

# Everest Base Camp Trek

Cost per person: \$1,650

## Description

Your trek to Everest Base Camp starts with an awe-inspiring [45-minute flight from Kathmandu to Lukla](#). Lukla (2,840m/9,317 ft) is the starting and endpoint of the trek.

After getting off the flight at the Lukla Airport, the long hike in the [Khumbu Region](#) begins, and your destination for this day is Phakding. The next day will take you into the [Sagarmatha National Park](#) to [Namche Bazaar](#), the gateway to [Mount Everest](#). You will acclimatize for a day in Namche.

After acclimation for a day, you will leave Namche Bazaar and continue your journey by heading to Tengboche - another Khumbu region gem. The way from Namche to Tengboche goes up and down, and from the path, you will get to savor the views of [Nuptse](#), [Lhotse](#), and more. You will spend the night at Tengboche.

The following morning, you will collect yourself and continue your journey by trekking to Dingboche (4410m/14470ft), from where we can see the entire Himalayan ranges in the Khumbu region. You will head to Dingboche from Tengboche.

Pangboche Monastery, built in the 16th Century, lies on the way to Dibgboche. In the Dingboche region, you will see barley, buckwheat, and potato fields surrounded by stone walls to protect them from wind and wild animals. By reaching Dingboche, you will have gained a high altitude, and once more, it is time for acclimatization.

After spending a day at Dingboche, you will trek to Lobuche (4,940m/16,210 ft) walking alongside the Khumbu Glacier, but you start on the trail that ascends to the Pheriche village. As you move forward, you will enjoy the views of Pumori, Lingtren, and Khumbutse, and arrive at Lobuche. You will spend that night at Lobuche.

## Trip Information

**Duration:** 14 Days

**Activities:** Trekking

**Arrival City:** Kathmandu

**Departure City:** Kathmandu

**Best Season:** Winter

**Max Altitude:** N/A

## Gallery



## Itinerary

### Day 1: Flight from Kathmandu/Manthali to Lukla. Trek to Phakding (2,650m / 8,562ft)

In peak trek seasons (March, April, May, Sept, October, and November), Lukla flights from Tribhuvan International Airport (TIA) may be rerouted to Manthali Airport due to traffic congestion. So, during these months, our guide will pick you up from your hotel at around 12:30 am for a five-hour drive to Manthali. From **Manthali**, you will take a 20-minute flight to Lukla. In other months (December, January, February, June, July, and August), you will take a 40-minute flight to Lukla from Kathmandu.

If you want to avoid the drive to Manthali from Kathmandu, **you can book a helicopter to Lukla. However, it will cost you around 550 USD extra, provided five persons share the cost.**

Our journey to EBC, which begins from Lukla, will be very exciting, as it will be our 1st day of the trek. We will leave Lukla and trek through Chaurikharka village and descend to Dudhkoshi Ghat (2,530m / 8,300ft) until we reach Phakding. Today's trek will be short and enjoyable as we will also be acclimatizing. We can spend our spare time visiting local monasteries (like Rimishung Monastery) and preparing ourselves for a long trek the next day.

### Day 2: Trek from Phakding (2,650m / 8,562ft ) to Namche Bazaar (3,440m / 11,285ft)

We will wake up in the morning and continue trekking along the northern bank of the **Dudh Koshi River** while enjoying the majestic views and crossing many suspension bridges over the **Dudh Koshi River**, including the Hillary Suspension Bridge. As we move forward, we arrive at the **Sagarmatha National Park** check post, where we will have our permits

registered and then climb up through the dense forests. From this forest, we will catch the first sight of **Mt. Everest**. Trekking further, we will arrive at Namche Bazaar- the gateway to Everest.

### Day 3: Rest day and acclimatization at Namche Bazaar

It is time to **acclimatize at Namche Bazaar itself**. We recommend you to explore Namche Bazaar, as this town hosts numerous wifi-linked cafes and restaurants, souvenirs, and gear shops. We have several hiking options - such as visiting Hillary School, Sherpa settlement, Syangboche Airport, and yak farms. If you are passionate about Everest, you should not miss hiking up to Everest View Hotel, from where you can catch the breathtaking views of Mt. Everest.

