Everest Base Camp Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**15 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5364m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,850 per person**

Trip overview

The Everest Base Camp Trek is one of the world's most iconic and rewarding trekking adventures, leading travelers to the foot of the highest mountain on Earth. This legendary journey offers a perfect combination of dramatic Himalayan landscapes, rich Sherpa culture, and a profound sense of achievement upon reaching Everest Base Camp.

The trek follows the classic route through the Khumbu region, beginning with a scenic flight to Lukla and continuing through traditional mountain villages, dense forests, and high-altitude valleys. Trekkers are rewarded with spectacular views of towering Himalayan peaks, including Mount Everest, Lhotse, Nuptse, and Ama Dablam. The journey culminates at Everest Base Camp and the iconic viewpoint of Kala Patthar, offering some of the most breathtaking mountain scenery in the world.

This trek is ideal for adventure seekers who want a challenging yet achievable Himalayan experience with unforgettable natural and cultural highlights.

Geography and Landscape

The Everest Base Camp Trek takes place in the Khumbu region of northeastern Nepal within Sagarmatha National Park. The journey begins with a thrilling mountain flight to Lukla, followed by a trail that follows the Dudh Koshi River valley.

The landscape gradually changes from lush subtropical forests and terraced hillsides to alpine environments, glacial valleys, and rugged high-altitude terrain. Trekkers pass through famous settlements such as Namche Bazaar, Tengboche, Dingboche, Lobuche, and Gorak Shep, each offering unique mountain views and cultural experiences.

A major highlight of the trek is the Khumbu Glacier and Everest Base Camp itself, located at the foot of the world's highest peak. Another key viewpoint is Kala Patthar (5,545 m), widely considered the best place to view Mount Everest up close. The dramatic scenery, combined with shifting landscapes and towering peaks, makes this trek one of the most visually stunning journeys on Earth.

Climate and Best Time to Trek

The best seasons for the Everest Base Camp Trek are spring (March–May) and autumn (September–November). These periods offer stable weather conditions, clear skies, and excellent

mountain visibility.

Spring brings mild temperatures and blooming rhododendron forests, while autumn provides crisp air and some of the clearest Himalayan views of the year. Winter (December–February) is colder but offers quieter trails and excellent visibility for well-prepared trekkers. The monsoon season (June–August) is generally not recommended due to heavy rainfall, slippery trails, and limited visibility.

Overall, autumn is considered the best time for trekking due to its stable weather and outstanding mountain views.

People and Culture

The Everest Base Camp Trek passes through the homeland of the Sherpa people, known for their mountaineering skills, resilience, and warm hospitality. Their culture is deeply influenced by Tibetan Buddhism, which is reflected in prayer flags, mani walls, chortens, and ancient monasteries along the trail.

Trekkers pass through culturally rich villages such as Namche Bazaar, Khumjung, Pangboche, and Dingboche, where traditional lifestyles remain well preserved. A key cultural highlight is Tengboche Monastery, the most important monastery in the Everest region, offering spiritual significance and panoramic mountain views.

The combination of breathtaking Himalayan scenery, challenging trails, and rich cultural heritage makes the Everest Base Camp Trek one of the most famous and rewarding trekking experiences in the world.

Highlights

- Everest Base Camp (5,364m) – stand beneath Mount Everest Base Camp and Khumbu Icefall
- Kala Patthar sunrise – iconic Everest panorama from Kala Patthar
- Lukla flight – thrilling mountain flight to Tenzing-Hillary Airport (Lukla)
- Namche Bazaar – lively Sherpa hub in Namche Bazaar
- Tengboche Monastery – spiritual highlight of Tengboche Monastery
- Sagarmatha National Park – stunning Himalayan wilderness in Sagarmatha National Park
- Diverse landscapes – forests, valleys, and glaciers
- Sherpa culture – warm hospitality and local traditions

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon arriving at Tribhuvan International Airport, you'll be warmly welcomed by one of our representatives from Nord Extreme and transferred to your hotel in Kathmandu. After check-in, you can relax and recover from your journey or explore the lively streets of Thamel, famous for its cafes, restaurants, and trekking shops.

Day 2 : Trek & Permit Preparation in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to trek preparation and permit arrangements before beginning your Himalayan adventure. You will meet your trekking guide and team for a detailed briefing about the route, safety procedures, altitude sickness prevention, and trekking essentials. This day also provides time to organize and check your trekking equipment, complete the necessary permits, and purchase any last-minute gear if needed. In the evening, you can enjoy the vibrant atmosphere of Kathmandu and prepare for the journey ahead.

