

Everest Base Camp Trek 14 Days

Trip code	HH-EBC-14
Package name	Everest Base Camp Trek 14 Days
Duration	14
Max. elevation	5545 m
Level	DIFFICULT
Transportation	Ground and Air
Accommodation	Hotel in Kathmandu and Best Available Lodge on the trail
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Kathmandu-Manthali-Lukla-Namche-Tengboche-Everest Base Camp-Namche-Kathmandu
Cost	USD 1,295 per person

Highlights

- More than an adventure with scenic landscapes views and colorful cultures.
- Explore the lovely Sherpa traditional villages enriched with impressive heritage.
- Sweeping panoramic flights both ways facing awesome mountain scenery.
- Enjoyable pleasant scenic and cultural walks with touch of high altitudes.
- On top Kalapathar the highest point of the adventure with Everest base camp.
- Enjoy breathtaking mountain views like Makalu, Cho Oyu, Lhotse, Pumori, Nuptse, Thamserku and Mt. Everest.
- Explore the local towns like Lukla, Namche Bazaar, Tengboche and Dingboche.
- Walk through Sagarmatha National Park and rejoice its serenity with diverse species of flora and fauna.
- Put your footsteps at the Everest Base Camp (5364m), the highest mountain base camp of the world.

Overview

"Make a History in Trekking in Nepal by Stepping onto the Everest Base Camp (5364m),

World Highest Mountain Base Camp and Witness Marvelous Mt. Everest, top of World"

Everest Base Camp Trek Video

Sunrise at Kalapatthar (5545m) and the Everest View



Everest Base Camp Trek is the most classical and legendary trekking trip in Everest region in Nepal. This trekking trip is astoundingly popular among adventure lovers who wish to follow in their footsteps at Everest Base Camp (5364m) and add a new adventure history to one's life. Don't you want to step at the highest mountain base camp of the world? Definitely, yes, you do want it, right? Then, go with [Everest Base Camp Trek 14 days Itinerary](#) .

Everest Base Camp Trek in Nepal takes you through [Sagarmatha National Park](#) with various exciting species of flora and fauna, to Everest Base Camp (5364m) and **Kalapattahr (5545m)** and lets you witness and capture marvelous world highest mountain peaks including **Everest(8848.86m)**, **Pumori (7161m)**, **Nuptse(7861m)**, **Cho Yu (8188m)**, **Makalu(8485m)** and **Lhotse(8516m)**.

On the trail, the mighty **Khumbu Glacier**, the cool and serene trekking trails through **Sagarmatha National Park** and local Sherpa villages, the Dudhkoshi River, mountains like Thamserku (6608m) and Amadablam(6812m), the local towns like Lukla, Namche, Tengboche, Dingboche and the local Sherpa people welcome you whole-heartedly and you immerse yourself into this distinct world of Khumbu region/Region.

The Everest Base Camp Trek 14 days Trek itinerary commences from Kathmandu or Manthali airport (Ramechhap). It has direct flights from Kathmandu to Lukla depending on the trekking seasons. Normally, flights are operated directly from Kathmandu to Lukla during low trekking seasons (Winter and Rainy). Lukla Flights are diverted to Ramechhap instead of Kathmandu due to the limited capacity of the Kathmandu Airport. During peak season, the number of flights to Lukla increases significantly. This can lead to congestion Airport and delays then a high chance of cancelling flights to Lukla. So flights are operated from Manthali airport during peak trekking seasons like Autumn (Sep-Nov) and Spring (Mar-May).

Sometimes, your budget for accommodation and foods and transportation and the Everest Base Camp Trek itinerary affect your Everest Base Camp Trek. So, you should be very well-known about the **Everest Base Camp Trek Cost** and **Everest Base Camp Trek Itinerary**. Do you want to know more about Everest Base Camp Trek Cost and Everest Base Camp Trek Itinerary? Having authentic information about **Ebc Trek Cost** and **EBC Trek Itinerary** will help you make your EBC Trek more successful and more exciting. Have wider information about these titles and make your Everest Base Camp Trek Trip more fascinating and marvelous.

