Everest Base Camp Trek

Url: https://www.glorioushimalaya.com/trekking-and-hiking/everest-base-camp-trek

Duration
15

Max. Altitude
5,545m/18,193ft

Difficulty
Strenuous

Per Person Cost
USD 1400

Transport
Plane, Car, Van

Meals
Included

Accommodation
Included

Starts At
Kathmandu

Ends At
Kathmandu

15 Days Everest Base Camp Trek Itinerary

Day 01: Arrival in Kathmandu and transfer to the hotel

Altitude
1,400 m

Accommodation
Hotel



One of our office representatives will be waiting for you at the airport exit terminal with a Glorious Himalaya placard. Upon arrival at the Kathmandu airport, you will be warmly greeted in a traditional way with a fresh garland. Then, you will be transferred to the respective hotel for a pleasant stay.

Check-in at the hotel. Take a rest for a while in your hotel room after a long and tiring flight. The capital city- Kathmandu, is a vast museum of ancient art, cultures, and sacred temples. Indulge in the beauties of Kathmandu Valley and roam around the Thamel-tourist hub.

In the evening, your trip leader will come to the hotel and give a briefing about Everest Trek. He also assists you in purchasing any missing or needy trekking gear (equipment) near your hotel from the clothing stores. Be familiar with an unfamiliar city and spend the first night in Kathmandu.

Day 02: Sightseeing tour in Kathmandu

Altitude
1,400 m

Meals
Beakfast

Accommodation
Hotel

Explore around UNESCO Heritage Places

Today is the day to explore the cultural, religious, and historical sites of Kathmandu Valley. Out of the seven, you will visit four UNESCO World Heritage sites. They are Pashupatinath Temple, Swyambhunath (the Monkey Temple), Boudhanath Stupa, and Kathmandu Durbar Square.

Have your hot breakfast at the hotel. You will be taken on a full-day guided sightseeing tour of Kathmandu Valley. Your city tour guide will pick you up from the hotel at 9’o o’clock in the morning. He has core information about all the related heritage sites you will visit. You will begin your tour from Swyambhunath Stupa and Kathmandu Durbar Square.

After that, discover the most famous and revered Hindu shrine ‘Pashupatinath temple. You will then visit other places listed on the UNESCO World Heritage Tour. After a full-day sightseeing tour, you will be transferred to the hotel. An orientation session for the trek, which commences the following day, will be organized in the evening. If necessary, you can buy the remaining trekking equipment around Thamel.

Day 03: Flight to Lukla and trek to Phakding

Trek Distance
8 KM/ 4.9 miles

Flight Hours
30 Minutes

Altitude
2,652 m

Trek Duration
3-4 hrs

Meals
B L D

Accommodation
Teahouse

Elevation Gain
1,446 m/ 4,744 ft

Today is the most exciting day as you begin your real adventure journey. The **walking distance from Lukla to Phakding is 8 KM/ 4.9 miles** after landing in Lukla airport.

Mostly, the weather in the mountain regions is pleasant in the morning. Thus, your trekking guide will pick you up from the hotel early in the morning as the mountain flights are operating for the morning to ensure that you will be able to land at Lukla.

A 30-minute thrilling scenic flight to Lukla and a landing on a steep mountain runway bring us to the start of our trek at the village of Lukla [2,846m]. If weather permits during the flight, you will have breathtaking views of the snow-capped Himalayas from the windows of your twin-otter (small plane).

After landing at the small Lukla airport, take a short tea break and meet our porters (if porters are included in your package). Then, commence your trek with a gradual walk through the beautiful alpine forest along the Dudh Koshi River with distant views of Mount Khumbila from Cheplung village.

Along the way, you will also cross a suspension bridge that will add some thrill to your journey. This is your first day in the mountain region; stay overnight at a local tea house in Phakding at an altitude of 2,652 m. Have enough rest as you have to walk a long day tomorrow.

Day 04: Trek from Phakding to Namche Bazaar

Trek Distance
11 KM/ 6.8 miles

Altitude
3,440 m

Trek Duration
6 hrs

Meals
B L D

Accommodation
Teahouse

Elevation Gain
830 m/ 2,723 ft

After a good breakfast at Phakding, we set out for the mountain junction town of Namche; we crossed and re-crossed the river on high-airy suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park, which was set up to protect and preserve the fragile mountain environment.