Day 3 : Fly Kathmandu -> Lukla (2,840m), Trek to Phakding (2,610m)

Altitude: 1400m - 2840m - 2610m

Walk: 3-4 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Your adventure begins with a breathtaking mountain flight from Kathmandu to Lukla, one of the most thrilling airstrips in the world. During the flight, enjoy spectacular views of snow-capped Himalayan peaks and deep valleys below. After landing in Lukla, meet your guides and porters before beginning the trek through pine forests, Sherpa villages, and scenic trails alongside the Dudh Koshi River. The gentle descent toward Phakding provides a comfortable introduction to trekking in the Everest region.

Day 4 : Acclimatization Day in Namche Bazaar

Altitude: 3440m - 3880m - 3440m

Walk: 4-5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

This important acclimatization day helps your body adjust to the increasing altitude while allowing you to explore the vibrant Sherpa town of Namche Bazaar. You may take a short hike to the Everest View Hotel for panoramic views of Everest, Lhotse, Ama Dablam, and surrounding peaks or visit the traditional village of Khumjung and its historic monastery. The day offers both cultural experiences and stunning Himalayan scenery while preparing you for higher elevations ahead.

Day 5 : Trek to Tengboche (3,860m)

Altitude: 3440m - 3860m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Leaving Namche, the trail follows scenic ridges with breathtaking views of Everest, Nuptse, and Ama Dablam before descending through rhododendron and fir forests. After crossing rivers and climbing mountain paths, you will arrive at Tengboche, home to one of the most important monasteries in the Everest region. Surrounded by dramatic Himalayan peaks, Tengboche Monastery offers a peaceful spiritual atmosphere and unforgettable mountain scenery.

Day 6 : Trek to Dingboche (4,410m)

Altitude: 3860m - 4410m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The trail continues through alpine landscapes, passing Pangboche village and ancient Buddhist monasteries before crossing the Imja River. As you gain elevation, the terrain becomes more open with yak pastures, stone walls, and spectacular views of Ama Dablam and Island Peak. Dingboche is a peaceful mountain village surrounded by towering Himalayan peaks and serves as an important acclimatization stop.

Day 7 : Acclimatization Hike to Nangkartshang Peak (~5,083m)

Altitude: 4410m - 5083m - 4410m

Walk: 4-5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today is dedicated to acclimatization with a challenging yet rewarding hike to Nangkartshang Peak. The steep ascent offers incredible panoramic views of Makalu, Lhotse, Ama Dablam, Everest, and surrounding Himalayan ranges. Moving slowly at high altitude helps your body adapt while allowing you to fully enjoy the breathtaking mountain scenery before descending back to Dingboche for rest.

Day 8 : Trek to Lobuche (4,940m)

Altitude: 4410m - 4940m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Leaving Dingboche behind, the trail becomes increasingly rugged as you approach the Khumbu Glacier. Along the route, you will pass memorials dedicated to climbers who lost their lives on Everest, offering a meaningful reminder of the mountain's challenges and history. Upon reaching Lobuche, enjoy incredible views of towering Himalayan peaks and the dramatic alpine environment.

Day 9 : Trek to Everest Base Camp (5,364m), Overnight at Gorak Shep (5,164m)

Altitude: 4940m - 5164m - 5364m - 5164m

Walk: 7-8 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today is one of the highlights of the entire journey. Trek across glacial moraines and rocky high-altitude terrain toward Gorak Shep before continuing to the legendary Everest Base Camp. Witness the dramatic Khumbu Icefall, colorful expedition tents, and the incredible surroundings beneath the world's highest mountain. After spending time at Base Camp, return to Gorak Shep for an overnight stay in the heart of the Himalayas.

Day 10 : Early Hike to Kala Patthar (5,545m), Descend to Pheriche (4,280m)

Altitude: 5164m - 5545m - 4280m

Walk: 7-8 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Wake before sunrise for a memorable hike to Kala Patthar, one of the finest viewpoints in the Everest region. From the summit, enjoy breathtaking panoramic views of Everest, Lhotse, Nuptse, and Pumori glowing in the golden morning light. After descending from Kala Patthar, continue the trek downhill through alpine valleys and rugged mountain landscapes toward the peaceful village of Pheriche.