### Day 4: Trek from Namche (3,440m / 11,285ft) to Tengboche/ Deboche (3,855m / 12,850ft)

This day we will leave **Namche** and head to **Tengboche**. The trail is full of ups and downs and passes through forests, making the trek challenging, but the views you get to enjoy are truly rewarding. If you are lucky, you might also spot musk deer, pheasants, and Himalayan Thars. Near the end of the trek, you will find yourself descending to **Phunki Thenga Village**, but after leaving Phunki Thenga, you will be ascending continuously until you reach **Tengboche**. Tengboche looks like handcrafted natural beauty, which opens up the stunning views of **Everest, Nuptse, Lhotse**, and **Ama Dablam**. This day also provides you the chance to see the biggest Buddhist monastery in the Khumbu Region - the Tengboche Monastery. We will be spending the night at **Deboche**.

### Day 5: Trek from Tengboche (3,855m / 12,850ft) to Dingboche (4,360m / 14,290ft) Itinerary

After breakfast, we will be heading to **Dingboche**. On the way, we will be passing many Chortens, mani walls, and several small villages - including **Pangboche**, from where you can enjoy the stunning views of **Mt.Ama Dablam**. Throughout the trek, you will be gaining altitude, and as you move nearer to **Dingboche**, you can see fields surrounded by stone walls to protect crops. In this hostile environment, the locals manage to grow barley, buckwheat, and potatoes this way. As the night falls, you will stay at Hotel Good Luck in **Dingboche**.

### Day 6: Rest day and acclimatization at Dingboche

It is time for acclimatization, once more. By reaching Dingboche, we will have gained considerable altitude, and our body needs time to adjust to the thin air and high altitude. However, to remain busy, we will be walking up the ridge above Dingboche to get spectacular views of mountains - **Ama Dablam, Island Peak, Cho Oyu, & Makalu**.

### Day 7: Trek from Dingboche (4,360m / 14,290ft) to Lobuche (4,930m / 16,175ft)

The **trek to Lobuche** will start on the trail that leads to a short uphill near the ridge above Pheriche Village. You will soon find yourself moving alongside the **Khumbu Glacier** as the hike takes you higher to the **Thukla Hills**. At the Thukla Hills, you will see the memorial statues of climbers who passed away in this region. Continuing our trek forward, we reach **Lobuche**, our destination for that day.

### Day 8: Trek from Lobuche (4,930m / 16,175ft) to EBC (5,364m / 17,598ft) and back to Gorak Shep (5,185m / 17,010ft)

This is an extraordinary day as we will be summiting **Base Camp**. At first, we will be trekking through the lateral moraine of the Khumbu Glacier and arrive at the beautiful **Gorak Shep Village** - a village surrounded by snow-capped mountains. We leave our belongings at Gorak Shep and hike up to the Base Camp. This is the closest you can ever get to the highest mountain in the world. You will savor the incredible views from EBC, take pictures of the surroundings, reflect on the memories and your achievements, and then head back to Gorak Shep. Along the way, you will also see the highest glacier in the world - the Khumbu Glacier.

### Day 9: Hike to Kala Patthar (5,555m / 18,208ft) viewpoint, trek to Gorak Shep then to Pheriche (4,250m/13,945ft)

We will be waking early in the morning at **Gorak Shep** and hiking to **Kala Patthar** to view the sunrise at Mt. Everest and other peaks. Believe us - you have never seen anything as awe-inspiring as the early sunshine covering Mt. Everest anywhere else. After spending some time at the viewpoint, we will trek **back to Gorak Shep for breakfast**. We will rest for a bit and start our trek to Pheriche, our destination for the day.

### Day 10: Trek from Pheriche (4,250m / 13,945ft) to Tengboche (3,855m / 12,850ft)

After a good night's sleep at Pheriche, we wake up early in the morning, have breakfast, and then trek down towards **Tengboche**. Our way passes through the rhododendron forests across the **Imja Khola** bridge, through the **juniper** forest, and finally to Tengboche, where we will be spending our night.

