

EVEREST BASE CAMP

TREKKING
12 DAYS



LUKLA, PHAKDING, NAMCHE BAZZAR, TENGBOCHE,
DINGBOCHE, LOBUCHÉ, GRAKSHEP, EBC & KALAPATTAR
3RD May to 14, May-2025

INDIA 



NEPAL 

+91-9760628422 (Pankaj Mehta)
+91-9819978226 (Tanu)

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INTRODUCTION OF

Mr. NARBIN MAGAR



During his 13 years of hard work and experience in this sector, Mr. Narbin Magar has traveled through almost every part of Himalayan in Nepal. He is one of the license holder mountain guide & trekking guide. (mountain guide reg n. 2945 & guide license n. 8124) He has already successfully submitted the Island peak (6189 m) Mera peak (6476 m) Lobuche east (6119 m) Chulu east (6584 m) Chulu west (6419 meter) more than 19 times & traveled GREAT HIMALAYAN TRAILS (above 4000m & bellow 6000m 42 pass Kanchenjunga region, Makalu region, Everest region, Rolwaling region, Helambu region, Ganesh Himal region, Manaslu region, Annapurna region, Dolpa region, Mugu/Rara region, recently. He is one of the success mountain guide & trekking guide of young generation He started very early in this field when he was quite young something just kept him attached to his field and with hard work and dedicated.

finally Successfully 4 continents of highest peak within 180 days During the seven summits and Many other Trekking Peak Climbing in Nepal.

- 1 = Mt Everest (8848m) on May 18, 2018, at 6:25 am (World Highest Peak)
- 2 = Mt Kilimanjaro (5895m) August 4, 2018, at 4:45 am (highest of Africa)
- 3 = Mt Elbrus (5642m) on September 4 2018 at 8:19am (highest of Europe)
- 4 = Mt Aconcagua (6962m.) on 18 December 2018 at 2:00 AM highest of South America

TAP LIFE Adventures where you can find great friendly hospitality in all our services whether on tour or trekking, where our guides and staff will always be at beck and call when required during your stay with us.

All our staff and guides are related to each other from one village so we are a family run trekking and Adventures Company where our goal and philosophy act together in providing the very best services. You might have tried the rest now it is time to try the best with our quality services, just try us once and we believe that you will be safe with a memorable and enjoyable time with us.

Looking forward to seeing you soon in Nepal with us in TAP LIFE Adventures.

EVEREST BASE CAMP TREKKING

LUKLA, PHAKDING, NAMCHE BAZZAR, TENGBOCHE, DINGBOCHE, LOBUCHE, GRAKSHEP, EBC & KALAPATTAR

Country Nepal	Duration 12 Days	Grade Adventurous	Best Season Mar - May / Oct - Nov
Group Private.	Max. Altitude 5545 M. / 18192ft.	Hotel Hotel / Lodge	Transportation Private Vehicle / Flight.

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ADVENTURES

ITINERARY DAY BY DAY

Day 01 : Kathmandu to Lukla flight (2800m) , trek to Phakding (2610m), 4 hours

Day 02: Trek From Phakding to Namche Bazaar (3400m) , 5:30-6:30 hours

Day 03: Acclimatization day In Namche Bazaar

Day 04 : Trek from Namche Bazaar to Pangboche(3985m),6-7hours

Day 05: Trek from Pangboche to Dingboche(4360m) 5 hours

Day 06: Acclimatization in Dingboche

Day 07: Trek from Dingboche to Lobuche(4940m),6 hours

Day 08: Trek from Lobuche to Gorakhshep(5170m),3hrs - EBC(5364 m),3 hours

Day 09: Trek from Gorakhshep to Kalapatthar(5545m)4hrs – Descent to

Pheriche(4288m): 3 hours

Day 10: Trek from Pheriche to Namche (6hrs)

Day 11: Trek from Namche to Lukla (7-8hrs)

Day 12: Flight from Lukla to Kathmandu (40min)