We then take a steep hike to Namche Bazar. If the weather is clear, we get the first glimpse of Mt Everest.

Namche is the main trading village in the Khumbu and has a busy Saturday market – a meeting place for the Hindus and Buddhist traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La.

Namche is the gateway to the Khumbu. This is where we crash out for the night. **The total hiking distance from Phakding to Namche Bazaar is 11km/6.8miles**.

Day 05: Acclimatization in Namche Bazaar

Trek Distance
2.5 KM/ 1.5 Mile

Altitude
3,880 m

Trek Duration
2 hrs

Meals
B L D

Accommodation
Teahouse

Elevation Gain
440 m/ 1443.5 ft

Today, it is all about acclimatizing to the high-altitude places of the Khumbu region. Early in the morning, we will begin our acclimatization hike to the Everest View Hotel after breakfast. We will visit the memorial park located at the top of the Namche Bazaar before hiking uphill to the Everest View Hotel. The park offers a splendid view of the mountains as well as the Lower Dudhkoshi Valley below Namche Bazaar. The most splendid scenery that you get from this park is the scenery of Mt. Amadablam and the sight of Thamserku, along with the sight of Kwangde.

After visiting the site, we will start our uphill hike to the Everest View Hotel. There is a museum that you can skip to accelerate your hike to the world’s highest situated hotel. We will begin our uphill hike after passing through the largest Mane Wheel at the top of Namche Bazaar. The trail is completely uphill through small bushes and grassy meadows. After walking for about an hour, we will reach the Syangboche Airport. There are small temporary marketplaces, and we will continue walking uphill to the

hotel. Once we reach the top of the ridge, the trail starts to become Nepalese flat through grassy meadows. Relish the chance to witness Tengboche and the Himalayan scenery throughout our journey.

We will enjoy the breathtaking journey of reaching the world's highest situated hotel at the same time, we will adjust to the demands of high altitude. We will enjoy the sip of coffee at the balcony of the hotel. After spending for about an hour, we will descend back to Namche Bazaar.

If you are okay, then your trekking guide can take you to Khumjung village from the Everest View Hotel. We will visit the Khumjung monastery, where we can get a glimpse of the rare Yeti Scalp. After spending about half an hour in the village, we will descend back to Namche Bazaar via Kyangjuma.

In our exploration, we will visit the local school and observe the village life of the Sherpa people. You can explore the Namche Bazaar in the evening. There are many eateries and shops in this market. Please note that this is the biggest market that you find in the Everest Trekking trail. Overnight in a tea house

Day 06: Trek from Namche Bazaar to Tengboche

Trek Distance
11 KM/ 6.8 Miles

Altitude
3,860 m

Trek Duration
5 hrs

Meals
B L D

Accommodation
Teahouse

Elevation Gain
420 m/ 1,378 ft

After breakfast in Namche, we start our trek towards Tengboche, enjoying the superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam, and a close-up view of Thamserku.

Our trek follows the gradual trail with a few ups and downs, overlooking a magnificent view of the great Himalayas.

Along the way, we can spot wildlives like pheasants, musk deer, or a herd from Himalayan Thar. The trail goes gradually down to Kyangjuma. The path eventually reaches Sanasa, which is the major trail junction between Gokyo Valley and Everest Base Camp.

The track then follows through the pine forests, and after we cross the prayer flags festooned bridge over Dudh Kosi River, we reach Phunki Tenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods.

After having a relaxed lunch at Phunki Tenga, we then had a tough climb steeply up through the pine forests before we reached Tengboche.

Tengboche is a great place for close up views of Ama-Dablam, Nuptse, and Everest, and it has the biggest Buddhist Monastery all over in the Khumbu region. Overnight stay at the lodge in Tengboche.

The hiking distance from Namche Bazaar to Tengboche is 11 KM / 6.8 miles away.

Day 07: Trek from Tengboche to Dingboche

Trek Distance
10.5 KM / 6.5 Miles

Altitude
4,410 m

Trek Duration
5 hrs

Meals
B L D

Accommodation
Teahouse

Elevation Gain
550 m/ 1,804 ft

Before leaving Tengboche, don't miss capturing the stunning sunrise view over Ama Dablam. This will be one of the points of interest you will cherish for a lifetime.