### Day 11: Trek from Tengboche (3,855m / 12,850ft) to Namche Bazaar (3,440m / 11,285ft)

After finishing breakfast at Tengboche early in the morning, we head back to Namche Bazaar. The trail takes us through forests full of high-altitude wildlife like pheasants, musk deer, mountain goats, and even snow leopards. Along your path, you will also see numerous prayer flags, chortens, the backside of Lhotse, and Mt. Everest. After arriving at **Namche Bazaar**, we will head to our lodges and rest as the trek for this day is over.

### Day 12: Trek from Namche Bazaar (3,440m / 11,285ft) to Phakding (2,650m / 8,690ft)

Today's trek will be a short one as we head to **Phakding**, following the banks of the **Dudh Koshi River** and crossing many **suspension bridges** that lie on the way. After passing through several forests and small villages, we will finally **reach Phakding**. We will stay at Phakding for the night.

### Day 13: Trek from Phakding (2,650m / 8,690ft) to Lukla (2,850m / 9,350ft)

Yet another short trek day that also marks the end of our trekking. We start by making a return down the Dudh Koshi valley. The route is mostly gentle uphill up to Kusum Stream, but before reaching Lukla, the trail heads steeply up to the west and takes us to Toktok. From here, the views will be entirely different, and we will spend some time savoring those views. We will continue until we reach Lukla. This will be our last day of trekking, and we will be resting at Lukla at night.

### Day 14: Fly back to Kathmandu/ Manthali from Lukla (2,850m / 9,350ft)

This is the last of your trek. After breakfast, you will fly back to Kathmandu or Manthali, depending on the trekking season. If you are trekking **in peak seasons** (March, April, May, Sept, October, and November), from Lukla, you will take a **20-minute flight to Manthali** Airport, and we will then drive you to Kathmandu from Manthali. In other months (December, January, February, June, July, and August), you will take the 40-minute flight back to Kathmandu.

You **can book a helicopter from Lukla to Kathmandu** to avoid the five-hour-long drive from Manthali to Kathmandu. However, it will cost **around 500 USD extra**, provided you share your helicopter with four others.

We hope your flight will be a relaxing one and provide you some time to appreciate your achievement and fall back on your memories. After arriving in Kathmandu, you can return to your hotel. How you spend the rest of the day is entirely up to you.

## Equipment

### General Equipments for Everest Base Camp Trek - 14 Days

We recommend that you bring the items to the list below. Suppose your trek is longer or shorter than that. In that case, appropriate adjustments can be made to reflect the specific requirements, season, and length of the trip. Adventure Club Trek will provide the items marked with an asterisk (\*) at no additional cost. You are welcome to use your articles if you already have them and prefer your own. Many trekking items can be bought cheaply in the Thamel neighborhood of Kathmandu; quality will vary, with the items imported from China often being of higher quality. There are also several high-end shops in Kathmandu which carry well-known brands. Since our porters will carry your pack, please remember the weight limitation is 15kg (33 lbs since there is nothing there but some prayer flags. Also, please note that you still need to send me a list of gear.

The Adventure Club Trek will lend each trekker a set of down jackets, sleeping bags, and duffle bags. Our leading guide, trained in wilderness first aid, will carry a comprehensive medical kit.

#### Important Documents And Items:

Valid passport, 2 extra passport-size photos, airline tickets. Dollars, pounds, or Euros in cash for purchasing a Nepali visa at Kathmandu airport, for paying for restaurants and hotels, for gratuities, snacks, and buying your drinks and gifts. Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc.

#### HEAD

A bandana or headscarf is also helpful in dusty conditions. Warm hat that covers your ears (wool or synthetic) Headlamp with extra batteries and bulbs Sunglasses with UV protection Prescription sunglasses (if required)

#### UPPER BODY

Polypropylene shirts (1 half sleeve and 2 long sleeves) Light and expedition-weight thermal tops Fleece wind-stopper jacket or pullover Waterproof (preferably breathable fabric) shell jacket Down vest and jacket \* Gore-Tex jacket with hood, waterproof and breathable

#### LOWER BODY

non-cotton underwear briefs 1 pair of Hiking shorts 1 pair of hiking trousers 1 pair of lightweight thermal bottoms (seasonal) 1 pair of fleece or woolen trousers 1 pair of waterproof shell pants, breathable fabric

