

## Overview

Trek to the lap of the world's highest mountain with us on our adventurous Everest base camp trekking. Learn about the Himalayan Mountains and mountain lifestyle. Spend 12-plus days exploring the picturesque villages, lush forests, verdant valleys, and steep foothills on this trek. Everest base camp trek is a wonderful journey to do alone or with your loved ones.

## Highlights

- Trek with a very experienced team to the base of Mt. Everest, Everest base camp
- Explore the Himalayan villages and beautiful valleys
- Cross thrilling bridges and streams
- Adventurous trail, full of ups & downs with fair steep, rugged sections
- Get to see breathtaking mountain panoramas of some of the world's highest mountains
- Learn the culture and lifestyle of Sherpas
- Rejuvenate your soul with fresh air, majestic sceneries, and welcoming gestures of the locals
- Witness gorgeous sunrise at Kala Patthar
- Experience the world's most dangerous airport.

Everest base camp trek is for everyone. The trek takes you close to Sherpas and the Himalayan Mountains. The trail is packed with lush rhododendron forests, suspension bridges, rivers, waterfalls, and streams. You get to see tempting views of mountains like Everest (8,849 m), Lhotse (8,516 m), Makalu (8,463 m), Cho Oyu (8,188 m), Nuptse (7,861 m), Pumori (7,161 m), Ama Dablam (6,812 m), Thamskerku (6,608 m), etc along the way. Likewise, the landscape changes with every new bend in the trail and only gets mesmerizing.

Trekking through lovely mountain villages like Phakding (2,610 m), Namche Bazaar (3,440 m), Tengboche (3,860 m) & Dingboche (4,410 m), you walk above the tree line and mark your way to Lobuche, Gorak Shep, Everest Base Camp (5,364 m) & Kala Patthar (5,644 m). The trek ends at Kala Patthar, a popular viewpoint, and now only 3-4 days of the walk back to Lukla (2,860 m) remain left.

If you have the budget, you can combine **helicopter return from Kala Patthar** and save these 3-4 days of retracing the path. You'll get to enjoy the heavenly aerial mountain panorama.

## Everest trek difficulty

Everest base camp trek is one of the most famous trekking routes in Nepal. Moreover, it is

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also one of the most developed trekking routes in terms of tourist infrastructure. Therefore, you'll not have a hard time getting modern facilities like internet, variety of food, hot showers, etc. However, once you go above Tengboche village, the services begin to get scarce, and the trail begins to get complex.

Everest base camp trek is an easy to moderate trek. For first-time trekkers, the overall journey can get on a bit of a difficult side because of long ascents and descents, on average 6 hours of walk each day, and high altitude. So, physical fitness and sound health matter a lot for a smooth Everest base camp trek experience.

### **How to prepare for the Everest base camp trek?**

First of all, you have to book the trek and get the trip confirmation mail from us. You can **book the Everest base camp trek** through our site or [send us mail](#). Our team will get back to you and begin the booking process.

You have to give us your basic information and valid passport details. We need **30%** of the package cost in advance to book the trip along with travel insurance documents. Once all these things are received by the company, we'll send you the trip confirmation mail.

Now, you can book the flight to Nepal as per the itinerary and get your body ready for the trek. To do so, you are advised to do cardio and weight training. You have to increase your stamina and strength. You can go on hikes or train in the gym. Likewise, get your trekking clothes and other gears ready too. You can buy/rent heavy gear in Thamel, Kathmandu.

### **Why trek to EBC with us?**

We have a range of **Everest base camp trek packages**, varying from easy to strenuous. Depending upon your physical fitness and time, you can choose the package that best suits your requirements. Whether you choose a short or a long EBC trek, one thing is guaranteed, it'll be going to be a lifetime experience.

Likewise, our experienced guides and porters will make the trek somewhat bearable for you. They will make sure you trek safely and carry the heavy luggage. As you'll be trekking with natives, you'll get to learn a lot about the Sherpas and other mountain people closely. They'll introduce you to the culture and tradition of the locals, tell you stories & myths, and help you connect with villagers.

Apart from that, we also have the best Everest base camp trek cost. We offer the best price for Everest base camp trekking in the market without compromising our service or your safety. Do note that you are trekking with an expert travel company that has numerous years of expertise in the Himalayas.