After a hot breakfast, we will be following the route to Dingboche. Dingboche is one of the high-altitude Sherpa settlements in the Everest region. We descend downhill through a forest, cross the Imja Khola, and climb steadily to the village of Pangboche.

This place is one of the best points to capture the striking views of Mt. Ama Dablam, 6,812 meters (22,349 ft). The hiking distance from Tengboche to Dingboche village is 10.5 km/ 6.5 miles away.

The trail further leads along the glacial river until we arrive at today's destination, Dingboche. En route, we will be passing through various small villages, prayer flags, mani walls, Chorterns, and prayer wheels.

Dingboche is situated at an altitude of 4,410 meters, where trekkers begin feeling the detrimental outcomes of excessive altitude. Drinking plenty of hot fluids will keep your body hydrated. Hence, we suggest you drink water, tea, coffee, and soups adequately.

Additionally, walk easily, ascent slowly, and take a rest. In addition, hold your mindset positive and follow your leader's advice. We bunk out for the night at Dingboche.

Day 08: Hike to Nangkartsang Peak for Acclimatization

Trek Distance
6 KM /3.7 Miles

Altitude
5,083 m

Trek Duration
3 hrs

Meals
B L D

Accommodation
Teahouse

Elevation Gain
340 m/ 1,140 ft

This is a day to rest, acclimatize, and give our weary bones a breather. However, we don't remain idle; we also get to wander up the valley to look at a lake, the Tshola Tsho, and the perpendicular walls of Cholatse and Tawache.

We can climb up onto the Nangkartsang Peak viewpoint (5,083m) overlooking Dingboche village for the

view of the Imja Valley and the incredible south face of Mt. Lhotse. The views here steal your breath away. We bunk out in the village of Dingboche for the night stay. The walking distance from Dingboche to Nangkartsang Peak (Nagerjun Hill) is 6 KM/ 3.7 miles away

Day 09: Trek from Dingboche to Lobuche

Trek Distance
9 KM/ 5.5 Miles

Altitude
4,910 m

Trek Duration
5 hrs

Meals
B L D

Accommodation
Teahouse

Elevation Gain
530 m/ 1,738.8 ft

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch.

The trail zigzags up through the boulders of the glacier's terminal moraine. At the top of this climb, there are many stone cairns built as memorials to the many Sherpas who have died while climbing Mt Everest.

The path then climbs gently along the glacier to eventually reach the cluster of houses at Lobuche. Today's walking distance from Dingboche to Lobuche is 9 km/ 5.5 miles away.

Day 10: Trek from Lobuche to Everest Base Camp & return to Gorakshep for overnight stay

Trek Distance
12 KM/ 7.4 Miles

Altitude
5,364 m

Trek Duration
8 hrs

Meals
B L D

Accommodation
Teahouse

Elevation Gain
424m/ 1,391 ft

Today it's a long and gritty day. After a hot breakfast at our lodge, we climb up moraine stones steps to reach Gorakshep. The trail can be confusing but we will be following the commercial routes.

The trek from Lobuche to Gorakshep, followed by a visit to Everest Base Camp, is a breathtaking journey that encapsulates the raw beauty and grandeur of the Himalayas.

As you ascend through the Khumbu region of Nepal, you'll be immersed in a surreal landscape of towering peaks, pristine glaciers, and rugged terrain.

Lobuche serves as a crucial acclimatization point on this adventure, allowing trekkers to acclimate to the high altitude before continuing to Gorakshep.

Upon reaching Gorakshep, a remote and rustic village nestled in the shadows of mighty peaks, you'll embark on the final leg of your journey to Everest Base Camp. The trek is challenging but immensely rewarding, with every step offering unparalleled vistas.

Finally, reaching Everest Base Camp (5,364m), where mountaineers prepare for their summit attempts, is a surreal experience, surrounded by the world's tallest peaks, including the iconic Mount Everest itself.

It's a journey that leaves an indelible mark on the souls of adventurers and a testament to the extraordinary power of nature. After spending some time at EBC, we'll head back to Gorakshep for a good night's rest. Overnight at the height of (5,164m) at a lodge.

