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Everest Documentary Expedition – 21 Days

일자별 일정

최저가
US$2,990
1인당

기간	최고 고도	난이도	지역	그룹 인원
21 일	**5,545 m**	어려움	에베레스트 지역	최대 6

Dates, prices and booking online: https://mounteverestgo.com/ko/환각/everest-documentary-expedition/

하이라이트



Comprehensive 21-day filming expedition covering all major Khumbu locations.



Three Passes (Renjo La, Cho La, Kongma La) plus Gokyo Lakes and Everest Base Camp.

- Film-friendly crew with porters trained to carry camera cases safely.
- Solar panel charging stations at high camps for continuous battery power.
- Sherpa subject interviews with English translation by our guide.

ITINERARY AT A GLANCE

일차 1	카트만두 도착	1,400 m
일차 2	Pre-Expedition Production Meeting	1,400 m
일차 3	Fly to Lukla & Trek to Phakding	2,610 m
일차 4	Trek to Namche Bazaar	3,440 m
일차 5	Acclimatization in Namche	3,880 m
일차 6	Trek to Tengboche	3,860 m
일차 7	Trek to Dingboche	4,410 m
일차 8	Acclimatization & Hike to Nangkartshang	5,083 m
일차 9	Cross Kongma La to Lobuche	5,535 m
일차 10	Trek to Gorak Shep & Everest Base Camp	5,364 m
일차 11	Sunrise at Kala Patthar	5,545 m
일차 12	Second Kala Patthar Shoot & Base Camp	5,364 m
일차 13	Cross Cho La to Gokyo	4,790 m
일차 14	Sunrise at Gokyo Ri & Lake Filming	5,360 m

일차 15	Cross Renjo La to Marlung	4,210 m
일차 16	Trek to Thame	3,820 m
일차 17	Trek to Namche	3,440 m
일차 18	Trek to Lukla	2,840 m
일차 19	Fly to Kathmandu	1,400 m
일차 20	Post-Production Meeting & Sightseeing	1,400 m
일차 21	Final Departure	

방문 지역



카트만두 1,400 m

Kathmandu is the capital of Nepal and the gateway to every trekking region — a UNESCO World Heritage valley with 7 monument zones, the...



Tengboche 3,867 m

Tengboche is the spiritual heart of the Khumbu — site of the region's largest monastery and one of the most iconic Everest viewpoints, framed...



Everest Base Camp 5,364 m

Everest Base Camp (South) is the iconic destination of the classic Everest trek — a seasonal tent city on the Khumbu Glacier at the...



Kala Patthar 5,564 m

Kala Patthar (5,545m) is a small bump on the south ridge of Pumori that offers the finest sunrise view of Mount Everest's summit achievable...



Gokyo 4,790 m

Gokyo is a small seasonal settlement beside the sacred turquoise Dudh Pokhari (Gokyo Lakes) — the destination of the western Khumbu's most scenic alternative...

포함 사항

- All airport pickups and drops in private vehicle
- Kathmandu hotel (3 nights, B&B) with welcome and farewell dinners
- Domestic flights where applicable to itinerary
- All ground transport in private vehicle
- All necessary permits (TIMS, National Park, Conservation Area, Restricted Area where applicable)
- Three meals daily (BLD) during the trek with tea/coffee
- Tea house or camping accommodation during the trek
- Experienced English-speaking trekking guide and assistant guide for groups of 6+
- Porters (1 per 2 trekkers, 15kg luggage allowance) with full insurance
- Sleeping bag, down jacket, and duffel bag (refundable deposit)
- First-aid kit, pulse oximeter, and emergency oxygen
- Satellite phone for emergency communications
- All government and local taxes
- Film-friendly crew with porters trained for camera cases
- Solar charging stations at high camps
- Dedicated base camp at Gorak Shep for 3 nights
- English translation for Sherpa subject interviews
- Pre-expedition location scout consultation

입산 허가증 — 전 일정 본사 완벽 대행

- Sagarmatha National Park Entry Permit, Khumbu Pasang Lhamu Rural Municipality Entry Permit, TIMS Card. Drone permits arranged separately on request.

불포함

- International airfare to and from Kathmandu
- Nepal visa fee (USD 30 for 15 days, USD 50 for 30 days)
- Travel and high-altitude rescue insurance (mandatory)
- Personal trekking gear and clothing
- Hot showers, Wi-Fi, device charging, and alcoholic beverages
- Lunch and dinner in Kathmandu
- Tips for guide, porter, and driver (recommended 10-15% of trip cost)
- Costs from unforeseen events (weather, flight delays, route changes)
- Camera and audio equipment
- Drone permits (USD 500-1000 if required)
- Helicopter extraction (optional, USD 2000-3000)

전체 상세 일정표

01 카트만두 도착

고도: 1,400 m **숙소:** 3성급 호텔

Arrival and equipment check. Evening welcome dinner with crew briefing.
Meals: Dinner · **Overnight:** Kathmandu (1400 m)