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ADVENTURES

INCLUSION & EXCLUSIONS



COST INCLUSIONS

- Airport Pick-up and Drop-off service in a private tourist vehicle
- 3-star accommodation in Kathmandu for three nights along with breakfast on twin-sharing basis
- Accommodation during the trek in Teahouse/Lodges
- All Meals (Breakfast, Lunch, and Dinner) during the trek
- Airfare: Ramechhap – Lukla – Ramechhap
- 1 Experienced and licensed, English-speaking trekking guide.
- Assistant Guides as required by group size
- Porters (One porter for every 2 members)
- Staff expenses (salary, insurance, equipment, domestic airfare, food, and accommodation)
- Sagarmatha National Park entrance fee
- Khumbu permit
- First Aid Kit (Carried by trek guide)
- Applicable local and government taxes



COST EXCLUSIONS

- Nepal arrival visa and international flights.
- Any meals in Kathmandu except for welcome dinner.
- Your personal equipment (Available on hire in Kathmandu)
- Expenses such as mineral water, laundry, bar bills, showers, internet, battery chargers, etc.
- Travel insurance covering Helicopter evacuation, medical expenses and trip cancellation.
- Tips to guide, porters, and driver as a token of appreciation.
- Any other expenses or charges that are not mentioned in the "Service includes" list.

NOTES

Please note that the Weather conditions in the Himalayas can be a big obstruction, even during the best trekking seasons. Bad weather or unsuitable weather conditions will directly affect the flight schedule, resulting in flight delays for a few hours to even a few following days. It is really challenging to travel to Lukla by 3 hours of driving, waking up at 2 am to drive to Ramechhap Airport, then taking a 15-minute flight. To be safe, we therefore suggest that you extend your itinerary by a few days or opt for a helicopter rather than a fixed-wing flight to reach Lukla. If a flight is canceled, we'll do our best to reschedule it for the next day the following day (Subject to availability).

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ADVENTURES



TERMS & CONDITIONS



ADVENTURE MEDICAL & RESCUE TRAVEL INSURANCE - TRIP DETAILS

Geographical Scope of Travel	Nepal / China
Maximum Trip Duration	15 Days, 21 Days, 30 Days, 60 Days
Age Limit	18-70 Years



PREMIUM (PER PERSON) INCLUDING GST@ 18%

Age Group	15 Days	21 Days	30 Days	60 Days
1 - 49 Years	₹ 8,500	₹ 11,500	₹ 15,600	₹ 31,000
50- 59 Years	₹ 12,750	₹ 17,250	₹ 23,400	₹ 46,500
60 - 69 Years	₹ 17,000	₹ 23,000	₹ 31,200	₹ 62,000



COVER DETAILS

Sr. No.	Benefits	Sum Insured	Deductible
1.	Hospitalization Expense for Illness & Injury	\$ 25,000	\$ 100
2.	Medical Evacuation Includes Helicopter Evacuation & AMS is covered under this Policy	\$ 25,000	NIL
3.	Outpatient Injury & Illness Expenses	\$ 500	NIL
4.	Personal Accident (Death & Disability)	\$ 10,000	NIL
5.	Delay of Checked-in Baggage	\$ 150	12 Hours
6.	Loss of Checked-in Baggage	\$ 1000	NIL
7.	Loss of Passport & Driving License	\$ 250	NIL
8.	Trip Cancellation	\$ 1000	NIL
9.	Trip Interruption & Curtailment	\$ 1000	NIL
10.	Common Carrier Delay	\$ 100	8 Hours
11.	Hijack Distress Allowance	\$ 300	12 Hours
12.	Daily Allowance in case of Hospitalization	\$ 25/Day (max 5 days)	Franchise 1 Day
13.	Personal Liability	\$ 10,000	5% of Actuals
14.	Repatriation of Remains	\$ 5,000	NIL

