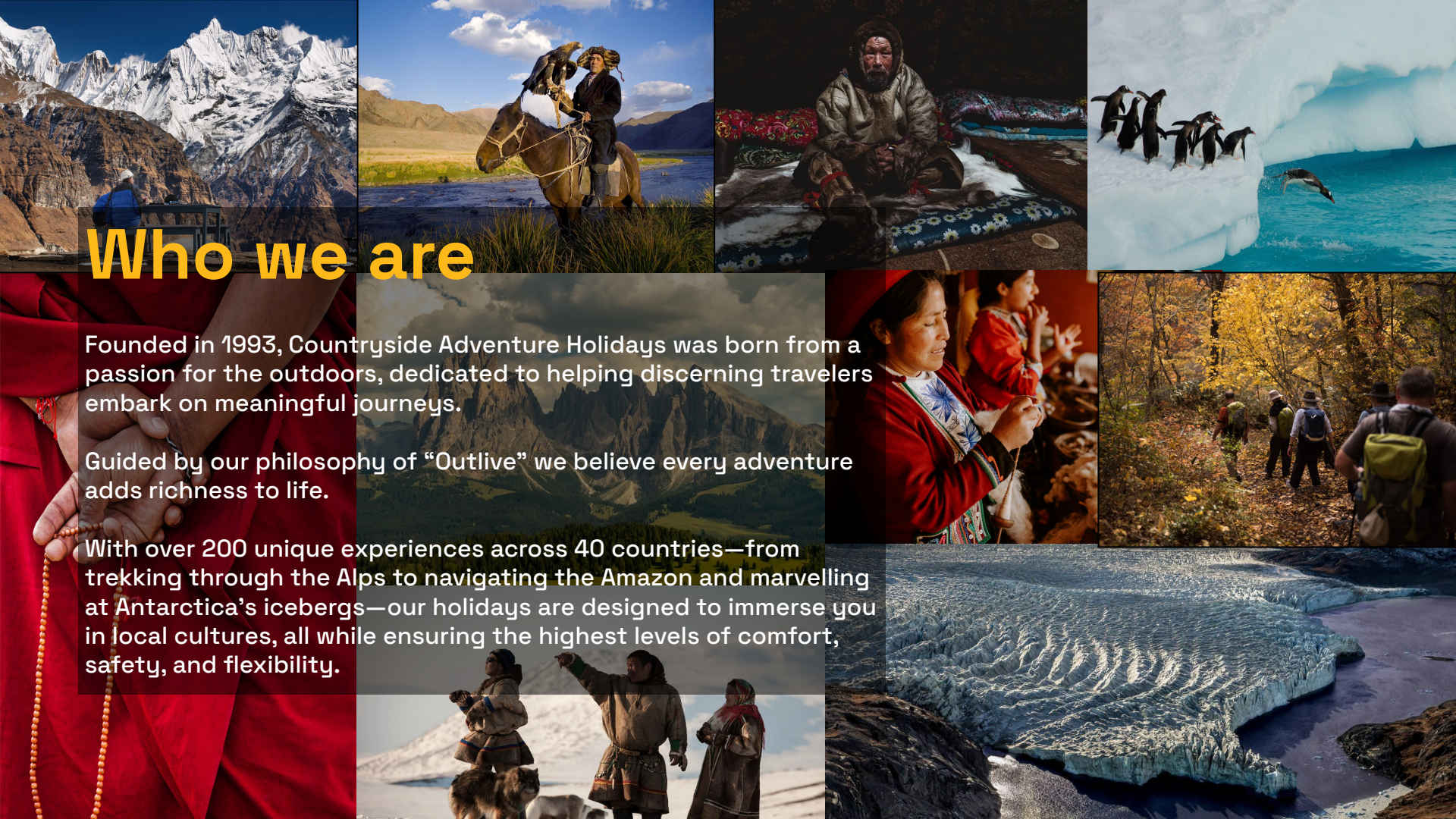




COUNTRYSIDE™
ADVENTURE HOLIDAYS
OUTLIVE

Everest Base Camp

Nepal
April 03- 16, 2026
Sep 27-Oct 10, 2026



Who we are

Founded in 1993, Countryside Adventure Holidays was born from a passion for the outdoors, dedicated to helping discerning travelers embark on meaningful journeys.

