive from Kathmandu) into Lukla airport and back)

**DAY 04 – May 26:** (B, L, D provided)

Breakfast around 7, trek along the river crossing it at different points. At Monjo, we will have lunch and this is also where your Park Permits are checked. After lunch, we will hike along the Dudh Koshi, and then slowly gain elevation up toward the metal bridge of Jorsalle (2,804m). We will slowly walk uphill and reach the two Hillary bridges at the confluence of the Bhote koshi and Dudh koshi Rivers. It is an uphill climb of over 304m towards Namche Bazaar.

Overnight in Namche Bazaar

Walking distance is approximately 5 to 6 hours

Elevation 3400 meters

Elevation gain of 700 – 750 meters

**DAY 05 – May 27:** (B, L, D provided)

Temple horns and yak bells awaken us to a sunrise surrounded by snowy white mountains over 20,000' high! You'll appreciate this layover day – it's planned for relaxation and acclimatization. Peaks include Kwangde (20,930'), Thamserku (21,856'), and Kangtega (22,240'). You can relax and browse the shops and Sherpa houses, and observe their culture and lifestyle in this beautiful valley surrounded by high hills and majestic snow-capped mountain peaks.

A day hike to the Everest View Hotel (12,400') not only helps us with acclimatization but provides stunning views of Nuptse, Lhotse, Ama Dablam (22,943') and Mount Everest (29,028').

Overnight in Namche Bazaar 3400 meters

Walking distance is approximately 4 to 5 hours

Elevation 3400 meters

Elevation gain & loss 400 meters

**DAY 06 – May 28:** (B, L, D provided)

Today we will descend gradually towards the Phunki Tenga Bridge on the Dudh Kosi River. The lunch stop will be near the Stupas and some teahouses. The trail now is quite steep except for the last few miles before reaching Tengboche Monastery. We will visit Tengboche monastery, the largest and most famous monastery in the Khumbu region. You will discover powerful spiritual experiences, Buddhist celebrations, and enactments there. From Tengboche, we enjoy the breathtaking view of beautiful mountains - Mt Everest, Ama Dablam, Nuptse, Lhotse, Kwangde, Tawachee, and many others. After a short tour of the Monastery, we will hike down towards the village of Debouche.

We will sleep in the middle of the rhododendron forest.

The hike from Tengboche to Debouche is approximately 45 minutes.

Overnight in Debouche 3820 meters

Walking takes approximately 5 – 5.5 hours  
Elevation loss 100 meters to Phunki Tenga 3315 meters  
Elevation gain from Phunki Tenga to Debouche 500 – 550 meters  
Elevation gain from Namche to Debouche 400 – 450 meters

**DAY 07 – May 29:** (B, L, D provided)

From Debouche, we will leave a little early compared to other days. Today our destination is Dingboche at 4360 meters. The first half of the hike from Debouche to Somare is uphill. We will cross the village of lower Pangboche and then move towards Somare. From Somare, you will be above the tree line, and we will hike for approximately about 2.5 hours to Dingboche.  
Overnight in Dingboche 4350 meters  
Walking takes approximately 4.5 - 5 hours  
Elevation gain from Debouche to Dingboche 500 – 550 meters

**DAY 08 – May 30:** (B, L, D provided)

Today is another “acclimatization day”. One favorite option is to hike to Nagarkasang Danda at an elevation of 5100 meters. The day allows for the body to “catch up”, to hike high but sleep at this same altitude again. It’s a great day for sleeping in, washing, photography, writing in your journal and simply absorbing the awesome scenery.  
We will start the hike at 8am and do a round-trip hike of about 5hrs. We will not reach the top of the 5100 meters, but gain elevation as needed only.  
Overnight in Dingboche 4350 meters  
Walking approximately 4 - 5 hours  
Elevation gain/loss 400 – 500 meters