The walking distance from Lobuche to Gorakshep is 4 km/ 2.4 miles and from Gorakshep to Everest base camp is 4 km/ 2.4 miles more away. Hence, the total distance from Lobuche to Everest Base Camp is 8 km /4.9 miles away.

Day 11: Hike to Kalapatthar (5,545m) and Trek to Pheriche (4,371m)

Trek Distance
16 KM/ 9.9 Miles

Altitude
5,545 m

Trek Duration
8 hrs

Meals
B L D

Accommodation
Teahouse

Elevation Gain
1,174 m/ 3,851.7 ft

Early in the morning, we climb to Kalapatthar at (5,545m.) and enjoy a spectacular sunrise view.

From Kala Patthar, you can have a panoramic view of Mt. Everest and many other mountain peaks. It includes a host of famous ones: Mt. Pumori, Mt. Lingtren, Mt. Khumbetse, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam, Mt. Thamserku, and many more huge peaks.

After spending some golden moments at Kalapatthar, we trek back to Gorakshep. We take our breakfast at Gorakshep, and the hike to Pheriche will take you through rugged terrain, where you'll navigate narrow trails and encounter remote Sherpa villages.

Along the way, you'll be immersed in the rich culture of the Khumbu region. Passing by prayer flags, monasteries, and friendly locals, the return journey is an unforgettable experience.

Yaks are normally regarded as four-legged porters in this area. Due to their tough terrain, it would be difficult for human porters. The town of Pheriche is also known as a highly windy town. Hereabouts, you can see the perpendicular walls of Cholatse and Tawache.

The Himalayan Rescue Association Aid Post is also located here. And foreign volunteer doctors provide medical treatment to trekkers as well as local people in this area. We stay overnight at a lodge.

The distance from Gorakshep to Kala Patthar is 1.7 km/ 1 miles and from Gorakshep to Pheriche is 13 km/ 8 miles away. Therefore, the total distance you will hike today is 16km.

Day 12: Trek back from Pheriche to Namche Bazaar

Trek Distance
19 KM/ 11.8 Miles

Altitude
3,440 m

Trek Duration
7-8 hrs

Meals
B L D

Accommodation
Teahouse

Elevation Lose
931 m/ 3,054 ft

We retrace our steps with a Trek back to Namche about 7/8 hours from Pheriche, and do an overnight at the bustling & hustling village town of Namche with full board meals (Breakfast/Dinner/Lunch).

We chill out here with some beers and enjoy some relevant comfort. Overnight at lodge in Namche. The total walking distance from Pheriche to Namche Bazaar is 19 km/ 11.8 miles away.

Day 13: Trek back from Namche Bazaar to Lukla (2,846m)

Trek Distance
19 KM/ 11.8 Miles

Altitude
2,846 m

Trek Duration
7-8 hrs

Meals
B L D

Accommodation
Teahouse

Elevation Lose
594 m/ 1,949 ft

This is our last day on these lovely mountains that have been home to us all of these days.

We continue to backtrack our hike towards Lukla along the Dudh Koshi River which is about 7 hours from Namche, and do an overnight at Lukla. The total hiking distance from Namche Bazaar to Lukla is 19 km/ 11.8 miles away.

Day 14: Flight back to Ramechhap/Kathmandu and transfer to the hotel

Flight Hours
30 minutes

Altitude
1,400 m

Meals
B D

Accommodation
Hotel

Most flights from Lukla to Kathmandu are scheduled for early morning to avoid the strong winds. It's a scenic flight from Lukla to Kathmandu that takes about thirty-five minutes. We touched down in Kathmandu and transferred to our hotel.

In the evening, we will organize a farewell dinner with Nepalese cuisine and a cultural dance show at a typical local restaurant.



Day 15: Departure from Nepal

Altitude
1,400 m

Meals
Breakfast

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home.

At Glorious Himalaya, meeting you has been a great honor, and we pray for your safe journey home. We will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday.

Price Includes

Transportation

- International airport pick-up and drop-off by private vehicle.
- Domestic airport transfers by tourist vehicle in Kathmandu.
- Manthali airport transfers on sharing basis in Ramechhap.
- Private vehicle for the Kathmandu sightseeing tour.

Accommodation

- 3 nights of a 3-star hotel accommodation in Kathmandu city inclusive of buffet breakfast.
- 11 nights of twin-sharing basis local lodges accommodations in the mountain regions.