### **Itinerary Details**

### **Day 01 : Arrival in Kathmandu airport (1345 meter)**

After arrival at Tribhuvan International Airport (TIA) in Kathmandu, you will meet our representative who will receive you outside the airport with Nepal Glacier Treks and Expedition's signboard and transfer to your respective hotel by private vehicle. At a hotel, we discuss the trip, introduce with Trek leader and ensure all equipment as well as documents. You will enjoy the evening yourself and then have a pleasant stay at a hotel in Kathmandu.

### **Day 02 : Flight to Lukla (2810 meter) and trek to Phakding (2652 meter)**

After breakfast in the morning, we will take a short flight nearly 40 minutes from Kathmandu to Lukla airport where we start our Everest region trek. During the flight east to west we will see magical views of different Himalayan Mountain peaks like as Mt. Kanchenjunga, Mt. Lhotse, Mt. Nuptse, Mt. Makalu, and also we can get close-up view of Gaurishankar, Langtang and many other beautiful Mountain peaks throughout the flight. After landing we will meet our other crew members and before some packing and starting trek we may take a rest, we will begin our trek through the Lukla until Phakding. We will walk along the bank of Dudh Koshi river and will be heading toward the Phakding village. After Phakding we don't hike up and have a pleasant stay at a guesthouse in Phakding.

### **Day 03 : Trek to Namche Bazaar (3446 meter)**

On this day, after hot breakfast we begin to walk along the Dudh Koshi. We cross Dudh Koshi by Hillary suspension bridge, beautiful pine forests, river sounds, and might see some wild animals too. We head toward Namche Bazaar via forests of blooming rhododendron and reach the top of the ridge that offers beautiful views of Mt. Everest (8848 meter), Nuptse (7879 meter), Thamserku (6623 meter), and Kusum Kanggru (6369 meter) mountains. Finally we reach the Namche Bazaar, which is known as rich of Buddhist Sherpa culture as well as home of Sherpa people, where some shops and traders are selling Tibetan jewelry and handicrafts from Tibet and also their own local products like potato, wheat, maize, millet etc. We will check in to a local guesthouse and have a pleasant stay at a guesthouse in Namche Bazaar.

### **Day 04 : Rest day in Namche Bazaar**

Today, we take a rest in Namche Bazaar. This is a very important day to spend because altitude sickness can be quite serious and a risk for trekkers. After breakfast we will explore the Namche Bazaar and their traditional cultural, old Sherpa village, and as well as Khumjung, Khude or Thame villages. We visit Sagarmatha National Park's headquarter, Sagarmatha is the traditional Nepali name for Everest, which is located in the hill top from where we can explore spectacular views of Mt. Everest, Mt. Lhotse, Mt. Amadablam, Mt. Kwangde, Mt. Thamserku, Mt. Kusum Kanggaru and green views of National Park from the hill top. The National Park office displays to learn more about Sherpa people,

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traditional culture and their custom. We hike up slowly to Syangbuche airstrip, one of the highest airstrip in the world which is located in 4200 meter and it is the best view point. Other popular area is Khumjung village it's a Museum, Hillary's school and hospital. We will return to Namche Bazaar after exploring this delightful Sherpa village and beautiful mountains, and have a pleasant stay at guesthouse in Namche Bazaar.

### **Day 05 : Trek to Tengbuche (3846 meter)**

After having hot breakfast, we continued trek to Tengbuche through the forest. Tengbuche is very famous for Buddhist monastery which is the highest Buddhist monastery in the world; it is also a place of mystery and spirituality. We will take five to six hours walk through beautiful village and forest as well as we can get panoramic views of Mt. Everest (8848 meter), Nuptse (7879 meter), Lhotse (8618 meter), Amadablam (6856 meter) and Thamserku (6623 meter). And have a pleasant stay at guesthouse in Tengbuche.

### **Day 06 : Trek to Dingbuche (4360 meter)**

Leaving Tengbuche in the morning, we head towards Pheriche. The trail goes down to Dingbuche from Tengbuche, crosses another suspension bridge on the Imja River and climbs up to Pangbuche amongst thousands of MANI (Little Stupa) stones. Our uphill trek continues taking us to the unique and beautiful traditional Sherpa village of Dingbuche with its exciting views of Island peak, Amadablam and Lhotse. After crossing river and forest, we get to Dingbuche village where we will pleasant stay at local guesthouse in Dingbuche.

