Everest Base Camp Trek

Facts

Destination: Nepal

Trip Difficulty: Moderate

Trip Style: Trekking and Tour

Transport: Private Vehicle / Aeroplane

Food: Kathmandu-Breakfast, Mountain-Breakfast+Lunch + Dinner

Accommodation: 3-Star Hotel + Teahouses + Lodges

Group Size: Min. 1 pax

Max Elevation: 5,560m

The Everest Base Camp (EBC) trek is the most popular trek in Nepal, leading to the base of the world's tallest and most iconic mountain, Mt. Everest (8,848 meters/29,029 feet). The trek goes through beautiful mountain valleys, high passes, famous Sherpa settlements, and exotic flora and fauna. During the trek, there are splendid views of Mt. Everest, Lhotse, Nuptse, Makalu, Cho Oyu, Ama Dablam, and other peaks.

Everest Base Camp trek. Another exciting aspect of the trek is experiencing Sherpa culture, including its traditional villages, shrines, and historic sites. Starting from Lukla, you enter the Sagarmatha National Park and walk through beautiful valleys. The trek takes you through the fascinating towns of Namche Bazaar, Khumjung, Tengboche, and Pangboche, where the local people still follow traditional cultural and spiritual lifestyles. Several monasteries and Chhortens are the symbols of their beliefs and they are highly influenced by Tibetan Buddhism.

Everest Base Camp trek You gradually gain elevation as the trail continues over glaciers and moraines, until you reach Gorakshep, following about a week of hiking. This is the launching point for both Everest Base Camp and Kalapatthar Mountain. Located at over 5000 meters, your walking will be paced by your physical fitness and acclimatization. Nepal Hiking Trek recommends that you include some extra days on your trip because flights out of Lukla airport can experience long delays and cancellations, even due to cloud cover. For any queries, please feel free to contact us.

Where is the Everest Base Camp Trek Airport?

Everest Base Camp Trek Airport is as popular as Lukla Airport. It is also known as Tenjin Hillary Airport. The smaller planes of around 30-40 seaters are used to provide the service to the passengers. The pilot is very professional. The flight from Kathmandu to Lukla lasts for 35 minutes. Lukla Airport is considered to be the most adventurous airport in the world. It is located in Lukla Valley at the lap of the mountain. The runway is smooth and well-concretized. Sometimes, the flight from Lukla airport gets disturbed due to bad weather

conditions. In this condition, the flights are either postponed or canceled.

How much does it cost to get to base camp on Mount Everest?

Everest Base Camp Trek Cost is probably the most frequent inquiry made by trekkers who are making their trip to Everest Base Camp. Even though there is a trend to make a good profit by quoting a lower cost. How is it possible? Through the evacuation scam. But we should not blame every company for doing this. If there is a large volume of trekkers in the group on the same date and following the same itinerary, the cost will, of course, be less. The common and accepted cost is between $900- $5000. While asking about the cost, we have to be aware of what the cost includes and what it doesn't include. This largely affects the cost of the trip.

How Long Everest Base Camp Trek?

Everest Base Camp Trek Duration varies from person to person according to their preference for the itinerary. There are several itineraries for the Everest Base Camp Trek. We have a core itinerary that lasts for 14 days. However, we can complete the Everest Base Camp Trek in 10 to 16 days. Different tour and trekking companies offer a great variety of itineraries with different durations. And you can choose any of them. If you are in a rush and have good

stamina to trek in the mountains, you can complete this trek in 12 days. But, significantly, we can not escape acclimatization. We also recommend you have some spare days if you are making a trip to the Everest region, because the Lukla flight may get delayed due to bad weather conditions.

How high is Everest Base Camp?

Everest Base Camp Trek Height is from 1400m to 5545m. Kathmandu, which is the starting point of the Everest Base Camp Trekking, is at 536400m high, and Kalapatthar is the highest point we arrive at, which is at 5545m high. Some other major heights during the trek are Lukla at 2860m, Namche at 3440m, Lobuche at 4920m, and Everest Base Camp at 5364m. We stop for acclimatization at Namche. If we go faster to a higher elevation, there is the possibility of altitude sickness.

What do you need for Everest Base Camp?

Everest Base Camp Trek Clothing is one of the most significant things to know before starting the trip to Everest Base Camp. The clothing depends on the weather conditions. But generally speaking, we have to pack a down jacket warm enough to resist – 10 degrees Celsius, a pair of jumpers, an inner thermal coat, warm gloves and socks, sunglasses, a cap, a pair of hiking or trekking boots, slippers, and sun block cream. The daytime is normally sunny and warm. We sweat while trekking on the mountain. But the evening, night, and

morning become colder. So, if you have a personal sleeping bag, it is recommended to bring it with you. Sometimes, even the day gets cloudy. For more details, check the Nepal Hiking Trek equipment list.

Everest Base Camp Trek Accommodation varies according to the trip you book. The Everest region is the most popular trekking region in Nepal. Generally, trekkers get normal accommodation. In this accommodation, the toilets will not be attached. It will be outside, and it is common for all who share the same flat. Here, normal accommodation doesn't mean that the rooms and beds will be nasty. The rooms, beds, and toilets will be very neat and clean. But if someone prefers luxury accommodation, it is also possible. For this, we have to pay extra and book earlier. There are dormitories too. But we don't recommend using it.

