



Everest Base Camp Trek

Overview

Mount Everest (8848m) is the highest mountain the world towering above 8848 meters from sea level. Mount Everest also the most awaiting peaks in the world that people dream to conquer it. Obviously, there is no other place in the world more spectacular than Mount Everest. Trekking Experts designed this exclusive Everest Base Camp Trek to bring you closer to the world highest peak Mount Everest.

Everest Base Camp Trek is beautiful and most popular trek in Nepal where thousands of people trek every year to the base camp of Mount Everest. Mount Everest is situated in Everest National Park (locally Sagarmatha National Park) of Nepal. Trekking in the Everest region offers you scenic mountain views, alpine vegetations and animals while you're trek and will get opportunities experience the life of world famous climbers; Sherpa people. The trek offers the opportunities to see the ranges of mountain ranges, Sagarmatha National Park, the world heritage site, the life style of the Sherpa people, Himalayan flora and fauna and will also get an opportunity to embark on an epic journey that our mountain legends Sir Edmund Hillary and Tenzing Norgay Sherpa set off in 1953. You will witness the highest altitude hotel in the world, The Everest Hotel, highest altitude airport Lukla airport also known as Tenzing Hillary Airport and high altitude places where people still live.

Trip Highlights

- ✔ **Witness the top of the world Mt. Mount Everest and other 8000m peaks**
- ✔ **Experience the real life standard of world famous climbers, the Sherpa people**
- ✔ **To see the flora and fauna of high Himalaya**
- ✔ **Opportunity to embark on an epic journey that our mountain legends Sir Edmund Hillary and Tenzing Norgay Sherpa set off on in 1953**



Scan for more details



Trip at a glance

- Everest Region
- 16 Days
- Moderate
- Trekking
- 5550-meters
- Mar-May/Sep-Nov
- Tea Houses & Hotels
- Included

- ✔ **Witness the highest altitude hotel in the world, The Everest Hotel, highest Altitude Airport & Everest Base Camp**

Why Everest Base Camp?

Breathtaking Scenery:

Witness iconic peaks like Mount Everest, Lhotse, Nuptse, and Ama Dablam.

Cultural Immersion:

Experience the traditions, lifestyle, and hospitality of the Sherpa people.

Historical Significance:

Walk the same trails as legendary mountaineers.

Adventure of a Lifetime:

Conquer challenging trails and high-altitude terrain.

Trip Itinerary

Day 01: Arrival in Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu.

Accommodation: Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

Day 02: Kathmandu (1310m) - Phakding (alt. 2640m)

Early morning you'll transfer to airport and you'll make an early start to take a spectacular, short mountain flight to Lukla, the start point for our trek. During the flight you'll see scenic views of Langtang, Jugal ranges, Rolwaling Himal, Gaurisankar and Menlumtse before getting your first glimpse of Everest.

Upon arrival at Lukla airport you'll meet trekking crew and you'll spend a few minutes sorting out bags etc before setting off through this winding village to the trek start proper at the Khumbu 'gateway'. It's gently downhill on pitched stone trails through low rhododendron forest, small 'garden' farms and old and new hamlets to the banks of the foaming Dudh Koshi River. There will be plenty of short stops to meet the locals, take photographs and just soak up the scenery and the clear mountain air as we meander along, the undulating trail glimpsing views of 6000m snow-capped peaks high above. Passing the enormous Mani stone at Thado Koshi we meander up through the many Chortens and prayer wheels of Sano and along to our destination of Phakding in time for a late lunch.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 3-4 Hours **Altitude:** 2640 meters

Day 03: Phakding - Namche (alt. 3440 m)

After breakfast at lodge, you'll start trekking through a beautiful pine forest that leads you along the Dudh Koshi River and Hillary Suspension Bridge to reach to Monjo and starting point -

Sagarmatha National Park. Here you'll stop at check post of TIMS & National Park permit. The trail passes through the Dudh Koshi, Bhote Koshi River, Jorsalle village, Large Dovan and cross one of the highest bridge over the Dudh Kosi River of Everest region and reach to Chautara from where we can see the first glimpse of the Mt. Everest. Further walking about one hour steep up we reach to Namche bazaar (market). Namche Bazaar is known as 'hearth of Khumbu' which is one of the trading points for Sherpa people. It is also ideal market for visitors to purchase traditional crafts. Every Saturday there would be local street market, do not miss if you are there on Saturday.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5-6 Hours **Altitude:** 3440 meters

Day 04: Namche (alt. 3440m)