Guided by our philosophy of “Outlive” we believe every adventure adds richness to life.

With over 200 unique experiences across 40 countries—from trekking through the Alps to navigating the Amazon and marvelling at Antarctica’s icebergs—our holidays are designed to immerse you in local cultures, all while ensuring the highest levels of comfort, safety, and flexibility.

About

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Mt. Everest! The mountain that has captivated the imagination of our race, sacred to both Hindus as well as Buddhists, this mountain now has acquired modern lore of its own, of heroic feats and tragic episodes. Walk with “Countryside”, the route to the base camp of Mt. Everest, the world’s highest mountain at 8848m/29,030 ft. straddling the border of Nepal and Tibet. This mountain stands on its solid and squat shape beside its neighbours Mt. Lhotse and Mt. Nuptse. This route is the most famous of all trekking routes in the world and goes through some of the most stupendous landscapes anywhere. This is a region where superlatives start failing to describe that magic of a phenomenon that draws people of all kinds. We arrive into the exotic city of Kathmandu, capital of the Himalayan kingdom of Nepal and next day- fly to Lukla, from where we begin our trek. This route through the Khumbu region goes up the Valley of Dudh Kosi River, through forests of rhododendron and pine, passing quaint Sherpa villages and remote Buddhist monasteries.

Grade:
Moderate to Hard

Min & max Temp:
05 deg & 25 deg celsius

Brief Itinerary

Day 01 Arrival in Kathmandu. Overnight at hotel.

Day 02 Fly to Lukla, overnight in Lukla.

Day 03 Trek to Monjo(2,835m/ 9,301ft)-5~6 Hours

Day 04 Trek to Namche Bazaar (3,447m / 11,300 ft) -5~6 Hours

Day 05 Namche Bazaar-Acclimatization Day

Day 06 Trek to Devouche(3770m/12,370ft).

Day 07 Trek to Dingboche(4410m/14,469ft)

Day 08 Dingboche-Acclimatization day

Day 09 Trek to Lobuche (4930m/ 16,175ft)

Day 10 Trek to Everest Base Camp (5,364m/17,594ft) via Gorekshep(5,160m/16,925ft) 8hrs.

Day 11 Trek down to Pheriche. (4200m/13,779ft)-5-6 hrs

Day 12 Take a chopper to Lukla and further fly to Kathmandu. (Subject to weather conditions)

Day 13 Contingency day- Kathmandu.

Day 14 Final departure.

Trip Overview

- A UNESCO World Heritage Site renowned for its biodiversity, including unique alpine flora and fauna
- The largest and most important Buddhist monastery in the region, set against a backdrop of towering Himalayan peaks, providing a place for prayer ceremonies and cultural immersion.
- Spectacular, close-up views of Everest (Sagarmatha/Chomolungma), Lhotse, Nuptse, Ama Dablam, and many other Himalayan giants are a constant feature of the trek
- Walking alongside and viewing the massive glacier and the dramatic icefall below Everest is a truly memorable experience.
- Standing at the foot of the world's highest mountain, trekkers encounter climbing expeditions (in spring), a symbolic stone and prayer flag marker, and a celebratory atmosphere

Stay in 5* hotel and deluxe tea house

11 Breakfasts, 09 lunches & 09 Dinners Incl

Starting: INR 1,77,000 / USD 2089
Single Supp: INR 39,500/- / USD 438
Chopper cost:
Kathmandu Lukla one way: USD 625 per person
Pheriche to Kathmandu: USD 975 per person

**Pricing is based on 1 USD = INR 86 and is subject to change. Exchange rate on-day of booking will be applicable*

Day 01: Arrival in Kathmandu (1337m/4387 ft.).

Upon arrival in Kathmandu's Tribhuvan International Airport, meet, assist and transfer to Hotel.

Day 02: Fly to Lukla by chopper (50mins sortie)

Today we will stay in luxury lodge in Lukla itself for acclimatization.