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TERMS & CONDITIONS

We expertise in the field of extreme adventure such as Expeditions, Peak Climbing, Trekking, explanatory cultural tours, and many more in Nepal as well as Tibet. It is important to note that we offer trips that are an adventure in nature which requires a degree of flexibility. The outline itineraries published on our website for each trip must be taken as a guideline of what each group should accomplish and not as a contractual obligation on the part of Skywheels Travel. Skywheels Travel cannot be held responsible for any delays or changes to the itinerary due to: international or domestic flight delays or cancellations; government regulations; political conditions; strikes; mechanical break-down; border restrictions; sickness; injury; death; natural events eg. Exceptional weather conditions, floods, landslides, etc; or other unforeseeable circumstances. In such cases, Skywheels Travel shall be responsible for providing suitable alternatives which shall be decided upon mutual agreement. If an agreement cannot be reached, Skywheels Travel shall be liable for refunding clients' outstanding trip costs after deduction of expenses already incurred.

Booking a trip/ holiday with Skywheels Travel requires some terms and conditions that are to be followed by both parties involved.

We would request you to kindly read the below-given information before continuing with the booking process.

- The booking of any trip is confirmed once you receive a confirmation invoice or a confirmation email from Skywheels Travel. In order to confirm the trip with us, you should be making a deposit of 25% of the total package cost. Full payment of the trip should be made 4 weeks prior to the trip departure date.
- Payments of any trips to Skywheels Travel can be made using bank transfer or via UPI options. We shall send you the payment detail options via email once you have confirmed the trip with us.
- Kindly note that while making the payment by credit card, there shall be a 2.5% surcharge (of the Total payable amount) as a Bank charge for any Credit/Debit card transactions. Our bank accepts only Visa and master cards. Amex cards are not accepted.

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ADVENTURES



TERMS & CONDITIONS

- On an active group holiday, it is necessary that you abide by the authority of the leader, who represents the company. If you commit any illegal act when on the holiday or if, in the reasonable opinion of the leader, your behavior is disruptive, threatening, or abusive, or is causing or likely to cause danger, distress, or annoyance to others, we may terminate your travel arrangements without any liability on our part.
- Should you have a complaint regarding our tour leader or if you are not satisfied with the response, please notify us in writing within 15 days of completion of the tour. We shall try to agree on a settlement. This process shall be governed by the laws of Nepal.
- Our itinerary is an indication of what the group should accomplish, but note that contractual obligation changes may be made because of exceptional weather, flight cancellation, or other unforeseeable circumstances. No refund is given for unused service.
- When you make your booking, it's implied and accepted that you have read and understood all these booking conditions and agree to abide by them.

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TERMS & CONDITIONS

- If you cancel your booking prior to departure due to any reason, the following scale of charges will apply:

DATE OF CANCELLATION

CHARGE INCURRED

2 months before departure

Full Refund

30 days to 2 months before departure

20% of the total trip cost

15 to 29 days before departure

50% of the total trip cost

Less than 15 days before departure

80% of the total trip cost

Less than 10 days before departure

100% of the total trip cost

- Skywheels Travel shall not be liable for any refund to clients who, for whatever reason, choose not to complete a trip. In such an event, the client will have to meet all accommodation and any other additional costs incurred as a result of his/her decision to leave the trip early. No refunds will be given for unused services in the event of changes made to the itinerary because of exceptional weather, flight cancellations, sickness, or other unforeseeable circumstances.
- The tour will not be canceled unless we are forced to do so because of unusual or unforeseeable circumstances (force majeure), such as a major natural disaster, major political unrest, or war.

If we cancel the tour we will refund all payments made to us, ie including the deposit. We shall not be liable to refund any additional expenses that you may have incurred (such as insurance, visas, vaccinations, bank charges, and other incidental costs).

- Before joining the tour we recommend that clients take out travel insurance. Since the trip that we offer is adventure-based, we advise all the traveler to take the medical insurance to protect against any unforeseen circumstances. The insurance should cover adequate coverage for baggage, medical expenses, cancellation, helicopter evacuation, and emergency repatriation.

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TREKING GEAR LIST



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