Today is the schedule for acclimatization and explore around Namche Bazaar. After breakfast you'll head toward Syangboche airport. Syangboche airport is known as world highest altitude airport. First of all, in the morning you'll visit Sherpa Culture Museum and Everest photo Gallery, which is just 15-minute walking distance from Namche Bazaar. From the museum you can have the spectacular picturesque Mountain View and take some photographs. Then start trekking to Everest view hotel passing through Syangboche Airport which takes about 2 hours. You will climb further to reach Mt. Everest View Hotel for great panoramic views of Mt. Everest, Lhotse, Ama Dablam, Tawache, Kusum Kangkaru, Thamserku, Kongde and many more. Enjoy the spectacular view of mountains including Mt. Everest from the nearest destination then trek back to Namche Bazar.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 3-4 Hours **Altitude:** 3440 meters

Day 05: Namche-Tengboche (alt. 3860m)

As always after breakfast at the lodge, you'll have a gentle walk through the forest with magnificent view of mountains. The great view of the mighty peaks of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kongde peak with view of the eastern snow capped mountains. The trail leads uphill through the forested path and the hardly walk to get to Tengboche. One of the most beautiful place in the Himalaya and the first thing that comes to your eye is the big Monastery, then the large field with campsites and teahouses, lodges beneath the towering majestic beautiful peak Ama Dablam. You'll have the chance to look around the monastery and the interesting visitor centre there and good view of the Everest/Lhotse massif but is also the classic viewpoint for Ama Dablam. Then will check-in at lodge.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5-6 Hours **Altitude:** 3860 meters

Day 06: Tengboche- Dingboche (alt. 4410m)

After breakfast at lodge, you'll descend down from Tengboche, winding through the rhododendron forest to Deboche and crossing a bridge over the raging Imja Khol River. Hug the valley wall, and then traverse the plains to Dingboche, the start of the Imja Tse Valley. Dingboche is also the gateway to Chukung and farther beyond for the most challenging traverses towards Makalu area and Hinko Valley via Sherpani col 6100m and Amphu Laptsa pass 5780m. Then will check-in at lodge.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5-6 Hours **Altitude:** 4410 meters

Day 07: Dingboche (alt. 4410m)

After taking morning breakfast, today you will rest in Dingboche for acclimatization. You may have full day rest or there are some places where you can go for a day walk like trek to Chhukung (4730m) is worthwhile which takes approximately 3-4 hours from Dingboche, towards east within the Imja Tse Valley, although the trek is gradual, however you can feel the thin air as the altitude gains slowly coming towards Chhukung. At Chhukung, there are few teahouses overlooking superb view of the snow capped peaks and glaciers after enjoy stroll back to Dingboche for overnight.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner
Walking Hours: Hours **Altitude:** 4410 meters

Day 08: Dingboche- Lobuche (alt. 4910m)

After breakfast, you'll ascent the retrace our steps back to Pheriche before continuing along the trail up the broad valley bottom towards Dugla. Ahead of us is the trekking peak of Lobuje East (6119m), which is one of the objectives on our Khumbu Climber itinerary, and to your left is the formidable north face of Taweche, the scene of many cutting-edge Himalayan ascents of the 1980s and 1990s. After three hours you'll reach the small collection of lodges at Dugla (4620m). You might choose to walk up to the Sherpa memorials, from where there are outstanding views of Ama Dablam, Cholatse and Taweche. From Dugla, the trail starts steeply to climb up beside the glacier moraine. After a few hours the track eventually leads to a small cluster of tea houses pleasantly situated at Lobuche (4940m). After reaching Lobuche, will check-in at lodge.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner
Walking Hours: 5-6 Hours **Altitude:** 4910 meters

Day 09: Lobuche- Gorakshep (alt. 5140m) and then hike to Kalapattar (alt. 5550m)

After breakfast you'll continue our trek to Gorekshep in a windy and rocky path with the wonderful view of Mount Pumori, Mount Nuptse and other magnificent peaks. After check in at lodge & lunch, you will continue towards Kalapattar located at 5550m from the sea level. About 2 hrs ascent to Kalapattar (5550m), you shall have the wonderful views Mount Everest (8848m) in front and Mount Pumori, Mount Amadablam and other Khumbu mountain ranges. This small peak offers the best views of Mount Everest, Nuptse, Pumori and Ama Dablam along with the entire mountain views of Khumbu Himalayan range. Being here for some hours, we hike down to Gorekshep. Overnight at lodge.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner
Walking Hours: 5-6 Hours **Altitude:** 5140 meters

Day 10: Gorakshep- Everest BC (alt. 5663m) –Lobuche (alt. 4910m)