A World-class thrills of adventure trekking to Everest Base Camp and Kalapatthar with astonishing Himalayan settings and the landscapes along with the unspoiled wilderness of the surroundings gets you refreshed and thrilled. You will feel a new energy and the aroma within you that fills your desire to be in the lap of healing nature. Sometimes, **Everest Base Camp Trek 14 days** can be challenging too. If you want to learn about the challenges you might encounter on the trail, you can read the article **Challenges on EBC Trek**. If you are familiar with the Challenges on **Everest Base Camp Trek**, you will prepare better way and can easily handle the obstacles during the trek to EBC.

Be a part of this Everest Base Camp Trek 14 days with all required days for acclimatization, perfect ascent and pacing, highly professional trekking team of Haven Holidays and right trekking equipment and make it a memento for a lifetime.

What are the Permits Required for Everest Base Camp Trek?

Trekking to Everest Base Camp, located in the majestic Himalayas of Nepal, is a dream adventure for many outdoor enthusiasts and nature lovers. However, before embarking on this awe-inspiring journey, it is essential to obtain the necessary permits to ensure a smooth and legal trekking experience. Three different permits are required for the **Everest Base Camp Trek**: the **TIMS** (Trekking Information Management System) Card, the **Sagarmatha National Park Entry Permit**, and the **Local Khumbu Area Entry Permit**.

The TIMS card is an important document that tracks trekkers' information for their safety and security. The Nepal Tourism Board issues it and is mandatory for all trekkers. The TIMS card helps to keep a record of trekkers' itineraries and ensures that necessary rescue and medical services can be provided in case of emergencies. It also helps to monitor the flow of tourists and collect data on trekking activities in the region. TIMS Card Costs \$20 per person. You can collect it through the trekking/travel company located in Kathmandu. You don't need to worry about it, we will manage beforehand the trek begins.

The Sagarmatha National Park Entry Permit is required to enter the Sagarmatha National Park, a **UNESCO World Heritage Site** that encompasses the Everest region. The permit aims to conserve

the natural and cultural heritage of the area and funds various conservation and development projects. It is issued by the Department of National Parks and Wildlife Conservation and allows trekkers to explore the stunning landscapes, diverse flora and fauna, and the unique Sherpa culture of the region. It costs \$30 per person or equivalent to Rs. 3000.

The Khumbu Area Entry Permit is another crucial permit required for the trek. It is issued by the local government of the Khumbu region and serves to manage and regulate trekking activities in the area. The permit fees contribute to local development projects, infrastructure improvements, and environmental conservation efforts. It has been in the implementation for the last 5 years. It costs \$20 per person or equivalent to Rs. 2000.

In conclusion Everest Base Camp Trek requires three permits: the **TIMS Card**, the **Sagarmatha National Park Entry Permit**, and the **Khumbu Area Entry Permit**. These permits not only ensure a legal and organized trekking experience but also contribute to the preservation and sustainable development of the Everest region. Obtaining these permits allows trekkers to immerse themselves in the breathtaking beauty of the Himalayas and experience the rich culture and hospitality of the Sherpa people. Please, do not board on the trek until you collect these three different permits. If any inconveniences occur [contact us](#).