**DAY 09 – May 31:** (B, L, D provided)

Ascend gently through alpine scrub and yak pastures to Thukla (15,156 feet) as we hike above the Pheriche valley. Our primary gain of elevation is on the Thukla pass, where you will reach the Summiteers memorial. The trail drops a bit and follows the western side of the valley to Lobuche.  
Overnight in Lobuche 4900 meters  
Walking approximately 4 - 5 hours  
Elevation gain of 550 meters

**DAY 10 – June 1:** (B, L, D provided)

Today we travel from Lobuche to Gorek Shep at 5,180m/ 16,995 feet and on to Everest Base Camp. Today’s trek is very beautiful and unique, crossing a lot of loose rock, boulder fields, and Glacial moraine. The up-and-down trail into Gorek Shep takes approximately 3 hours. We will have an early lunch here before continuing an additional 2 hours to reach Everest Base Camp.  
Once you reach Base Camp, you will spend some time enjoying the Base Camp of the World’s highest mountain and maybe hiking around the glacier if it is safe. The hike back to Gorak Shep is another 2 hours with breaks, bringing this long day to an end after a total of 7 or 8 hours of hiking.  
Overnight in Gorek shep 5180 meters  
Walking approximately 3hour to Gorakshep, and 4 – 5 hours round trip Base Camp 5365m.  
Elevation gain from Lobuche to Gorekshep meters 280 meters  
Elevation gain from Gorekshep to Everest Base Camp 180 – 200 meters  
Elevation loss from Everest Base Camp to Gorekshep 180 – 200 meters

**DAY 11 – June 2:** (B, L, D provided)

Today is an early morning wake-up. We wake up before dawn and hike up towards Kalapathar. Grab your flashlight, and warm clothing for this hike. We should be back at Gorekshep around 9am if we start around 5 am.

After a morning 4 – 5 hours hike, we will be descending drastically this day. We will be descending towards Pheriche at 4200 meters.

Overnight Pheriche 4200 meters

Walking approximately 4 – 5 hours around trip Kalapathar

Walking approximately 4 hours to Pheriche

Elevation loss of 980 meters from Gorekshep

**DAY 12 – June 3:** (B, L, D provided)

Today we trace our route back our trail to Debouche.

Overnight Debouche

Walking approximately 5 – 5.5 hours

**DAY 13 – June 4:** (B, L, D provided)

From Debouche, we will retrace our trail back to Namche Bazaar. Today is a good hike back to Namche. You will be walking approximately 4 hours to Namche. Lunch can be either in Kyanzuma or in Namche (late lunch), depending on the hike and weather.

Overnight Namche 3400 meters

Walking approximately 5 – 6 hours

Elevation loss of 420 meters

**DAY 14 – June 5:** (B, L, D provided)

Today, our destination is Lukla. We will retrace of track through the villages of Monjo, Tok Tok, Phakding, Cheplung, and then Lukla. Our hike mostly comprises moving downwards, from Namche and then towards Phakding.

Our last leg of the trek is hiking uphill to Lukla from Cheplung. Today's hike is generally flat for the first half, then at the end of the hike, we will hike uphill towards Lukla.

Overnight in Lukla 2800 meters

Walking approximately 4 hours

Elevation loss from Namche 600 meters

**DAY 15 – June 6:** (B, L, D provided)

Very early morning preparation and return flight to Ramechap. Upon arriving at the Ramechap Domestic Airport, we will drive 5 hours to Kathmandu. We will likely reach Kathmandu around 4 – 5 pm.

Overnight in Kathmandu

Breakfast included in Lukla

**DAY 16 – June 7:** (B provided)

This day is your own. Kathmandu Valley is fascinating, and there is much yet to see and explore. This day is also extra if the flight is canceled due to weather from Lukla.

Breakfast is included

**DAY 17 – June 8:** (B provided)

Departure Day/Trip concludes. Breakfast only on Day 17

Note on Itinerary: Although we do our very best to adhere to the schedule listed above, this itinerary is subject to change for numerous reasons beyond our control.