

\*All prices are in Nepalese Rupees ₨ (rs) for 2 people\*

### **DAY 1**

*Lukla - Ghat*

LUNCH (Lukla)

- Veg momos: 450rs
- Veg stir fry: 450rs
- Black coffee (x2): (80) 160rs

DINNER (Ghat)

- Black coffee (x2): (100) 200rs
- Dal bhat veg: 500rs
- Veg momos: 500rs
- Water 1L: 150rs

ROOM (*Holiday Inn - Ghat*): 300rs

TOTAL: **2710**

---

### **DAY 2**

*Ghat - Namche Bazaar*

BREAKFAST (Ghat)

- Omelette with toast (x2): (450) 900rs
- Black coffee (x2): (100) 200rs

LUNCH (Monjo)

- Veg momos: 500rs
- Black coffee (x2): (100) 200rs

DINNER (Namche Bazaar)

- Dal bhat (x2): (670) 1340rs
- Jasmine tea: 110rs

ROOM (*Khumbu Lodge - Namche*): (500rs each) 1000rs

TOTAL: **4250**

---

### **DAY 3**

*Namche Bazaar Acclimatisation*

BREAKFAST

- Egg and toast (x2): (590) 1180rs
- Black coffee (x2): (100) 200rs

LUNCH

- Small pot black tea: 660rs

DINNER

- Vegetable curry: 450rs
- Veg Dal bhat: 670rs
- Veg momos: 450rs

MISC.

- Kitkat (x2): (150) 300rs

ROOM (*Khumbu Lodge - Namche*): (500rs each) 1000rs

TOTAL: **4910**

---

### **DAY 4**

*Namche Bazaar - Tengboche*

BREAKFAST (Namche Bazaar)

- Banana pancake (x2): (420) 840rs

LUNCH (Kyangjuma)

- Masala tea: 120rs
- Peach tea: 100rs
- Black coffee: 150rs
- Bottle of Coke: 350rs

DINNER (Tengboche)

- Masala tea small pot 1L: 600rs
- Veg fried rice: 600rs
- Veg burger: 800rs

ROOM (*Tashi Deleck Lodge - Tengboche*): 500rs

TOTAL: **4060**

---

### **DAY 5**

*Tengboche - Dingboche*

BREAKFAST (Tengboche)

- Apple pancake (x2): (600) 1200rs
- Black tea (x2): (150) 300rs

LUNCH (Shomare)

- Veg noodle soup (x2): (420) 840rs

- Black coffee (x2): (90) 180rs

DINNER (Dingboche)

- Veg dal bhat (x2): (700) 1400rs

ROOM (*Khumbu Resort - Dingboche*): 500rs

TOTAL: **4420**

---

### **DAY 6**

*Dingboche Acclimatisation*

BREAKFAST

- Crepes: 550rs
- Pancake: 450rs
- Black tea small pot: 500rs

LUNCH

- Americano (x2): (300) 600rs
- Masala tea: 200rs
- Hot chocolate: 300rs

DINNER

- Veg curry (x2): (600) 1200rs
- Jasmine tea small pot: 650rs

ROOM (*Khumbu Resort - Dingboche*): 500rs

TOTAL: **4950**

---

### **DAY 7**

*Dingboche - Thukla*

BREAKFAST (Dingboche)

- French toast (x2): (550) 1100rs

LUNCH (Thukla)

- Black tea medium pot: 700rs
- Veg noodle soup: 600rs

DINNER (Thukla)

- Dal bhat (x2): (900) 1800rs
- Black tea small pot: 700rs

\*All prices are in Nepalese Rupees ₨ (rs) for 2 people\*

ROOM (*Kala Patthar Lodge - Thukla*): 500rs

TOTAL: **5400**

### **DAY 8**

*Thukla - Lobuche*

BREAKFAST (*Thukla*)

- Toast: 500rs
- Toast and eggs: 850rs
- Black tea small pot: 600rs

LUNCH (*Lobuche*)

- Veg momos: 700rs
- Black tea small pot: 650rs

DINNER (*Lobuche*)

- Dal bhat veg: 800rs
- Hash brown with egg: 800rs

MISC.

- Toilet paper: 500rs

ROOM: (*New EBC Inn - Lobuche*): 500rs

TOTAL: **5900**

### **DAY 9**

*Lobuche - Gorak Shep*

BREAKFAST (*Lobuche*)

- Chapati with peanut butter (x2): (600) 1200rs
- Ginger tea small pot: 650rs

LUNCH (*Gorak Shep*)

- Veg momos: 700rs
- Veg spring roll: 750rs
- Ginger tea small pot: 650rs

DINNER (*Gorak Shep*)

- Garlic noodle soup (x2): (550) 1100rs

ROOM (*Himalayan Lodge - Gorak Shep*): 0rs

TOTAL: **5050**

### **DAY 10**

*Gorak Shep - Pheriche*

BREAKFAST (*Gorak Shep*)

- Pancake: 600rs
- Tibetan Bread and peanut butter: 500rs
- Ginger tea small pot: 650rs

DINNER (*Pheriche*)

- Veg curry: 550rs
- Spaghetti: 750rs
- Ginger tea medium pot: 750rs

ROOM (*Pheriche Resort - Pheriche*): 200rs

TOTAL: **4000**

### **DAY 11**

*Pheriche - Namche Bazaar*

BREAKFAST (*Pheriche*)

- Chapati and jam: 450rs
- Tibetan bread and jam: 500rs
- Black tea cup (x2): (80) 160rs

LUNCH (*Tengboche*)

- Sherpa stew veg (x2): (550) 1100rs
- Black tea cup: 150rs

DINNER (*Namche*)

- Hash brown with fried egg: 490rs
- Hash brown with egg and cheese: 550rs

ROOM (*Khumbu Lodge - Namche Bazaar*): 1000rs

TOTAL: **4400**

### **DAY 12**

*Namche Bazaar Rest Day*

BREAKFAST

- Banana pancake: 420rs
- Americano: 280rs
- Eggs, toast and coffee set: 690rs

LUNCH/BEER

- San Miguel 600ml (x4): (600) 2400rs

DINNER

- Spaghetti: 500rs
- Veg fried noodles: 500rs

MISC.

- Kinder Bueno (x2): (100) 200rs

ROOM (*Khumbu Lodge - Namche Bazaar*): 1000rs

TOTAL: **5990**

### **DAY 13**

*Namche Bazaar - Lukla*

BREAKFAST (*Namche*)

- Apple pancake: 420rs
- Eggs and toast: 590rs
- Jasmine tea cup: 110rs
- Hot orange drink: 140rs

LUNCH (*Pangboche*)

- Ginger tea cup (x2): (150) 300rs
- Ginger tea cup (x2): (100) 200rs

DINNER (*Lukla*)

- Hash brown with egg (x2): (500) 1000rs
- Veg momos: 500rs
- Small pot black tea: 300rs

ROOM (*Lukla Numbur Hotel - Lukla*): 1000rs

TOTAL: **4560**

### **DAY 14**

*Lukla - Kathmandu*

BREAKFAST (*Lukla*)

- Chapati with peanut butter (x2): (350) 700rs
- Americano (x2): (250) 500rs

TOTAL: **1200**