Phaplu Salleri to Everest Base Camp trek

Duration: 17 Days 16 Night | Location: Nepal



Trip at a glance

Category: Everest Region

Location: Nepal

Duration: 17 Days 16 Night

Difficulty: 4/10

Trip Style: Trekking & Hiking

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: Phaplu Salleri to Everest Base Camp trek (5545 m)

Summary

Phaplu Salleri to Everest Base Camp trek Short and economic entrance to nearest road to Everest Region Trek Everest Base Camp 5,364m and Kalapattar 5545m.

Overview

Trip Introduction

You don’t have to take flight to Lukla / Everest Base Camp trek without fly in to Lukla.

It makes you much physically fitter and stronger and makes ready to hike Everest Base Camp.

Better acclimatized before reaching Base Camp, less risk of altitude sickness.

It has warm weather, hilly and green scenery, less trekkers on the way, so it is calm.

Local village experiences, organic food and vegetable is served in tea houses.

Alternate route to Lukla Everest base camp trekking

Short and economic entrance to nearest road to Everest Region

Everest Base Camp 5,364m and Kalapattar 5545m

One of the best aspects of taking this route to is; it makes you physically much fitter and keeps well acclimatized before heading to Everest Base Camp without taking Lukla flight. Many trekkers are hit by altitude sickness when they begin the trek straight from Lukla. Not only this; this route provides chances one to observe the fascinating rural daily life in each village you pass through. Families grow their own vegetables, livestock and run the tea houses. 3 High Pass Trek

Anything else they need is transported from other villages via mule or porter. Another great thing is; this route is less trekked, so this trail calm and quiet than upper Khumbu that so crowded often. As this trail is newly introduced very few trekkers have explored this route, which is newly proposed. Trek to Everest Base Camp via Salleri offers you the fresh route, and you do not have to fly to Lukla, rather the drive by a private vehicle takes you to Salleri, which is also the district headquarter of the Solukhumbu. It is incredible to trek in this unusual trail to Everest Base Camp.

visit this link. , Everest View Trek

Day by day itinerary

Trip Itinerary

Outline Itinerary:

Day 01: Arrive Kathmandu (1,300m/4,264 ft).

Day 02: Drive to Salleri (2364 m), (Flight is available if you want.

Day 03: Trek to Takshindo. 5-6 hours walk.

Day 04: Trek to Kharikhola (2010m). 6-7 hours walk.

Day 05: Trek to Puiyan (2730m), 5-6 hours walk.

Day 06: Trek to Phakding (2652m) 6-7 hours walk.

Day 07: Trek to Namche (3440m) 6 hours walk.

Day 08: Rest and acclimatization day at Namche

Day 09: Trek to Tengboche (3870m) 5 hours walk

Day 10: Trek to Dingboche (4410m) 5 hours walk.

Day 11: Trek to Lobuche (4900m), 5-6 hours walk.

Day 12: Trek to Gorakshep (5160m), hike to Everest Base Camp (5364m)

Day 13: Hike Kala Patthar and trek to Phiriche

Day 14: Pheriche to Namche Bazaar. 6 – 7 hours.

Day 15: Trek to Lukla (2800m) 7-8 hours walk.

Day 16: Fly back to Kathmandu.

Day 17: Final departure.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- Airports pick up and transfer by private vehicle as per the itinerary.
- Accommodation in Kathmandu including breakfast on twin/triple sharing basis.
- Flight fare from Lukla to Kathmandu.
- Domestic airport tax.
- Accommodation during the trek at guest houses/lodges on twin sharing basis Meals (Breakfast, Lunch, and Dinner) with a cup of tea or coffee during the trek.
- A highly experienced and licensed guide approved by the government of Nepal and porters (two trekkers, one porter) during the trek and their transportation, food, accommodation, salary, equipment, and insurance coverage.
- Trekker's Information Management System (TIMS).
- Sagarmatha National Park entrance Permit with entry fees.
- First Aid/Medical Kit.
- Government taxes.
- Service charge.

Exclusions

- Any meals other than the breakfast in Kathmandu.
- Monuments entrance fees.
- Rescue & travel insurance, trip cancellation costs, accident or health emergency, evacuation, loss, theft or damage to baggage and personal effects. We strongly advise buying a travel insurance policy.
- Extra night accommodation in Kathmandu because of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled itinerary.
- Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, cold drinks, bottle or boiled water, hot shower etc).

- Tips for guides and porters.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.

- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

rip Duration: 17 days.

Highest Altitude: Phaplu Salleri to Everest Base Camp trek (5545 m).

Grade: Medium.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Highest Point: Phaplu Salleri to Everest Base Camp trek (5545 m).

Type of Tour: Trekking, Hiking, Walking, Culture.

Trekking Hour: Approximately 6-7 hours each day.

Trekking Duration Total Days: 17 Days.

Choices in reaching to Lukla from Kathmandu.

Yet there is no road access to Lukla; possibly soon within few years the state government will build the road. But there is comparatively good road access to Salleri; the road to Salleri from Kathmandu is pretty good and black on top. Dirt road further to Ringmo and Nunthala village is accessed as of our last trekking update but jeep is not readily available all the time.

Ride local bus to Jiri or Shivalaya (10-11 hours) and Walk 5-7 days. Jiri and Shivalaya is further along from Phaplu, same route plus 2-3 days.

Sharing Jeep and local bus to Salleri or Phaplu (2,413m, 10-12 hours) and trek 3-4 days. Jeep, private or shared to Phaplu or Jiri. Faster than the bus, walk 3-4 days.

Fly to Phaplu (2,413m) then trek 3-4 days to Lukla.

Fly to Lukla, is by far the easiest, quickest and possibly cheapest way to go when you take into account the extra money you'll spend while trekking.

Foreigner's transportation cost to Salleri / Phaplu from Kathmandu

Local bus USD 15 per head

Local sharing jeep USD 25 per head

Private Jeep Hire USD 305 (Good space for 7 people)

Flight cost USD 155 /flight/head.

Flight to Lukla USD 179/flight / head

Departure

Departure

Review

Trip gallery

View photo on the trip page



Phaplu Salleri to Everest Base Camp trek - photo 2

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Plan your journey with our team

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