Meals

- 3 Meals per day while on the trek in the mountain region (Breakfast/Lunch/Dinner)
- Total: 14-Breakfasts, 11-Lunches & 12-Dinners throughout the trip.
- We serve seasonal fruits every day after your dinner during the trek.
- In the end, we offer a Nepalese cuisine farewell dinner in Kathmandu.

Local Staffs

- Experienced and government-certified trekking guide for the trek.
- Supporting porters to carry your belongings during the trek. (1 porter for 2 clients).
- City tour guide for Kathmandu sightseeing tour.
- Salary, accommodations, transport, meals, and accidental insurance of all our local staffs.
- Domestic flights (Kathmandu/Ramechhap-Lukla-Kathmandu) including airport taxes.

Trek Permits

- Sagarmatha National Park Entry Permit
- Pasang Lhamu Rural Municipality Entry permit.

Complementary Service

- Rain protection duffel bag and sleeping bag to use for the trek. (provided on request)
- A comprehensive first aid medical kit and an oximeter to check your pulse and oxygen level while on the trek – useful for high altitude sickness while on the trek.
- Trip achievement certificate after successful trip completion.
- Pre-meeting at Kathmandu before the trek.

Sightseeing Tour

- One day sightseeing tour in Kathmandu at world heritage sites.

Government Taxes

- All government taxes and company service charges.

Price Exclude

- International airfares.
- Nepal entry visa fees.
- Your personal entrance fees for Kathmandu sightseeing.
- Your extra expenses, such as the use of WIFI, hot shower, and battery charging while on the trek. (While our package covers domestic flights, permits, guide salary, and meals, you should budget extra for personal expenses like hot showers, device charging, and tipping. View our comprehensive Everest Base Camp Trek Cost breakdown for detailed budgeting advice.)
- Alcoholic beverages and cold drinks during the trek.
- Extra hotel night accommodation in Kathmandu or in Lukla if other than the scheduled itinerary.
- Your personal trekking equipment and travel insurance.
- Gratitude to the trekking guides and porters.
- Excess baggage of more than 15 kg for Lukla flight.

Kindly Note: *If you return in Kathmandu earlier or later than the planned itinerary—whether for health reasons or personal interest—unused services such as flights, guide/porter wages, meals, or teahouse stays etc are non-refundable. In such cases, you'll be responsible for your own accommodation, meals, and other expenses in Kathmandu.*

Equipment checklist for – Everest Base Camp Trek

Our trekking gear checklist for the Everest Base Camp Trek covers the essential clothing and personal items that you need for a comfortable journey. Please pack only what you need and avoid unnecessary items to keep your duffel bag light. It helps our porters to carry your belongings safely and comfortably.

Head

- **Sun Hat / Cap:** Wide-brimmed for sun protection.
- **Beanie / Warm Hat:** Essential for cold mornings/nights.
- **Buff / Neck Gaiter:** For dust, wind, and sun protection.
- **Sunglasses:** Category 3 or 4 UV protection (essential for high altitude).
- **Headlamp:** With extra batteries (for early starts/night treks).
- **Sunscreen & Lip Balm:** SPF 50+ (must-have).
- **Face Mask / Balaclava:** For extreme cold or dusty trails.

Upper Body

- **Base Layer (Thermal):** Moisture-wicking (Merino wool or synthetic). x2
- **Fleece Jacket / Mid-layer:** For warmth.
- **Down Jacket:** Insulated, lightweight (essential for high altitude).
- **Raincoat/Poncho:** Waterproof and windproof.
- **Trekking T-shirts:** Quick-dry, breathable. x2-3
- **Long-sleeve Sun Shirt:** For hot days.
- **Gloves:** Insulated trekking gloves

Lower Body

- **Trekking Pants:** Convertible (zip-off) or lightweight. x2
- **Fleece / Thermal Pants:** For layering under trekking pants.
- **Rain Pants / Over-trousers:** Waterproof.
- **Shorts:** For lower altitudes / warm days.
- **Underwear:** Moisture-wicking, quick-dry. x3-4
- **Warm trekking trousers:** For higher altitudes

Footwear

- **Trekking Boots:** Mid to high-cut, waterproof, broken-in.
- **Camp Shoes/ Sandals /Flipflop:** For relaxing in teahouses after trekking.
- **Gaiters:** To keep snow/rocks out of boots.
- **Microspikes / Crampons:** Useful for icy trails (seasonal).
- **Trekking Socks:** 3–5 pairs of moisture-wicking socks to keep your feet comfortable.
- **Warm Wool Socks:** For cold nights and higher-altitude conditions.