02 Pre-Expedition Production Meeting

고도: 1,400 m **숙소:** 3성급 호텔

Full-day production meeting with crew. Location scout consultation and shot list review.
Meals: Breakfast · **Overnight:** Kathmandu (1400 m)

03 Fly to Lukla & Trek to Phakding

고도: 2,610 m **숙소:** 찻집 또는 트레킹 롯지

Scenic flight to Lukla. Short trek to Phakding. Afternoon filming of Sherpa village life.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Phakding (2610 m)

04 Trek to Namche Bazaar

고도: 3,440 m **숙소:** 찻집 또는 트레킹 롯지

Cross suspension bridges and climb to Namche. Filming at the Hillary Bridge and Namche viewpoints.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Namche Bazaar (3440 m)

05 Acclimatization in Namche

고도: 3,880 m **숙소:** 찻집 또는 트레킹 롯지

Sunrise shoot at Everest View Hotel. Sherpa market filming. Sherpa interviews with translation.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Namche Bazaar (3880 m)

06 Trek to Tengboche

고도: 3,860 m **숙소:** 찻집 또는 트레킹 롯지

Trek to Tengboche. Afternoon monastery filming with permission. Evening chanting ceremony.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Tengboche (3860 m)

07 Trek to Dingboche

고도: 4,410 m **숙소:** 찻집 또는 트레킹 롯지

Continue to Dingboche. Sunset shoot of Lhotse south face and Island Peak.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Dingboche (4410 m)

08 Acclimatization & Hike to Nangkartshang

고도: 5,083 m **숙소:** 찻집 또는 트레킹 롯지

Acclimatization hike with panoramic filming of Makalu.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Nangkartshang (5083 m)

09 Cross Kongma La to Lobuche

고도: 5,535 m **숙소:** 찻집 또는 트레킹 롯지

Cross the first of the Three Passes (Kongma La, 5,535m) with dramatic glacier filming.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Kongma La (5535 m)

10 Trek to Gorak Shep & Everest Base Camp

고도: 5,364 m **숙소:** 찻집 또는 트레킹 롯지

Trek to Gorak Shep. Afternoon filming at Everest Base Camp with the Khumbu Icefall.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Gorak Shep (5364 m)

11 Sunrise at Kala Patthar

고도: 5,545 m **숙소:** 찻집 또는 트레킹 롯지

Pre-dawn climb to Kala Patthar for the iconic Everest sunrise shoot. Multiple takes as light changes.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Gorak Shep (5545 m)

12 Second Kala Patthar Shoot & Base Camp

고도: 5,364 m **숙소:** 찻집 또는 트레킹 롯지

Second sunrise shoot at Kala Patthar with different angles. Afternoon Base Camp life filming.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Gorak Shep (5364 m)

13 Cross Cho La to Gokyo

고도: 4,790 m **숙소:** 찻집 또는 트레킹 롯지

Cross the second pass (Cho La, 5,420m) with glacier filming. Descend to 고교 호수.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Gokyo (4790 m)

14 Sunrise at Gokyo Ri & Lake Filming

고도: 5,360 m **숙소:** 찻집 또는 트레킹 롯지

Pre-dawn climb to Gokyo Ri for sunrise on Everest, Lhotse, Makalu, and Cho Oyu. Lake reflection filming.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Gokyo (5360 m)

15 Cross Renjo La to Marlung

고도: 4,210 m **숙소:** 찻집 또는 트레킹 롯지

Cross the third pass (Renjo La, 5,360m) with the most dramatic mountain panorama of the entire trek.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Marlung (4210 m)

16 Trek to Thame

고도: 3,820 m **숙소:** 찻집 또는 트레킹 롯지

Descend to Thame village. Afternoon filming at the Thame Monastery, one of the oldest in the Khumbu.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Thame (3820 m)

17 Trek to Namche

고도: 3,440 m **숙소:** 찻집 또는 트레킹 롯지

Return to Namche for hot showers, bakery treats, and final cultural filming.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Namche Bazaar (3440 m)

18 Trek to Lukla

고도: 2,840 m **숙소:** 찻집 또는 트레킹 롯지

Final trekking day back to Lukla. Celebration dinner with the crew.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Lukla (2840 m)

19 Fly to Kathmandu

고도: 1,400 m **숙소:** 3성급 호텔

Morning flight to 카트만두. Equipment cleaning and organization.
Meals: Breakfast · **Overnight:** Kathmandu (1400 m)

20 Post-Production Meeting & Sightseeing

고도: 1,400 m **숙소:** 3성급 호텔

Post-production meeting. Afternoon sightseeing in 카트만두 for additional b-roll.
Meals: Breakfast · **Overnight:** Kathmandu (1400 m)

21 Final Departure

Transfer to the international airport for your onward flight.
Meals: Breakfast