Everest Base Camp Trek 14 days Best Weather of the Year

The **Everest Base Camp Trek 14 days** is a mesmerizing adventure that offers breathtaking views of the world's highest peak. When it comes to the best weather for this trek, both autumn and spring seasons stand out. Autumn, which spans from September to November, is considered the peak season due to its favorable conditions and moderate temperatures. With clear skies, crisp air, and stable weather, trekkers can enjoy uninterrupted views of the majestic Himalayas. During autumn, temperatures at Everest Base Camp range from around -10°C (14°F) to -15°C (5°F), making it essential to pack warm clothing. Spring, from March to May, is another excellent time to undertake the **Everest Base Camp Trek**. As the snow starts to melt, the landscape comes alive with colorful blooms, offering a stunning contrast against the snow-capped peaks. The temperatures during spring are slightly milder compared to autumn, ranging from -5°C (23°F) to -10°C (14°F) at **Everest Base Camp**. Both seasons have their marvelous highlights. Autumn provides spectacular views and stable weather, while spring showcases vibrant flora and the chance to witness mountaineering expeditions preparing to conquer Everest. Regardless of the season you choose, the **Everest Base Camp Trek** promises a once-in-a-lifetime experience, immersing you in the beauty and grandeur of the Himalayas.

Therefore, if you are thinking of or planning of doing your **Everest Base Camp Trek**, you are suggested doing it in either Autumn(Sep-Nov) or Spring(Mar-May). These two seasons of the year are best times of the year for **EBC Trek in Nepal** as they both favor you with perfect temperature and weather conditions all round the trip.

How difficult is Everest Base Camp Trek?

The **Everest Base Camp Trek 14 days** is a moderately challenging but immensely rewarding adventure trekking trip in Nepal. Also, some people consider it as a moderate adventure and some take it easy as well. With an elevation ranging from 2,800 meters to 5,380 meters, it demands a moderate to high level of fitness and endurance. The journey involves trekking through rugged terrains, steep ascents, and rocky paths, which can be physically demanding. Altitude sickness is a potential risk as you ascend to higher elevations, so acclimatization and careful pacing are crucial.

The weather can be unpredictable, with freezing temperatures and strong winds, adding to the difficulty. However, the stunning views of towering peaks, picturesque landscapes, and the sense of achievement make this trek a bucket-list experience for adventure enthusiasts.

Actually, **Everest Base Camp Trek seems to be easy** in the beginning and it turns to be moderately difficult after one ascends above Dingboche and ultimately, while ascending from Lobuche to Everest Base Camp and Kalapattar via Ghorekhshep, they find it really challenging.

Beginners? No, don't dare to do it without prior trekking experiences. If you really want to experience Everest region and wishes to witness you can do **Everest Short Trek** which takes you up to Namche Bazaar(3400m) and Hotel Everest View(3880m) and offers magnificent Mt. Everest and other mountain summits.

How to prepare for Everest Base Camp Trek?

Preparing for the **Everest Base Camp Trek 14 days** requires thorough planning and physical readiness. Begin by obtaining proper permits and travel insurance. Acquire essential trekking gear, including sturdy boots, layered clothing, a warm sleeping bag, and a reliable backpack. Train your body for endurance and acclimatization to high altitudes. Research and familiarize yourself with the trail, its landmarks, and potential challenges. Arrange transportation to Lukla, the starting point of the trek. During the trek, ascend gradually, allowing your body to adjust to increasing elevations. Stay hydrated, maintain a slow pace, and listen to your body. Lastly, hire an experienced guide or join a reputable trekking group for added safety and guidance.

Expose your body to outdoor sports activities like **soccer, volleyball, tennis, badminton, basketball and cricket** if possible in order to enhance your stamina to climb above 5000m in **Everest Base Camp Trek**.

Most importantly, prepare and carry authentic travel insurance that can rightly cover all kinds of risk coverage and address any serious health issues you have by consulting a doctor before venturing onto the **Everest Base Camp Trek 14 days** trail.

Before boarding on the Everest Base Camp Trekking trail, enhance your body stamina by doing regular indoor and outdoor exercises and games, confirm that your trip is booked, collect and pack all necessary gears and do an extensive research on and learn the **best tips for Everest Base Camp Trek** beforehand. This way, you can easily triumph over your trek to EBC in Nepal.