Day 03: Trek to Monjo (2,835m/ 9,301ft)-5~6 Hours

The trek starts by following the trail leading to the northwest direction through the narrow street, which immediately descends from the end of the village on a trail through the open hillside. The trail is well defined and there are many shops and lodges catering to the trekkers. This day's trek is an easy one and ultimately descends to the river at Phakding. It is a pleasant walk for the first half of the day as one passes through agricultural countryside and small wayside villages. There is a steep climb of about 20 minutes to arrive at Monjo for Lunch. Overnight stay at Hotel / Lodge in Monjo.

Day 04: Monjo- Namche Bazaar (3420m/11,221 ft.; 7-8 hrs)

After breakfast, trek up to the check post to check the permits and enter into the Sagarmatha National Park. Pass through several small villages and beautiful pine forest. This is a busy trail with plenty of human interest. Our first good views are of west ridge of Kusum Kangru (6339m). Follow the Dudh Kosi River, crossing a rickety suspension bridge, which is in a dilapidated condition, and then slowly climb up a very steep trail to Namche Bazaar. Near half waypoint, we enjoy our first views of Mt. Everest (8848m), Nuptse (7879m) and Lhotse (8383m) - the big three. The climb is for nearly 3 hours, as one gain's altitude, making breathing difficult due to the rarified air. This prosperous town is the largest in Khumbu. Mt. Thamserku (6648 m) and Kwangde Ri (6624 m) loom along the east and west of the village. Overnight stay at a guesthouse in Namche Bazaar.

Day 05: Namche Bazaar- Acclimatization Day

Overnight stay at Lodge in Namche Bazaar

Day 6: Trek to to Devouche via Thyangboche (3770m/12,370 ft.)

Post breakfast we start by descending through the rhododendron forest, watching for the Blood Pheasant and Imperial Pheasant in the undergrowth. As we reach the valley there is Dudh Kosi River where we stop for a lunch at Phunki Thanga (3200m), The next part is spent climbing slowly on a steep trail to the Thyangboche Monastery. Thyangboche lies at the base of Kangtega and is a classic setting with superb views backs up the valley to the Ama Dablam, and the Everest poking its southwest face over the huge ridgeline linking Nuptse and Lhotse. After visiting Thyangboche Monastery a short, steep and muddy descent to Debouche through the forest of birches, conifers and rhododendrons. Dinner and overnight stay at Hotel / Lodge in Devouche. Overnight stay at a guesthouse in Devouche.

Day 07: Trek to Dingboche(4410m/14,469 ft.; 4-5 hrs)

Post breakfast we start our trek to Dingboche. For the next half an hour walk we find the path on level ground and proceed further uphill to reach Pangboche (4010m/13,157ft.). After Pangboche we walk along the river towards the village of Tshomare ,we would take a short break at Tshomare for Lunch. Further the trail goes up to the left, through the front yards of a few herders huts, over a stone wall and climbs a small ridge before descending to KhumbuKhola, crossing it by a bridge. 10 minutes' walk further from KhumbuKholaw will reach Dingboche. Overnight stay at a Lodge in Dingboche.

Day 08: Dingboche: Acclimatization Day

Today, post breakfast we go out for acclimatization walk to nearby hillock. We will try gain height of 300 meter and from the top, we will be able to see the beautiful views of Mt. Tawache, Ama Dablam, Island Peak, Lhotse, Everest, and Pumori. Overnight stay at Lodge in Dingboche.

Day 09: Dingboche-Lobuche (4930m/16,175ft.; 5-6hrs)

On the way, you can watch the beautiful view of the Mt. Cholatse (6443m/21,140 ft.), back on the Westside route Mt. Ama Dablam (6856m/22,495ft.). After Arrival At the ridge, descend for about ten minutes, cross a bridge and arrive at Thugla (4620m/15,158ft.) for an early lunch. After Lunch, the ascent is very steep for about one hour to reach Sherpa Memorial place founded in remembrance to those mountaineers who died during expeditions. Further on the trail leads to the terminal moraine the Khumbu Glacier with views of Pumori (7165m/23,508 ft.) in the foreground. The campsite Lobuche is reached after another hour of steady trekking through the moraine and is situated in a windswept valley with the views of Nuptse. Dinner and overnight stay at lodge in Lobuche. Overnight at teahouse lodge in Lobuche.

