8848 Nepal
Everest Base Camp Trek



Trip Facts

Trip Duration: 14 Days
Difficulty Level: Challenging
Trip Area: Everest Region
Maximum Altitude: 5644.5m/18,518.70ft-Kalapatthar
Best Season: Spring & Autumn
Meals: Full Board
Accomodation: Teahouses, Lodges
Transportation: Flight/Jeep/Bus
Trip Start: Kathmandu/
Trip End: Kathmandu

Itinerary Highlights

- Everest Views
- Panoramic Mountain Views
- Sagarmatha National Park
- Khumbu Glacier
- Sherpa Culture
- Monasteries
- Namche Bazaar
- Lukla Flight
- Suspension Bridges
- High-Altitude Trekking
- Acclimatization Hikes
- Everest Base Camp
- Kala Patthar Sunrise

- Team Camaraderie
- Rhododendron Forests
- Alpine Meadows
- Local Cuisine
- Teahouse Experience

Trip Overview

The iconic Everest Base Camp trek promises a legendary adventure through the heart of the Himalayas. Starting from Kathmandu, Nepal's bustling capital, your journey commences with a scenic flight to Lukla. From there, immerse yourself in the vibrant culture of the Khumbu region as you trek through picturesque Sherpa villages, lush forests, and thrilling suspension bridges.

Ascending through rugged terrain, you'll encounter Namche Bazaar, the bustling hub of the Everest region, and Tengboche Monastery, offering serene views of Everest. Continuing higher, the landscapes transform into a breathtaking alpine wilderness, with towering peaks framing your path.

At last, you'll arrive at Everest Base Camp, surrounded by the surreal expanse of rock and ice beneath the world's highest peak. Witnessing the grandeur of the Himalayas, you'll feel humbled by nature's scale.

The adventure extends with a hike to Kala Patthar, offering the ultimate vista of Everest at sunrise. As you descend, memories of camaraderie and the raw beauty of the Himalayas will accompany you, inspiring future journeys and embracing the spirit of Everest.

Detail Itinerary

Day 01: Arrival in Kathmandu (1,400m / 4,593ft)

Our representative welcomes you upon your Kathmandu arrival. After fulfilling all the customs formalities, you are transferred to the hotel for an overnight stay.

Accomodation: Hotel
Altitue: 1400m

Day 02: Fly to Lukla (2860m), Trek to Phakding (2610m)

• **Flight Duration:** 30-40 minutes.
• **Trekking Duration:** 3-4 hours.
• **Overnight:** Phakding.
• **Highlights:** Scenic flight to Lukla, trek through villages, and Dudh Koshi River valley.

Accomodation: Guesthouse
Altitue: 2610m

Day 03: Trek from Pakhding to Namche (3440m)

• **Trekking Duration:** 5-6 hours.
• **Overnight:** Namche Bazaar.
• **Highlights:** Crossing suspension bridges, entering Sagarmatha National Park, first views of Everest.

Accomodation: Guesthouse
Altitue: 3440m

Day 04: Rest Day at Namche

The first acclimatization rest day of the trek. It is essential to prevent altitude sickness and adapt to high altitudes. The day is spent doing some hikes to the nearby Khumjung village, and Everest View Hotel. Stay overnight in a teahouse.

Accomodation: Guesthouse
Altitue: 3440m

Day 05: Trek from Namche to Tengboche (3867m)

• **Trekking Duration:** 5-6 hours.
• **Overnight:** Tengboche.
• **Highlights:** Rhododendron forests, views of Ama Dablam, visit Tengboche Monastery.

Accomodation: Teahouse
Altitue: 3867m

Day 06: Trek from Tengboche to Dingboche (4410m)

• **Trekking Duration:** 5-6 hours.
• **Overnight:** Dingboche.
• **Highlights:** Pangboche village, views of Mt. Lhotse, Mt. Nuptse, and Island Peak.

Accomodation: Teahouse
Altitue: 4410m

Day 07: Rest Day in Dingboche

The second acclimatization rest day at Dingboche. The altitude keeps on rising and a much-needed rest day for better adjustment to the environment. A hike to Nagarjuna Hill to get a sight of snow-capped mountains. Then, a short trip to Chhukung village and meet the locals.

Interact with them or just enjoy the natural scenery of the village. Return to Dingboche for an overnight stay in a teahouse.

Accomodation: Teahouse
Altitue: 4410m

Day 08: Trek from Dengboche to Lobuche (4940m)

• **Trekking Duration:** 5-6 hours.
• **Overnight:** Lobuche.
• **Highlights:** Trek through alpine meadows, Thukla Pass, memorials for fallen climbers.

