Salleri to Everest Base Camp



Trip Overview

Normally people know about the trekking of Everest base camp but a long time ago for Everest base camp trek started from Lower Solukhambu, Lower solu trekking is a very good mix of cultures. It is not only for trekking it is learning local activities as well as local culture and local experience in your life. Pure Adventure Nepal always supports local people to promote their life style. When you visit there it will be supporting local enemies. It nice trek and less trekkers.

Trip Itinerary

- 1 - Arrival in Kathmandu(1300m)
- 2 - Drive from Kathmandu to Salleri
- 3 - Trek from Salleri to Taksindu
- 4 - Taksindu to Kharikhola
- 5 - Trek from Kharikhola to Paiya
- 6 - Paiya to Phakding (5-6 hrs 2660m)
- 7 - Trek from Phakding to Namche Bazar (6-7hrs 3440m 13.k.m)
- 8 - Acclimatization day at Namche Bazar (3-4 hrs 3400m)
- 9 - Trek to Tangboche (3800m 5-6 hrs 9k.m)
- 10 - Tangboche to Dingboche (5-6 hrs 440m 11k.m)
- 11 - Acclimatization day at Dingboche 3-4 hrs
- 12 - Dingboche to Lobuche (4930m 5-6 hrs 9k.m)
- 13 - Everest Base Camp 5364m and back to Gorakshep 5185m 6-7 hrs
- 14 - Kala Pathhar- 5550m Pheriche (4260m /6-7 hrs)
- 15 - Pheriche to Namche Bazar 3440m 6-7 hrs
- 16 - Trek to Phakding (5-6 hrs 2660m)
- 17 - Trek to Lulka2860m 3-4 hrs
- 18 - Fly to Kathmandu 1300m
- 19 - Departure Day

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- 3-star Hotel stays at Kathmandu night stay in twin sharing
- Local jeep or privite jeep to salleri
- Lodging and Tea house accommodation
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- A porter sharing for two trekkers each on the route
- Salary and Insurance Cost of Staff
- All necessary paperwork and permits (TIMS/ Conservation Fee).
- Emergency medical kit and local taxes

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Hard or Soft Drinks and snacks
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Essential packing Equipment
- Extra cost for booking domestic flight other than planned
- Tipping for trekking crew

Gears and equipment

- Clothing

  Waterproof jackets and pants
  Sweaters and down jackets
  Lightweight trousers
  Hiking shirts- long-sleeved
  Hooded raincoat and Fleece jacket
  Innerwears
  Lightweight and heavyweight winter gloves
  Sun hat or scarf; Money belt; Cotton headscarf, bandana
  Winter hat or insulating hat

- Personal accessories

  Headlights and extra batteries
  Face and body wipes
  Sunscreen and sunglasses with UV protection
  Money
  Watch
  Cell phone and camera

- Extra items

  First aid kit
  Passport-sized photos and passport photocopies
  Binoculars
  Personal medications
  1 swiss type knife
  Sleeping bags and sheets,
  Rucksack, backpack, and a small day pack
  Water bottle
  Water purification tablet solution

- Personal accessories

  Headlights and extra batteries
  Face and body wipes
  Sunscreen and sunglasses with UV protection
  Money
  Watch
  Cell phone and camera

- Footwears

  Trekking Boots
  A pair of sports shoes
  Heavy wool and light socks

Faqs

1. **What is an alternative route to Everest Base Camp Trek?**

The Salleri to Everest Base Camp is the alternative route to the Traditional Everest Base Camp Trek.

2. **What is the trek difficulty level for the Salleri to Everest Base Camp Trek?**

   Salleri to Everest Base Camp is moderately challenging. The trails are well-maintained and easy to follow.

3. **How much does the Salleri to Everest Base Camp Trek cost?**

   The Salleri to Everest Base Camp trek costs an average of 1200 USD to 2200 USD depending on the accommodation, services, and amenities you choose.

4. **Do I need a permit for the Salleri to Everest Base Camp Trek?**

   Yes, you will need two permits: a Sagarmatha National Park Entry permit and a Khumbu Pasang Lhamu Rural Municipality Entrance Permit. You can get these permits either at Kathmandu or at Lulka.

5. **How long does the Salleri to Everest Base Camp Trek take?**

   The Salleri to Everest Base Camp trek typically takes 13 to 20 days to complete. This depends on the fitness level, days for acclimation, and other preferences.