After breakfast, you'll walk towards Everest Base Camp and to the Khumbu Ice-fall. The trail passes through over rocky dunes and moraine and streams, till you reach the base camp. In Everest Base Camp the climbers gather for summiting Everest during the high expedition season. You'll explore base camp and its surroundings glacier and return back to Gorekshep for lunch. After lunch will trek back to Lobuche.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner
Walking Hours: 5-6 Hours **Altitude:** 4910 meters

Day 11: Lobuche -Pangboche (alt. 3930m)

After breakfast at lodge, you'll go down to Pangboche following Dugla and Pheriche. Overnight at lodge.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner
Walking Hours: 5-6 Hours **Altitude:** 3930 meters

Day 11: Lobuche -Pangboche (alt. 3930m)

After breakfast at lodge, you'll go down to Pangboche following Dugla and Pheriche. Overnight at lodge.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner
Walking Hours: 5-6 Hours **Altitude:** 3930 meters

Day 12: Pangboche -Namche (alt. 3440m)

After breakfast at lodge, you'll trek down to Namche. First of all you'll head down to Deboche, then to Tengboche. Then you will walk down hill towards the Phungithanka vis Tangboche and after crossing the suspension bridge over the Dudh Koshi river trek onwards to the Kyanjuma the junction of the trinity ways to Gokyo Valley, Khumjung village and Namche Bazaar. Then you'll reach at Namche.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner
Walking Hours: 5-6 Hours **Altitude:** 3440 meters

Day 13: Namche-Lukla (alt. 2840m)

From Namche you'll descent down to the Monjo village where you'll have lunch. Then decent to Phakding and you'll gradually walk to Lukla passing through the incredible mountain scenery and local Sherpa village. Arrival in Lukla and you'll have time to stroll around the areas and guide will re-confirm your flight ticket and enjoy the last celebrate dinner with your crew member and overnight at Hotel.

Accommodation: Lodge **Meals:** Breakfast, Lunch and Dinner
Walking Hours: 6-7 Hours **Altitude:** 2840 meters

Day 14: Lukla – Kathmandu (alt. 1310m)

Depending on your flight time, you'll walk to Lukla after breakfast. Then you'll take short flight to Kathmandu Page 3 of 4 © www.trekkingexperts.com which takes about 35 minutes to reach Kathmandu. Upon arrival at Kathmandu, you'll transfer to hotel. And then you'll have free to relax at hotel or explore around Kathmandu valley.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meters

Day 15: Kathmandu (alt. 1310m)

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meters

Day 16: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

Accommodation: N/A **Meals:** Breakfast, **Walking Hours:** Hours **Altitude:** meters

Price Includes

- ✔ **Meals & Accommodations:**
 - i) 3 nights in Kathmandu at three star-hotels on twin sharing basis with bed & Breakfast
 - ii) 12 nights in local lodges during the trek in common-room (optional upgrade to attached toilet room USD 25-90 per person) with full board basis (Breakfast, Lunch and Dinner) on twin sharing basis
- ✔ **Transportations & Flights:**
 - i) All airport/hotel/airport transfers by private air-conditioned vehicle
 - ii) Kathmandu-Lukla and Lukla-Kathmandu flight with airport taxes
 - iii) 15 kg baggage per person for cargo and trek
- ✔ **Permits & Fees**
 - i) Everest National Park Fee
 - ii) Local Government Fees/TIMS Fee
- ✔ **Guide & Supporting Crew**
 - i) 1 English speaking experienced trekking guide
 - ii) 1 porter for every two members to carry personal baggage
- ✔ **Value-Added Services**
 - i) Welcome at airport on arrival with Khata
 - ii) Farewell Dinner at typical Nepalese restaurant
 - iii) Trekking Map and Kathmandu City Map and Kathmandu City Map
 - iv) Comprehensive First Aid Kit

Price Excludes

- ✘ All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- ✘ Medical and travel insurances
- ✘ International airfare and taxes
- ✘ Nepal Visa fees
- ✘ Emergency helicopter rescue charges
- ✘ Main meals during Kathmandu stay (lunch and dinner)
- ✘ Tips for trekking crew

Essential Information

- ✘ **What to pack on Everest Base Camp Trek?**

Everest base camp trek is a lodge-to-lodge trek. It is also known as a teahouse trek. It means that you will not be required to sleep in camping tents and most of the facilities like laundry, food, etc. are easily available throughout the trek. However, you need to carry-

some of the most essential items that you will personally require during the trek. As Everest base camp trek is considered quite challenging, we recommend packing only the necessary gears and required equipment. Make sure that you don't over-pack, and at the same time don't under-pack.