Day 11 : Trek to Tengboche (3,860m)

Altitude: 4280m - 3860m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The descent from Pheriche follows scenic alpine trails with magnificent views of Ama Dablam and surrounding Himalayan peaks. Passing through Pangboche village and peaceful forests, the trail gradually leads back to Tengboche. Along the way, you can enjoy the changing landscapes, Buddhist monasteries, prayer flags, and the peaceful atmosphere of the Khumbu region before arriving at the famous Tengboche Monastery.

Day 12 : Trek to Namche Bazaar (3,440m)

Altitude: 3860m - 3440m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Today's trail descends through beautiful rhododendron and pine forests while crossing suspension bridges above rushing mountain rivers. The route offers spectacular views of Everest, Lhotse, and Ama Dablam as you return to Namche Bazaar, the lively Sherpa town known for its mountain culture, cafes, bakeries, and local markets.

Day 13 : Trek to Lukla (2,860m)

Altitude: 3440m - 2860m

Walk: 6-7 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

The final trekking day takes you through familiar Sherpa villages, riverside trails, and forests as you retrace your route toward Lukla. Crossing suspension bridges and passing traditional mountain settlements, you can reflect on the incredible Himalayan adventure and celebrate the successful completion of the Everest Base Camp Trek with your trekking team.

Day 14 : Fly Lukla -> Kathmandu (1,400m)

Altitude: 2860m - 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel Duration - 35 minutes flight

Your Himalayan adventure concludes with a scenic mountain flight back to Kathmandu. During the flight, enjoy one final aerial view of the snow-capped Himalayas and deep valleys below. Upon arrival in Kathmandu, transfer to your hotel where you can relax, explore the city, or celebrate the successful completion of your trek.

Day 15 : Final Departure

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today marks the end of your unforgettable journey in Nepal. According to your flight schedule, one of our representatives from Nord Extreme will transfer you to Tribhuvan International Airport for your onward flight. We hope you had an incredible trekking experience in the Himalayas and wish you a safe journey ahead.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 2 · Trek & Permit Preparation in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 3 · Fly Kathmandu -> Lukla, Trek to Phakding · 1,400 m · day 21°C / night 11°C
- Day 4 · Acclimatization Day in Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 5 · Trek to Tengboche · 3,440 m · day 11°C / night -2°C
- Day 6 · Trek to Dingboche · 3,860 m · day 8°C / night -5°C
- Day 7 · Acclimatization Hike to Nangkartshang Peak · 4,410 m · day 6°C / night -8°C
- Day 8 · Trek to Lobuche · 4,410 m · day 6°C / night -8°C
- Day 9 · Trek to Everest Base Camp, Overnight at Gorak Shep · 4,940 m · day 3°C / night -12°C
- Day 10 · Early Hike to Kala Patthar, Descend to Pheriche · 5,164 m · day 2°C / night -13°C
- Day 11 · Trek to Tengboche · 4,280 m · day 6°C / night -7°C
- Day 12 · Trek to Namche Bazaar · 3,860 m · day 8°C / night -5°C
- Day 13 · Trek to Lukla · 3,440 m · day 11°C / night -2°C
- Day 14 · Fly Lukla -> Kathmandu · 2,860 m · day 13°C / night 2°C

- Day 15 · Final Departure · 1,400 m · day 21°C / night 11°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Night 3-star hotel in Kathmandu with bed & breakfast basis.
- Breakfast, lunch & dinner with tea & coffee during the trekking Period.

3. Permits

- Sagarmatha National Park Entry Permit. (Permit required for the Everest region)
- Local Government Entry Permit. (Khumbu Pasang Lhamu Rural Munacipality)
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipment’s & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in

3-star category hotels.

- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 16 Mar 2027 · USD 1,850 · Available
- 16 Mar 2027 – 30 Mar 2027 · USD 1,850 · Available
- 06 Apr 2027 – 20 Apr 2027 · USD 1,850 · Available
- 20 Apr 2027 – 04 May 2027 · USD 1,850 · Available
- 04 May 2027 – 18 May 2027 · USD 1,850 · Available

Best time to visit

Best months: March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in locally operated teahouses and mountain lodges along the entire route. Facilities are simple but functional, offering twin-sharing rooms with basic bedding and shared bathroom facilities.

At lower elevations such as Lukla, Phakding, and Namche Bazaar, lodges are more developed with better comfort and services. As altitude increases toward Dingboche, Lobuche, and Gorakshep, accommodation becomes more basic due to remoteness and harsh weather conditions.