### **Day 07 : Second rest day in Dingbuche**

This would be our second rest day in this schedule Everest Base Camp Trek, first rest day in Namche Bazaar. It is most important to let your body adjust and avoid altitude sickness. After breakfast we hike up to Nagerjun hill (5100 meter), which is located in the Chhukung valley directly above Dingbuche. This is a physically challenging day because we ascending the hill it takes up to 4- 5 hours altitude. From this altitude where we can see best views of Lobuche peak east (6119 meter), Lobuche peak west (6145 meter), Tangbuche peak (6367 meter), Amadablam peak (6856 meter), Thamserku peak (6608 meter) and Kangtega peak (6685 meter). We also could see Mt. Makalu, the world's fifth highest mountain with great views of the Pheriche valley on a clear day. After a short rest we descend to Dingbuche, afternoon temperatures could get down rapidly as the sunset over the mountain tops and have a pleasant stay at guesthouse in Dingbuche.

### **Day 08 : Trek to Lubuche (4930 meter)**

Today, the trail continues along the lateral moraine of the Khumbu Glacier and passes by stone memorials for climbers who have perished on nearby summits. We continue to climb as we are heading to the altitude of 4910 meters at Lobuche which is really just a few huts at the foot of giant Lobuche peak. Some breathing problems may arise today due

to the altitude. We spend the night at guesthouse in Lobuche.

### **Day 09 : Trek to Gorak shep (5140 meter)- Everest Base Camp (5463 meter)- Gorak shep**

Trek on 10th day continues through Khumbu Glacier. We will pursue the scenic path which offers views of Pumori, Khumutse and Nuptse mountains. Couple of hours later, we will reach Thangma Riju. Continuing further, we will reach Changri Glacier. We can get the very first view of Kala Patthar from the glacier. Walking further, we will arrive at Everest Base Camp (EBC) from where we can get views of Nuptse, Khumbutse and Pumori Mountains. After approximately 3 hrs of hiking you will arrive at Base Camp; enjoy the views of the Khumbu Glacier and icefall, where Everest Expedition begin and We will return to Gorakshep and we spend the night at guesthouse in Gorakshep.

### **Day 10 : Trek to Pheriche (4210 meter) via Kala Pathar (5545 meter)**

This will be one of the most difficult yet rewarding days of the trek. Early in the morning in this day we start a hike up to Mt. KalaPatthar (5545 meter). The ascent is demanding but the climber gets the most magnificent mountain panorama: Everest, the highest point on the planet at 8848 meters, towers directly ahead and on all sides loom the other giants, Nuptse, Pumori, Chagatse, Lhotse and countless others. We make a quick descent to Gorak Shep for hot breakfast then trek down to Periche. And we spend the night at guesthouse in Pheriche.

### **Day 11 : Trek down to Namche Bazaar**

Today according to our itinerary, we start walk to Namche Bazaar from Pheriche. Crossing the forest of rhododendron, juniper, and other alpine forests, we take different route descend to Pangboche village. Where we can see very oldest monastery which contains the scalp and bones of a "Yeti", leaving beautiful mountains and green forests behind us and continues walking through the Tengboche before back to Namche Bazaar. We reach the Namche Bazaar in the afternoon and we spend the night at guesthouse in Namche Bazaar.

### **Day 12 : Trek to Lukla**

After hot breakfast in the morning, we back to Lukla where the trek began our. We cross the Dudhkoshi River, lush forest and blooming rhododendron forest the reach Lukla after six to seven hours walk. We stay at guesthouse Lukla and prepare ourselves to board a flight back to Kathmandu on the next day, overnight at guesthouse in Lukla.

### **Day 13 : Flight to Kathmandu**

Early in the morning having breakfast, we take short flight nearly 45 minutes to Kathmandu from Lukla airport. Important thing, sometimes flight will be delay because of

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weather conditions but you do not worry about it. We can safely flight back to Kathmandu, then our representative will transfer your hotel and refreshed and then rest at the hotel and overnight at hotel.

### **Day 14 : Final departure**

This is the last day of your package. You will be assisted with your last moment preparation and dropped at TIA, Kathmandu from where you will board the flight to your next destination.