Travel Documents

- Valid Passport
- PP Size Photo (2 Pieces)
- Insurance Paper and Contact
- Family Members / Emergency Contact Person, Address, number

Upper Body Wear

- Thermal Top Base Layer (2-3 Pcs)
- Fleece Jacket (1 Pcs)
- Gore Tex Jacket (1 Pcs)
- Warm Jacket (1-2 Pcs)
- Wind Proof Jacket (1 Pcs)
- Down Jacket (1 Pcs)
- Cotton T-Shirt (2-4 Pcs)

Lower Body Wear

- Thermal Bottom Base Layer (2-3 Pcs)
- Fleece Trouser (1 pcs)
- Gore Tex Pant (1 pcs)
- Mid Weight Pants (1-2 Pcs)
- Light Weight Quick Dry Trekking Pants (1-2 Pairs)
- Gaiters for trekking boots
- Down Pants (1pcs)
- Under Wear (3-5 Pcs)

Head Wear

- Sun Cap
- Balaclava
- Fleece Hat/ Warm Hat (1-2 Pcs)
- Neck Gaiter (2-3 Pcs)

Foot Wear

- Socks (4-6 Pairs)
- Trekking Shoes (Gore Tex)
- Light Trekking/Sports Shoes
- Slipper (1 Pair)

Hand Wear

- Thin Fleece Gloves (1 Pairs)
- Wind Stopper / Screen Tap Gloves
- Gloves

Sun Protection

- Sun Cream (up to 50 Spf)
- Lip Guard 30 to 50 (Spf)
- Sun Glasses (Uv Protection)

Eating & Drinking

- 1 Ltr. Water Bottle (Nalgene BPA/BPS Free)
- 1/ 1.5 Ltr. Thermos

Sleeping Bag

- Sleeping Bag -10 C to -30 C
- Sleeping Bag Liner (Optional)
- Inflatable Pillow (Optional)

Bag Packs

- Rucksacks 35 L - 50 L
- Duffle Bag 120 L-150 L (1 or 2 Pcs)
- Water Proof Stuff Sacks/Dry Bag Small/ Medium/ Large (3-4 Pcs)

Toiletries

- Toilet Paper / Wet Tissue
- Toothpaste/Toothbrush
- Soap/Shampoo, Hand Disinfectant
- Towel, Garbage Bag

Miscellaneous

- Satellite Phone with credit (optional)
- Nail Cutter
- Umbrella / Rain Coat
- Hot Water Bag
- Tenacious Tape Repair Kits
- Hand & Toe Warmer
- Travel Charger, Earbud
- Power Bank, Camera (Optional)

Medicine/First Aid

- Severe Pain Killer (Flexon)
- Mild Pain Killer (Paracetamol)
- Throat Lozenges (Strepsils)
- Lubricating Eye Drop
- Antacid Tab
- Electrolyte Tab
- Handy Plast
- Blister Blast
- Crep Bandage (Elastic Bandage)
- Diamox (commonly prescribed as Acetazolamide)

Travel Insurance

It is mandatory to have good emergency evacuation insurance which will cover evacuation by any means of transportation from high altitude. It is also highly recommended that all member have cancellation insurance in case of an accident prior to departure, or if the trip is cancelled due to unforeseen circumstances.

Fitness & Experiences

This trekking is an average of 5 to 7 hours of walk a day. For personal safety, some physical conditions are required. Prior to the trek we suggest physical activities such as running, swimming and cycling etc to make sure your body adjusts to 5/7 hrs of walk each day.

Meals During Trip

Meals during your stay in the urban areas or cities will be at the hotel. All tourist class hotels provide good variety of meals for breakfast and dinner. Most of the hotels in Kathmandu provides buffet breakfast and meals included various dishes such as continental, Nepali, Tibetan, Thai and Chinese cuisines. However meals during the trekking will be served in the local restaurants/lodges available there. Local restaurants during the trek do have menu for the meals, but they don't have much varieties as hotels in the cities. So you'll be able to choose meals from menu available there. Breakfasts during the trek will be comparatively basic than cities, you can order the item you would like to have for breakfast. Breakfast includes one or two cup of tea or coffee and any two items for breakfast (for example Omelet and Tibetan Bread). Lunches during the trek will be at local restaurant you'll find on the way and lunch includes one or two cup of tea or coffee and any two item meals (for example fried rice and salad). Dinner will be served at the same lodge where you'll stay overnight there. Dinner includes one or two cup of tea or coffee and any two item meals.

If your group size is bigger, it is better to order same or less varieties of food in order to save time. Any drinks like water, soft drink or alcoholic beverages are not included, you may pay on the spot.