Accomodation: Teahouse
Altitue: 4940m

Day 09: Trek from Lobuche to EBC (5364m) via Gorakshep, back to Gorakshep (5164m)

• **Trekking Duration:** 7-8 hours (3-4 hours to Gorak Shep, 3-4 hours round trip to Everest Base Camp).
• **Overnight:** Gorak Shep.
• **Highlights:** Khumbu Glacier, Everest Base Camp, spectacular mountain views.

Accomodation: Teahouse
Altitue: 5364m

Day 10: Trek from Gorakshep to Kalapatthar (5644m), back to Pheriche (4371m)

• **Trekking Duration:** 7-8 hours (2-3 hours to Kala Patthar, 4-5 hours to Pheriche).
• **Overnight:** Pheriche.
• **Highlights:** Sunrise views from Kala Patthar, panoramic views of Everest and surrounding peaks.

Accomodation: Teahouse
Altitue: 4371m

Day 11: Trek from Pheriche to Namche Bazar

• **Trekking Duration:** 6-7 hours.
• **Overnight:** Namche Bazaar.
• **Highlights:** Retrace steps back through Pangboche and Tengboche, descent to lower altitudes.

Accomodation: Teahouse

Day 12: Trek from Namche Bazaar to Lukla

• **Trekking Duration:** 6-7 hours.
• **Overnight:** Lukla.
• **Highlights:** Final views of Everest region, crossing suspension bridges.

Accomodation: Guesthouse

Day 13: Flight from Lukla to Kathmandu

• **Flight Duration:** 30-40 minutes.
• **Overnight:** Kathmandu.

Day 14: Departure from Kathmandu

• **Activities:** Transfer to the airport for your departure flight.
• **Optional:** Extend your stay in Kathmandu or join other activities/tours.

Cost Includes

- All land transportation and domestic flights as required for the trip itinerary
- Pick-ups and Drop-offs in a private vehicle at the airport (Arrival & Departure)
- Hotel Accommodations (Bed & Breakfast) in the city
- 3-course meal (Breakfast, Lunch, & Dinner) during the entire trek
- Accommodations in teahouses/guesthouses/lodges and tented camps as per the nature of the trek
- Necessary trek permits, national parks, and restricted areas entrance fees
- First-aid Medical Kits
- Experienced and government license holder English-speaking trekking guides
- Porters (2 trekkers: 1 porter), supporting crews, cooks, & asst. cooks (depending on the nature of the trek)
- Allowances for crew staff including insurance on medical grounds
- All government taxes, official charges

Cost Includes

- International Airfare
- Nepal Entry Visa Fees
- Personal Expenses
- Additional charges in the tea/guesthouses (Wi-Fi, electricity charge, hot shower, laundry, boiled water)
- Meals (Lunch & Dinner) in Kathmandu
- Extra night’s stay accommodation and meals in Kathmandu

- All kinds of Alcoholic & Non-alcoholic Beverages, Mineral Water
- Personal Trekking Gears
- Emergency Rescue cost & Travel Insurance cost
- Tips to the supporting crew members (guides, porters, drivers) after the trip completion
- Unforeseen events

Guidelines/Information

Accommodation

Accommodations in the Himalayas are mostly teahouses/guesthouses/lodges in the Everest Region. In the city, the hotel is the accommodation. Generally, the teahouses are simple with basic facilities but comfortable to stay in. For the use of Wi-Fi, charging electronic devices, hot water buckets, laundry, and boiled water, trekkers must pay an additional charge.

Meals

In the city, only breakfast is provided. During the entire trek in the Everest region, a full 3-course meal (breakfast, lunch, and dinner) is provided from the teahouses. The meals are basic but organic and healthy suitable for the health of the trekkers. The prime dish is Nepali Dal-Bhat served with vegetable curry and pickles. Besides Dal-Bhat, noodles, soups, Sherpa stew, hot drinks, roti, and fresh curries are served. There is no variety of meals at the teahouses but one can enjoy the continental dishes at Namche at your personal expense.

Drinking water

Drinking water keeps the body hydrated which is essential during the trek. In the Himalayas, water is pure and fresh. One can directly drink water from the natural stream from the Himalayas or one can fill up the boiled water at the teahouses paying an additional charge. However, water-purifying solution kits are essential. Remember to carry a water bottle to minimize the use of plastic bottles.

Communication

The internet connectivity is stable and easily accessible in the lower regions of Everest. The mobile network is also stable in the lower region. But, in the higher regions both mobile network and internet connectivity is unstable, and sometimes no connection at all. One can also purchase a local Sim to use the phone and mobile data internet in the lower regions.

Required Permits

Khumbu permit costs: NPR 2000 (Foreigners), NPR 1000 (SAARC)
SNP permit costs: NPR 3000 (Foreigners), NPR 1500 (SAARC)

Travel Insurance

Travel Insurance is required while trekking in Nepal. Travel Insurance makes your journey stress-free. It acts as a safety tool that prevents unforeseen and unwanted events during the travel journey. One must get travel insurance from a trusted insurance company. It must cover all emergencies, flight cancelations, loss/theft of luggage, altitude over 3000m, evacuations, and medical difficulties.