Toiletries & Hygiene

- **Toothbrush & Toothpaste:** Travel-sized products are convenient.
- **Comb:** To comb your hair after a bath
- **Blister Kit:** For preventing and treating friction spots during long walking days.

- **Soap / Body Wash:** For personal hygiene during the trek.
- **Shampoo:** Carry a small travel-sized bottle.
- **Quick-Drying Towel:** Lightweight and practical for multi-day trekking.
- **Toilet Paper / Pocket Tissues:** Useful because supplies may not be available everywhere.
- **Hand Sanitizer:** For cleaning your hands when soap and water are unavailable.
- **Wet Wipes:** Useful when shower facilities are limited.
- **Moisturizer:** Helps protect your skin from dry mountain air.
- **Personal Medications:** Bring sufficient supplies and follow your healthcare professional's advice.
- **Basic First-Aid Kit:** Include personal essentials and basic wound-care supplies.
- **Menstrual Hygiene Products:** Carry your preferred products if needed.
- **Nail Clippers:** Useful for maintaining nail hygiene during the trek.

Other Essential Items

- **Daypack (20–30 Liters):** For carrying water, snacks, extra layers, and daily essentials.
- **Duffel Bag (50-70 Liters):** For your main trekking luggage, especially if using a porter.
- **Rain Cover / Dry Bags:** Protect your backpack and belongings from rain and snow.
- **Water Bottles / Hydration Bladder:** Carry approximately 2–3 liters of water capacity.
- **Water Purification Tablets / Filter:** For treating drinking water when needed.
- **Trekking Poles:** Help improve stability and reduce strain on your knees during ascents and descents.
- **Sleeping Bag:** Around –10°C to –15°C is useful for many standard trekking seasons.
- **Sleeping Bag Liner:** Optional for additional warmth and hygiene.
- **Energy Bars / Snacks:** Useful for maintaining energy between meals.
- **Travel Lock:** For securing your duffel bag or luggage.
- **Earplugs:** Helpful for sleeping in shared teahouse rooms.
- **Notebook & Pen:** Optional for recording your trekking experiences.
- **Small Binoculars:** Optional for viewing distant mountain scenery and wildlife.

Electronic Gadgets

- **Mobile Phone:** For communication, photos, and navigation.
- **Power Bank:** Useful where charging facilities are limited or expensive.
- **Phone Charger & Cables**: Bring all necessary charging accessories.
- **Universal Travel Adapter:** For charging electronic devices in Nepal.
- **Camera & Spare Batteries:** Optional for capturing Himalayan scenery.

Documents

- **Passport:** A valid passport is required for travel and trekking arrangements.
- **Passport-size photos:** 2-4 copies of passport-size photos.
- **Nepal Visa:** Required for eligible international visitors.
- **Travel Insurance:** Must cover high-altitude trekking and emergency helicopter evacuation.
- **Trek Route Map:** To navigate trekking trails.

Trip (FAQs) Frequently Asked Questions

1) Are there hot showers and laundry services available at Everest Base Camp Trek?

Yes, Everest Base Camp Trek offers laundry and shower services. You will get a gas geyser for a hot shower in the bathroom in most places. Trekkers must pay for a hot shower ranging from $2 to $ 4 per use. The cost of a hot shower increases accordingly with the height of the place.

2) Do I require any official documents for the EBC trek?

Yes, you will require a valid passport, a tourist Visa for trekking permits, and necessary travel insurance for this trek.

3) Can I book an Everest Base Camp Trek with my children?

Yes, you can book the Everest base camp with your kids. However, it requires a travel permit, including a Pasang Lhamu Rural Municipality Permit and Sagarmatha National Park. EBC is not only a top destination for adult travelers. It is also an adventurous and fantastic place for families to fulfill their bucket lists and make unforgettable memories.

4) How crowded is the EBC trail?