#### FEET

2 pairs of thin, lightweight inner socks 2 pairs of heavy poly or wool socks 1 pair of Hiking boots with spare laces (sturdy soles, water-resistant, ankle support, "broken-in") 1 pair of trainers or running shoes and sandals Cotton socks (optional) Gaiters (winter only), optional, "low" ankle high version

#### HANDS

Pair of lightweight poly-liner gloves. 1 pair of lightweight wool or fleece gloves 1 pair of mittens consisting of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

#### TOILETRIES

1 medium-sized quick-drying towel Toothbrush/paste (preferably biodegradable) Multipurpose soap (preferably biodegradable) Deodorants Nail clippers Face and body moisturizer Female hygiene products Small mirror Personal Hygiene Wet wipes (baby wipes) Tissue /toilet roll Anti-bacterial handwash

#### SLEEPING

1 sleeping bag (good to -10 degrees C or 14 degrees F)\* Fleece sleeping bag liner (optional) Rucksack and Travel Bags medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon) large duffel bag \* A small daypack/backpack for carrying your valuables should have good shoulder padding Small padlocks for duffel-kit bags 2

large waterproof rucksack covers (optional)

#### Medical

Small, personal first-aid kit. (Simple and light) Aspirin, first-aid tape, and plasters (Band-Aids) Anti-diarrhea pills Anti-headache pills Cough and cold medicine Anti-altitude sickness pills: Diamox or Acetylpolyamine Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills, as they are respiratory depressants. Water purification tablets or the water filter Extra pair of prescription glasses, contact lens supplies Extras/Luxuries Reading book Trail map/guidebook Journal and pen Binoculars (optional) Voltage converter (from 220 to 110) Plug adapter (2 round pegs to 2 flat pegs)

## Cost Inclusion

- Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes
- Total 13 nights (Six nights at Lukla, Phakding(2 Nights), and Namche (3 Nights), rooms with private attached bathroom. Seven nights in standard rooms at Tengboche (2Nights), Lobuche, Dingbuche (2 Nights), Gorakshep, and Pheriche)
- All standard meals (13 lunches, 14 dinners, and 14 breakfasts) during the trek
- Government licensed English-speaking trek leader. For more than 12 trekkers, 1 assistant guide.
- Porter to help trekkers luggage. 2 trekkers will share 1 porter, Max weight limit for a porter- 18 kg (9 kg per trekker, weight limit). You can store non essential items in your hotel or at the DWT store.
- Covers guides' and porters' wages, their meals, insurance, lodging, transportation, flight, and other necessary equipment
- Water purification tablets for safe drinking water
- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality fees
- Snacks (cookies) and seasonal fresh fruits every day
- All government, local taxes, and official expenses
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Souvenirs - company's T-shirt & Cap
- Discovery World Trekking's Appreciation Certificate after the successful trek
- Farewell dinner at the end of the trek

## Cost Exclusion

- International flight costs

- Nepal Entry Visa Fees for multiple entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- Excess baggage charges (Limit is 9 kg per Person) on the trek
- All accommodations and meals in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.
- Personal expenses (shopping, snacks, boiled bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Personal clothing and gear
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Tips for guides and porters (recommended)
- Additional costs incurred due to causes beyond our control, for example, landslides, weather conditions, itinerary modifications due to safety concerns, illness, change of government policies, strikes, etc.
- All other costs and expenses not listed in the - What are included in my 14 Days EBC Tour Package?

## Frequently Asked Questions

### 1. Does EBC trek require an immunization certificate?

No, it does not. But if you have any pre-existing medical conditions, let us know before booking the trip.

### 2. Is there an airport pick-up service by the company?

You will see a Discovery World Trekking representative welcoming you outside the Tribhuvan International Airport arrival lounge holding a pamphlet with your name on it. S/he will take you to your selected hotel in a private vehicle.

### 3. I am a vegetarian. Will I get enough meals during the trek?

Discovery World Trekking does not recommend non-veg items at trekking regions because the meat in such places may not be hygienic. We also strongly advise you to avoid dairy and cheese items along with alcohol. So, our packages are suitable for all - vegans, vegetarians, and non-vegetarians.