Safety and our guides

The client's safety is our topmost priority. So, when it comes to safety one can 100% trust us. Our guides are certified and have years of experience in this field. They are aware of the technical difficulties, altitude sickness, and health of the trekkers in the Himalayas. Thus, they are fully prepared and always carry necessary medical kits, safety tools, and are experts in safety performances. From the beginning to the end of the trek, the client's safety is taken into consideration and kept as a high priority. Therefore, all the program itineraries are carefully planned and scheduled with proper acclimatization and rest days to prevent altitude sickness and adapt to the higher altitude. We are available 24/7 at your service. Hence, feel free to ask queries and share your thoughts.

Best time for Everest Region Trek

All seasons have their beauty. But, when it comes to trekking in the Everest region, Spring and Autumn seasons are termed best. These two seasons are the best time to explore as the weather is clear, the days are bright, and trekking trails are easy to walk. Spring and Autumn season is followed by the Summer season to trek in the Everest region. Winter and Rainy seasons are riskier due to muddy, slippery, and snowy trails. The weather is also uncertain and the chances of the temperature fluctuating are high making it cold for the trekkers. It is advisable to properly plan before trekking in the rainy and winter seasons in the Everest region.

Everest Region Trek Difficulty

Everest Region's Trek is moderately difficult to extremely challenging depending on the trek duration, elevation, and trail structure. The trek trails include several steeps ascends, and descends, rugged trails, and high elevations. The trek difficulty is the part of the trekking journey which is inevitable. But, to lessen the difficulty during the trek, trekkers must be physically and mentally fit before the start of the trek. The trekking experience at the high altitude is a plus point for the trekkers. Trekkers can take part in physical training, exercises, short day hikes, cardiovascular exercises, and healthy diets. Take essential health tests and keep yourself motivated before the trekking journey. Here in Nepal, our assistance is always there throughout the trekking journey.

Altitude Sickness and Acclimatization

Altitude sickness is common at an altitude above 3000m. Here in Nepal, during trekking, altitude sickness chances are high. The high elevation, the weather, and the temperature play a key role. Thus, to prevent altitude sickness, acclimatization is quintessential. Thus, the

acclimatization rest days are carefully scheduled to adapt to the surroundings. All age groups and even healthy people can suffer from altitude sickness. But, no need to panic as its symptoms and precautionary advice is given below:

Altitude Sickness Symptoms

The symptoms of altitude sickness are primary at the initial stage and get extreme if primary symptoms are not taken into consideration.

Primary symptoms: Headache, vomiting, breathlessness, loss of appetite & sleep, tiredness, vertigo

Extreme symptoms: primary symptoms along with delusions & unconsciousness

Precautionary Advice

- Inform the guide immediately
- Stretch the body and do warm ups before the start of the trekking journey
- Keep yourself hydrated by drinking water at regular intervals
- Urinate frequently throughout the journey
- Keep it slow and steady
- Take proper rest and sleep
- Avoid taking salty and unhygienic foods
- Avoid consuming alcohol, and smoking
- If it feels uneasy or difficult, immediately descend
- Consult a guide to taking a medicine

Porter Luggage limitation

One porter is assigned to carry the luggage of two trekkers. The luggage limitation is a maximum of 15 kg per trekker.

Equipment checklist

Essential Documents: Passport, Travel Permits, Visa Photocopy, Passport size photos

Food: Light snacks, Energy bars, and drink mix

Shoes: Camp shoes, Pair of hiking boots, Rubber sandals

Clothes: Windcheater jacket, Thermals, Insulating Down Jacket, Fleece, Long sleeve shirts, Gloves, Towels, Inner garments, Trekking pants, Trousers, Shorts, Socks, Raincoat, Balaclava, Bandana, Gaiters

Accessories: Sunglasses, Hats/Caps, Sunscreen, Lip Balm, Water bottles, Pocket Knife,

Solar chargers, Batteries, Head Lamps, Torch, Umbrella, Sewing kit, Water Purifying solution kits, reusable bags to deposit waste, and separate clean/dirty clothes

Equipment & Gears: Warm Sleeping bags, Map, Trekking poles, Duffel bag.

Medicine: First-Aid Kit, Altitude sickness medicines, Insect repellents, Blister kits, Approved medicines

Rainy season: Waterproof clothes, boots, Raincoat, Anti-leech socks

Winter Season: Light woolen clothing items

Personal Hygiene Kit: Hand sanitizer, wet wipes, napkins, sachet shampoo, moisturizer, hand wash/soaps, toothbrush, toothpaste, comb/brush, razor, and for ladies (menstrual kits)

Note: One can customize the above. Only bring necessary items from the provided list from your home or one can rent or purchase here in Nepal.