Narshing Chowk, Thamel, Kathmandu, Nepal
+977 9823621022 · info@mounteverestgo.com

Everest Documentary Expedition – 21 Days

Jadual perjalanan hari demi hari

DARI
US$2,990
seorang

TEMPOH	ALTITUD MAKSIMUM	TAHAP KESUKARAN	WILAYAH	SAIZ KUMPULAN
21 hari	**5,545 m**	**Sukar**	**Wilayah Everest**	**Maks 6**

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

SOROTAN



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

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

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

TEMPAT YANG ANDA AKAN LAWATI



Kathmandu 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 (5,564m) 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...

TERMASUK

• 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

Permit — semua diuruskan oleh kami

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

TIDAK TERMASUK

• 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)

JADUAL PERJALANAN PENUH

01 Arrival in Kathmandu

Altitud: 1,400 m **Penginapan:** Hotel 3 bintang

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

02 Pre-Expedition Production Meeting

Altitud: 1,400 m **Penginapan:** Hotel 3 bintang

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

Altitud: 2,610 m **Penginapan:** Rumah teh atau lodge trekking

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

Altitud: 3,440 m **Penginapan:** Rumah teh atau lodge trekking

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

Altitud: 3,880 m **Penginapan:** Rumah teh atau lodge trekking

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

Altitud: 3,860 m **Penginapan:** Rumah teh atau lodge trekking

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

07 Trek to Dingboche

Altitud: 4,410 m **Penginapan:** Rumah teh atau lodge trekking

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

Altitud: 5,083 m **Penginapan:** Rumah teh atau lodge trekking

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

09 Cross Kongma La to Lobuche

Altitud: 5,535 m **Penginapan:** Rumah teh atau lodge trekking

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

Altitud: 5,364 m **Penginapan:** Rumah teh atau lodge trekking

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

Altitud: 5,545 m **Penginapan:** Rumah teh atau lodge trekking

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

Altitud: 5,364 m **Penginapan:** Rumah teh atau lodge trekking

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

Altitud: 4,790 m **Penginapan:** Rumah teh atau lodge trekking

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

14 Sunrise at Gokyo Ri & Lake Filming

Altitud: 5,360 m **Penginapan:** Rumah teh atau lodge trekking

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

Altitud: 4,210 m **Penginapan:** Rumah teh atau lodge trekking

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

Altitud: 3,820 m **Penginapan:** Rumah teh atau lodge trekking

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

Altitud: 3,440 m **Penginapan:** Rumah teh atau lodge trekking

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

Altitud: 2,840 m **Penginapan:** Rumah teh atau lodge trekking

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

19 Fly to Kathmandu

Altitud: 1,400 m **Penginapan:** Hotel 3 bintang

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

20 Post-Production Meeting & Sightseeing

Altitud: 1,400 m **Penginapan:** Hotel 3 bintang

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

21 Final Departure

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