Accommodation During Trip

In urban areas, cities you'll be staying at tourist class hotels. You'll have wide ranges of options to choose from tourist class hotel to star hotels. In this particular trip, you'll stay at hotel mentioned above in the What's Included section. Hotels in the cities will be single bed and twin-bed rooms with attached bathroom and air-conditioned. However accommodation during the trekking will be at the local lodges/tea houses. These tea houses/lodges will have basic facilities only, please don't expect lodges will be same as hotels you've in the cities. You'll still twin-bed room for accommodation with bed, blanket and pillows. Except few lodges, rooms during the trekking will be common (sharing toilet or toilet outside). There won't be air-conditioned/heated rooms during the trekking. You can pay for attached toilet if you found some on the way. That's why we suggest you to bring own sleeping bag to be safe side in case of bad weather. All accommodation is arranged on a twin sharing basis. If you are travelling by yourself you will be paired up with another single person of the same gender. Depending on availability, single rooms can be requested at a supplementary cost. Also if your trip is tented camp, you'll sleep in tented camps. There will be 2-men tent and you'll share tent with another person of same gender. Foam mattress will be in tents. However we suggest you to bring sleeping bag and pillow if you want.

Emergency Management

Travelling in the mountain involves risk of high altitude sickness, unforeseen injury or accident. So it isn't a successful bid until you return to home. Reaching to the final destination one thing, but returning safely is much more important. The mountains are always unpredictable and accidents can happen. Trekking Experts believes that "the main key of safety is health and proper planning and preparation, highest comfort level during whole trip and best quality food, high sanitation standards, reliable communications, up to date equipment and proper coordination are all relevant to safety." Although we cover every aspect of safety measures, the possibilities of disappointment and fatalities due to unpredictable circumstances cannot be ignored. All members should be aware of the fact. Trekking Experts urge all the members to consult, take advice and follow the guidance provided by the professional trekking guides during the course of trekking. By chance, if you have got high altitude sick or any injury or accident, our trekking guides will be trained to help you out in the mountains. But hospitals won't be available all the time; in this case, our guide will help you as he can. Also Trekking Experts office team will be standby for your support.

Flights & Transportation Management

Trekking Experts uses standard, clean and well-maintained vehicles for ground transfers in the most areas of Nepal. Our vehicle will be handled by experienced drivers and most of them are air-conditioned too. We shall use all transportation privately for you, won't share rides with anyone unless if they are crew for trekking. However in off-road or remote areas, we shall use local vehicles too which might not be air-conditioned, for safe for sure. For air transportation, we shall use domestic airlines companies for all internal flights within Nepal. There will be aircraft which can carry maximum 72 people in urban areas and maximum 17 people in flights in remote areas (STOL). Flights in STOL airports in the remote areas have weight constraint in the flight. We maximum weight you'll get at free of cost will be 15 kg per person only. In STOL airports, all flights are flown manually and it entire schedule depends on the weather. During bad weather, flights do get

cancelled. If alterations are necessary, our professional trekking guide will decide what is the best alternative taking into consideration the best interests of the whole group. Where a change does occur, we do everything we can to minimize its effect, but we cannot be responsible for the results of changes or delays.

Trip Changes During Trip

Due to uncertain reasons of bad weather, terrorism, closure, natural disaster, sometimes we might have to change your travel itinerary and we reserve right to change itinerary in your favor to response immediate problems. We shall keep same number of days as original even if we changes of program to resolve immediate problems. But if you would like to shorten the trip or skip some of day of your trip or would like to return before planned trip or would like to change the travel itinerary, we and our field team will be flexible on it. However our support crew needs to check the feasibility and availability. If there any additional cost because of changes travel itinerary, additional cost have to borne by you. If you wish you re-tour or skip your trip, there won't be any refund for unused services.

Tipping

Tipping is not obligatory just like anywhere in the world. However if you like the service and want to thank them this is another good way to do so. The following is recommended as a guideline: In Kathmandu 20-50 Rs for bellboys, waiters and porters is appropriate. At the end of a trek, if your group thinks that the staff has done an outstanding job, a group tip would be greatly appreciated. Normally tip is given at the end of the trek and this is best done as group rather than individual. Most groups will give the tips with a bit of ceremony on the last evening to mark the end of the trip. Your Group Leader or guide will advise you in more detail regarding this matter. As a guideline, we recommend that each group member contributes around \$ 75 (rupee equivalent) and then it is shared amongst the team.

For More Information

If you need any further information or have any confusion, you can contact us via email at info@trekkingexperts.com or call us at +9779841027075. We can be reached via WhatsApp/Viber at +9779841027075.