Everest Base Camp Trek 14 days Altitude Sickness Information

Altitude sickness, also known as acute mountain sickness (AMS), can affect trekkers in **Everest Base Camp Trek** due to the high altitude above 5000m. Both Kalapatthar and Everest Base Camp are located above 5000m high and you may get acute mountain sickness while ascending up to **Kalapatthar(5545m)** or **Everest Base Camp (5364m)**.

Symptoms may include headaches, nausea, dizziness, and fatigue. To prevent altitude sickness, gradual acclimatization is essential. Trekkers should allow their bodies time to adjust to the increasing altitude by taking regular rest days, drinking plenty of fluids, and avoiding alcohol and smoking. Slow ascent rates and proper hydration are crucial. It is advisable to consult with a doctor, carry necessary medications like acetazolamide, and pay attention to symptoms.

Trekking with a trained guide who understands AMS can also help ensure a safe and enjoyable experience.

One needs to know more about high [altitude sickness](#) for their **Everest Base Camp Trek** as it turns to be very challenging while approaching to EBC (5463m) and Kalapatthar(5545m). If you apply some safety measures to battle and prevent high altitude sickness, your **Ebc Trek** will be more astounding, safer and more exciting.

How is Everest Base Camp?

Everest Base Camp is the top trekking altitude in the world; after that, the climbing begins. Everest Base Camp is around 2 hours walk from Gorekhshep. Gorekhshep is the last human settlement in Everest Base Camp Trek.

Everest Base Camp is a flat and rocky area in Sagarmatha National Park. It is located at an altitude of 5364m above sea level. It is decorated with some colorful prayer flags which you can find fluttering all the time by the cool wind. Moreover, it is written on a flat stone Everest Base Camp-5364m'. You can make the photograph there for the memory. Actually, Everest Base Camp is fed by Khumbu Glacier and has got very frazil top so that no helicopters are allowed to land there. Instead, Kalapatthar (5545m) is used to land the helicopters while doing [Everest Base Camp Helicopter Tour](#).

Everest Base Camp offers you exhilarating mountain views of surrounding peaks, glaciers and avalanches. **Mt. Everest** will be the most mesmerizing among them.

Everest Base Camp is, normally, a windy core mountain area fed by Khumbu Glacier where people even love camping overnight. This will be a big achievement for the adventure enthusiasts. The helicopters landing is not allowed at Everest Base Camp.

Some people may want to know about what are the important things to do during their **Everest Base Camp Trek**. If you want to know about the top [things to do in the Everest Base Camp trek](#) , you can do research on google and be more prepared for the **trip to EBC**.

Major Places to Explore in Everest Base Camp Trek 14 days

Lukla (2,860m): The starting point of the **Everest Base Camp Trek**, Lukla offers a thrilling mountain flight and a bustling gateway to the Himalayas. Lukla has two highlights: **Lukla Airport** and **Lukla Town**. You can go around the town and explore it. It is inhabited by Sherpa people and you can get trekking equipment and souvenir shops, lodges, ATMs and hotels. The Lukla airport is historical in the sense that it got the name of two legendary climbers: Tenjing Norgay Sherpa and Sir. Edmund Hillary. Therefore it is also called **Tenjing-Hillary Airport**.

Namche Bazaar (3,440m): A vibrant Sherpa town, Namche Bazaar is a cultural hub with markets, shops, museums and tea houses. It provides stunning panoramic views of the mountains Konde Peak, and Thamskeru..... and is an acclimatization stop for trekkers. Now, it is modernized with some banks, luxury hotels, ATMs, hospitals, bars and clubs and shopping centers. You can either go to Thame Monastery or ascend up to Khumjung Village or to Hotel Everest view.

Tengboche (3,860m): Known for its picturesque Tengboche Monastery, this serene village offers a spiritual retreat amidst breathtaking mountain vistas and is a significant cultural and religious center in the Everest region. Tengboche is located at the center of the **Sagarmatha National Park**. It is

surrounded by lush green forest all around.