Everest Base Camp Trek Elevation Profile is a must-know thing to know before making the trip to Everest Base Camp. We first step in Kathmandu, which is located at an elevation of 1400m. Then, we take a short flight of 35 minutes to Lukla. And now we arrive at the elevation of 2860m. Gradually, we reach Namche. Namche is located at an elevation of 3440m. Again, the more we ascend, the more we get to the higher elevation. We are at an elevation of 4920m. Then, we move to Gorekh Shep, which is at 5140m. We climb Kalapatthar, which is at an elevation of 5545m, and our most awaited destination is the elevation of 5310m, Everest Base Camp. Normally, we don't get altitude sickness below 4000m. We have to be aware of the clothes and foods at higher elevations. We also have a solo trek package to Everest Base Camp to view the itinerary. Click Here (https://www.nepalhikingtrek.com/everest-base-camp-solo-trek) .

Highlights

- Sightseeing tour and major UNESCO World Heritage-listed sites in the capital city of Nepal-Kathmandu.

- Experience the scenic and adventurous mountain flight to Lukla from Kathmandu.
- The base of Mt-Everest- the world's highest mountain with a height of 8848 meters.
- Explore the Namche Bazaar capital of the Sherpa community, also the main trading center of the Khumbu region as well as known as the Capital of the Khumbu region.
- Kalapather- The attractive views of the Everest Base Camp Trekking offer the panoramic views of Mt Everest, Nuptse, Lhotse, Mt Makalu, Mt Amadablam, and other surrounding peaks.
- Tengboche monasteries- also famous for the renowned oldest and biggest Buddhist Tengboche monastery nourishing spirit with the daily praying Buddhist monks.
- Sagarmatha National Park – the world's highest national park which extends from 2800 meters to 8848 meters and is listed as a UNESCO world natural heritage site.
- Views of the Khumbu and Ngozumpa glacier the biggest and the longest glacier of Nepal.
- Views of the three highest passes(Renjo La Pass, Cho La Pass, Kongma La Pass)
- Hillary Museum- the oldest museum of the Everest Region located at the world-famous Namche Bazar of the Khumbu Region.
- Everest Base Camp Itself

Day to Day Itinerary

Day 01: Kathmandu arrival (1350m).

Day 02: Kathmandu Sightseeing and Trek Preparation.

Day 03: Fly to Lukla (2,860 m /9,383 ft) and trek to Phakding (2,610 m / 8,563 ft) – 6.2 km (3.9 miles), 3–4 hours.

Day 04: Trek to Namche Bazaar (3,440 m / 11,283 ft) Distance- 10.4 km (6.5 miles), Trek duration 7 hours.

Day 05: Acclimatization day – Hike to Syangboche (3,780 m / 12,402 ft), Everest View

Hotel -4.2 km (2.6 miles), 3–4 hours.

Day 06: Trek to Tengboche (3,860 m / 12,665 ft) – 9.7 km (6.0 miles), 5–6 hours.

Day 07: Trek to Dingboche (4,410 m / 14,468 ft)- 10.8 km (6.7 miles), 6 hours.

Day 08: Acclimatization hike to Nangkartshang Hill (5,083 m / 16,676 ft) – 5.5 km (3.4 miles), 4–5 hours

Day 09: Trek to Lobuche (4,910 m / 16,108 ft) – 8.4 km (5.2 miles), 5–6 hours.

Day 10: Trek to Everest Base Camp (5,364 m / 17,598 ft) via Gorak Shep and return to Gorak Shep (5,164 m / 16,942 ft) – 13.5 km (8.4 miles), 8-9 hours.

Day 11: Hike to Kala Patthar (5,545 m / 18,192 ft) and trek to Pheriche (4,210 m) – 13.8 km (8.6 miles) - 7 hours.

Day 12: Pheriche to Khumjung

Day 13: Khumjung to Lukla

Day 14: Fly back to Kathmandu

Day 15: Transfer to international airport for your flight home.

Cost Includes

Accommodation

- Three nights' Twin-sharing/double accommodation with breakfast at a 3-star category hotel in Kathmandu: two nights before the trek and one night after the trek. (Hotel category upgrade & private room accommodation can be organized at an extra cost)
- Best available twin-sharing guesthouse accommodation during the trek for 11 nights in the Everest Region.

Meals & Drinking Water

- Full board standard meals during the trek (Breakfasts, Lunches, and Dinners) including one hot drink.

- Seasonal fruits in the evening on a trek.
- Cultural dinner in Nepali Restaurant after trekking.

Transportation

- Kathmandu International and Domestic airport pick-up and drop-off on a private vehicle as per your arrival date and time.
- Round-trip Flight ticket between Manthali and Lukla **(March to May and September to November)** and Kathmandu and Lukla**(December to February and June to August)**.
- Transport between Kathmandu and Manthali by shared tourist vehicle.
- Kathmandu valley tour included a private Vehicle.

Guide and Staff

- Experienced, first-aid trained, government licensed, English speaking, and locally recruited Nepal Hiking Treks' trekking guide (2 guides for group sizes of more than 8 people).
- Porter to carry your luggage during the trek (1 porter for every 2 clients)
- Wages, accommodation, meals, gear, insurance, and medications for all staff.
- Export a tour guide for Kathmandu sightseeing.

EBC Trek Permits

- Sagarmatha (Everest) National Park Permit Fee.
- Pasang Lhamu Rural Municipality fee.
- Trekkers' Information Management System (TIMS) card.

NHT benefits

- First aid /kit bag with oxygen meters, trekking map.

- Trip completion certificate by Nepal Hiking Trek.

Administrative & Taxes

- Domestic Airport tax.
- All our administrative expenses and government taxes.

Cost Excludes

- International flight fare and airport departure tax, as well as the Nepal Entry Visa fee.
- Kathmandu Valley Tour entrance fee.
- Travel insurance for both medical and high-altitude emergency evacuation coverage.
- Snacks and any beverages including bottled and boiled water.
- Tips and gratitude to the trekking staff and driver.
- Personal trekking gear and equipment, as well as personal expenses.
- Extra night hotel in the city (if needed).
- Any other expenses that are not mentioned in the Price Includes section.