Meals

A full-board meal plan (Breakfast, Lunch, and Dinner) is provided throughout the trek. Meals are freshly prepared and designed to support the energy demands of high-altitude trekking.

Typical menu includes:

- Traditional Dal Bhat set meal (rice, lentils, vegetables)
- Noodles, pasta, fried rice, and soups
- Eggs, potatoes, and seasonal vegetables
- Bread, pancakes, and porridge
- Tea, coffee, and hot beverages

Food variety becomes more limited at higher elevations but remains sufficient for trekking needs.

Difficulty & Physical Requirements

The Everest Base Camp Trek is classified as moderate to strenuous, suitable for trekkers with good physical fitness and strong endurance.

Daily trekking duration ranges from 5 to 7 hours, with gradual but continuous altitude gain. The final approach to Everest Base Camp (5,364m) requires stamina, acclimatization, and mental determination.

No technical climbing is required, but high-altitude trekking experience is an advantage.

Permits

Required permits include:

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Permit
- TIMS Card (Trekkers' Information Management System)

All permits are arranged by the trekking agency prior to departure.

Best Season

- Spring (March–May): Stable weather, clear mountain views, and rhododendron blooms
- Autumn (September–November): Best trekking conditions with excellent visibility
- Winter (December–February): Cold but very clear skies and fewer crowds
- Monsoon (June–August): Not recommended due to rain, landslides, and poor visibility

Transportation & Access

The journey begins with a scenic mountain flight from Kathmandu to Lukla, the main gateway to the Everest region.

From Lukla, the trek follows a classic route through Phakding, Namche Bazaar, Tengboche, Dingboche, Lobuche, and finally Everest Base Camp.

Safety & Acclimatization

This trek reaches elevations above 5,300 meters, requiring careful acclimatization and altitude awareness.

Key acclimatization stops are typically scheduled at Namche Bazaar and Dingboche to reduce the risk of Acute Mountain Sickness (AMS).

Experienced guides monitor trekkers' health and ensure safe pacing throughout the journey. Emergency evacuation is available if required.

Travel Insurance

Comprehensive travel insurance is mandatory and must include:

- High-altitude trekking coverage (minimum up to 6,000m)
- Emergency helicopter evacuation and rescue
- Medical treatment and hospitalization
- Accidental injury and repatriation coverage

Additional information

Guide & Porter Services

The trek is led by licensed, experienced Himalayan guides who provide navigation, safety management, and cultural interpretation. Porters carry main luggage, allowing trekkers to walk with a light daypack.

Guide support is essential for acclimatization guidance and overall trek safety.

Technical Preparation

No technical climbing skills are required; however, trekkers should be prepared for high-altitude trekking conditions:

- Walking on steep mountain trails
- Use of trekking poles for balance and support
- Slow and steady pacing at altitude
- Basic fitness and endurance training recommended

Essential Equipment

Recommended trekking gear includes:

- Strong, broken-in trekking boots
- Layered clothing system
- Warm down jacket (-20°C to -30°C rating)
- Waterproof jacket and trousers
- Gloves, hat, buff, and sunglasses
- Trekking poles and daypack (30–40L)
- Sleeping bag suitable for cold conditions
- Personal first aid kit and medications

Communication & Connectivity

Mobile network coverage (Nepal Telecom and Ncell) is available intermittently along the route but becomes weak at higher elevations.

Wi-Fi is available in most teahouses at an additional cost, especially in lower villages such as Namche Bazaar.

Why Choose the Everest Base Camp Trek?

The Everest Base Camp Trek is a world-renowned adventure offering a perfect balance of natural beauty, cultural depth, and high-altitude challenge:

- Trek to the base of the world's highest mountain
- Stunning views of Everest, Lhotse, Nuptse, and Ama Dablam
- Rich Sherpa culture and Buddhist heritage
- Iconic villages such as Namche Bazaar and Tengboche
- No technical climbing required
- One of the most famous trekking routes in the world
- Ideal for adventure seekers with moderate fitness
- A life-changing Himalayan experience

Frequently asked questions

How difficult is the Everest Base Camp Trek?

The Everest Base Camp Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Everest Base Camp Trek?

For the Everest & Khumbu region the best months are March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What permits do I need for the Everest Base Camp Trek?

You need the Sagarmatha National Park entry permit and the Khumbu Pasang Lhamu Rural Municipality

permit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Everest Base Camp Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Everest Base Camp Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Everest Base Camp Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Everest Base Camp Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/everest-base-camp-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com