Day 10: Lobuche-Gorakshep(5160m/16,930 ft.) -Everest Base Camp (5340m/17,521 ft.) -Gorakshep(8-9 hrs)

Today we start the trek early in the morning. The path becomes tougher not because it's uphill, but because of the rocky nature and also due to the high altitude. This was the base camp of the 1952 Swiss Everest expedition. In 1953 the British Everest expedition called this 'lake camp'. We proceed towards the Everest Base Camp. Everest base camp is not actually a specific site. Various expeditions have selected different locations for a semi permanent camp during their assault on the mountain. Some of the sites that expeditions have used as basecamps are identifiable from debris the glacier at 5340m or more. The trip to base camp, while fascinating, is not as spectacular as the ascent of Kala Patthar because there is no view of Everest itself from basecamp. Overnight stay at lodge in Gorak shep.

Day 11: Gorakshep-KalaPatthar(5545m/18,193ft.)-Pheriche(9-10hrs)

Today is the most beautiful day of the trek we are going to see few good peaks alongwith Mt. Everest. Star Early Morning, trek the steep uphill climb to KalaPatthar. One must make sure to take his time and walk at a pace, which feel most comfortable with. From The Top, we get magnificent views of the Himalayan Range. We Were able to see peaks such as Lingtren, Khumbutse, Chagtse tower and Everest itself close to another peak called Nuptse. It takes us over 3hrs to make the summit and a whole bunch of stops along the way to catch our breath. We will spend some time at the Kala Patthar summit and capture a life time memory in our cameras. After having some packed breakfast, we will head off down the valley as we begin our return to civilization. It will take 4-5hrs to reach Pheriche. Dinner and overnight stay at lodge in Pheriche.

Day 12: Pheriche-Lukla-Kathmandu by chopper.

(Subject to weather conditions)

In the morning we board the chopper from Pheriche to Lukla. In Lukla we change the chopper and fly to Kathmandu. Pick up from airport . Overnight at a hotel in Kathmandu.

Day 13: Contingency day- Kathmandu.

Day 14: Final departure.

After breakfast, transfer to Tribhuvan International Airport to board for your homeward bound flight.

End of the arrangements..

Inclusions & Exclusions

- ✓ Kathmandu: In a Premium hotel on twin sharing basis; Bed & Breakfast basis.
- ✓ On the trek: In a deluxe Tea lodges on twin sharing basis; All meals included.
- ✓ Lukla, Monjo & Devouche in luxury lodges on twin sharing basis; All meals included.
- ✓ Lobuche & Gorakshep on basic lodges on twin sharing basis; All meals included.
- ✓ Trek and other internal transfers in small vehicles/coach/SUV/MUV.
- ✓ Complimentary duffle bag.
- ✓ Sagarmatha National Park entrance permits fees with necessary documentation.
- ✓ Trekking Information Management Service (TIMS) fees.
- ✓ Necessary portorage on the trek.
- ✓ One Local Experienced Sherpa on the trek.
- ✓ Comprehensive medical kit along with the oxygen cylinder.
- ✓ One experienced Countryside Outdoor professional from Mumbai.
- ✗ Goods & Service Tax 5% or as applicable for Indian nationals.
- ✗ TCS 5% or as applicable for Indian nationals on total tour cost.
- ✗ Travel to & from Kathmandu & Any chopper services in this region.
- ✗ Adventure travel insurance.
- ✗ Lunch & dinner expenses in Kathmandu.
- ✗ Hot water for drinking on the trek & hot shower.
- ✗ Additional Night stay cost in Lukla / Kathmandu in case of flight / chopper cancellation / delays
- ✗ Any expenses of personal nature such as mineral water, laundry, liquor, etc.
- ✗ Any extra costs incurred due extension/change of the itinerary, because of natural calamities, flight delays/cancellations, road blocks, vehicle breakdown, etc. factors beyond the control of the organizers of this event and its associates.



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