The peak seasons, from late September to November and March to early May, are filled with hikers daily on the EBC trail. Planning your vacation beyond the busiest months can help you escape the

overcrowding on the route. If you want to escape from the crowd, the best times to trek are the beginning of September, December, late February, and the end of May.

5) Can I spend a night at Everest Base Camp?

No, you cannot spend a night at Everest Base Camp. Government officials only allow Everest summiteers to spend the night at EBC. You must purchase an expensive Everest climbing permit to spend the night at the Base Camp. As a result, trekkers are only permitted to visit Everest base camp. However, you will visit Everest base camp and spend the night at Gorakshep (5,164m).

If you want to spend a night at Everest Base Camp and meet Everest summiteers, this package is for you. We organize this trek in collaboration with the Everest Expedition Company, and it's available only during April and May each year.

6) Can I see Mt. Everest from Everest Base Camp?

You cannot see Mount Everest from the southern side of Nepal. But if you travel to Everest's northern side from Tibet, you can see the breathtaking views of Everest.

7) Do I need crampons/microspikes or any climbing gear for this trek?

You do not require crampons or other climbing equipment if you wish to go hiking in the spring (March to May) or fall (September to November). However, carrying crampons or microspikes with you is advisable if you are trekking in January or February during the winter season. It will be challenging to trek on a snowy route without crampons.

8) How safe is the Everest Base Camp Trek?

The 65km trail to base camp is manageable since most people can comfortably walk about 5km per hour. However, the Everest base camp trek carries some Acute Mountain Sickness (AMS) risk. Out of more than 30,000 trekkers yearly, a few serious issues occur.

9) Is WIFI available during trekking?

Yes, it is available at every place on this trek route. Every teahouses offer WIFI facilities at an additional cost.

10) How much cash should I carry?

You need some additional cash for the trek. Even if you purchase full board service from us, internet usage, hot showers, battery charging, cold beverages, beers, etc., are not included in the mountain region. Therefore, you can pay for these extra services at the teahouses along the trail. They are optional amenities.

Hence, you shoud carry $150-200 extra cash for the trek.

11) Which mountains can I see during this trek?

You can see all these mountains from different parts and viewpoints of this trek: Mt Everest (8,848m),

Lhotse (8,516m), Lhotse Shar (8,382m), Makalu (8,485m), Cho Oyu (8,188m), Ama Dablam (6,814m), Pumori (7,165m), Nuptse (7,861m), Thamserku (6,618m), Kangtega (6,783m), Khumbila (5,765m), Nangkar Tshang (5,616m), Lobuche (6,135m), Khumbu (6,859m), Khumbutshe (6,639m) and many more.

12) What is the highest and lowest sleeping point of Everest Base Camp Trek?

The highest sleeping point of Everest Base Camp Trek is 5,164 meters at Gorakshep, and the lowest sleeping point is 2,652meters at Phakding.

13) Is there any age restriction for this trek?

There isn't any age restriction for this hike. However, it is a strenuous hike at a high altitude that passes over mountains, rocky terrain through rivers, and alpine woods. Therefore, we advise anyone aged 15 – 60 to participate in this walk.

14) Can I withdraw money from ATM along the route?

ATMs are unreliable on this route due to the remoteness and lack of electric power. There is ATM in Lukla and Namche Bazaar, but it might be out of service frequently. Most importantly, it is not compatible with all credit/debit cards. Hence, it is advisable to carry cash from Kathmandu.

15) How often Lukla flights get canceled?

Lukla's flights depend on the weather. Lukla Airport is situated at an elevation above 2,800 meters and is surrounded by high hills and mountains. In the months of March, April, May, October, November, and December, the chances of flights delays and cancellations are low as the weather is pleasant and clear. Mostly, Lukla flights get canceled in the monsoon months, which are June, July, and August.

16) Can I charge my phone?

Yes, you can usually charge your phone or any electronic gadgets during the Everest Base Camp Trek at teahouses, but electricity availability becomes less reliable as you go higher. It is recommended to carry a power bank for the trek.

17) Can a beginner trek to Everest Base Camp?

Yes, a beginner can also do the Everest Base Camp Trek. You should be physically fit and need some cardiovascular training for at least 8 weeks beforehand. We have records of many beginner trekkers who have completed this trek with us.

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