Everest Base Camp (5,364m): The ultimate destination of the **Everest Base Camp Trek**, the **Everest Base Camp** offers awe-inspiring views of the Khumbu Icefall, towering peaks, and a chance to witness the spirit of mountaineering. Putting your footsteps at **Everest Base Camp** will be a lifetime memory.

Kala Patthar (5,545m): A popular viewpoint, Kala Patthar rewards trekkers with a panoramic vista of Mount Everest, Nuptse, Pumori, Makalu and Lhotse. It's the perfect spot to witness sunrise or sunset over the majestic Himalayas. Kalapatthar has a helipad where people land while doing the **Everest Base Camp Helicopter Tour** and enjoy the majestic mountain views.

How will be my guide and porter during Everest Base Camp Trek?

The guides and porters working for Haven Holidays are very professional and highly experienced. They are trained with skills of languages and trekking skills. Also, they have a very comprehensive knowledge of culture, mountain peaks, flora and fauna, civilization, local foods and local people. Furthermore, they are familiar with the risks that may occur during the trek and can handle acute mountain sickness too. No need to panic that **our guides and porter** will help you in the arrangement of accommodation and meals for you from the very beginning to the end of your **Everest Base Camp Trek**.

They are friendly, co-coordinating and prompt to you all the time. Even the porters can impart you many things during the trek along with carrying your stuff.

Everest Base Camp Trek 2024/2025

Everest Base Camp Trek will be more popular among global tourists/trekkers since the passion and the charm of the people to step in their footsteps at the highest base camp in the world in the upcoming years 2024/2025. More people will flock to Everest Base Camp as the number of adventures passionate about is growing day by day. Most importantly, people want to create a history of following in their footsteps at the highest mountain base camp in the world. Also people have started their booking for Everest Base Camp Trek and also started to have free online consultation before they book it.

14 days Everest Base Camp Trek 2024/2025 trail and departures also will be more fascinating and safer. The trails are being renovated and the local lodges are being constructed on the trail. For the security and safety of the trekkers, the tourism ministry of Nepal and the local people are putting their efforts into establishing police check posts and are listening to their complaints instantly.

New luxury hotels and modern restaurants are being introduced on the trail so that trekkers will be more facilitated and feel more convenient for food and accommodations. By Everest Base Camp Trekking 2024/2025, trekkers will be able to enjoy luxury accommodations and a variety of continental foods as well on the Everest Base Camp Trekking Trail. This is good news for us all who are travelling to **Everest Base Camp Trek 14 days**.

So if you are making the grand **Everest Base Camp Trekking 2024/2025**, even the price will be very competitive as more adventure seekers will join this trip. Enjoy your Everest Base Camp Trek with more facilities and comforts in 2024/2025. Of, course, there will be more **Everest Base Camp Trek 2024** departure dates, **Everest Base Camp Trek 2024 flights to Lukla**, **Everest Base Camp**

Trekking 2024 Prices and many more. If you reserve your Everest Base Camp Trek 2024 and 2025 now, you will certainly get some discount and you may not be able to get the trip instantly if you book it at eleventh hour.

We also operate alternative Everest Region Treks

[Everest Panorama Trek](#)

[Everest Base Camp Trek with Helicopter](#)

[Everest Helicopter Tour](#)

[Everest Short Trek](#)

We also offer

[Ghorepani Trek](#)

[Annapurna Base Camp Trek](#)

[Langtang Valley Trek](#)

[Manaslu Circuit Trek](#)

How is Internet and Wi-fi facility in Everest Base Camp Trek?

Internet and Wi-fi facilities are available all around the trip in **Everest Base Camp Trek 14 days**. The local guesthouses and the lodges have Wi-Fi facilities and you can have easy access on your smartphone or laptop/tab. Moreover, you can instantly talk to the person you like from the **Everest Base Camp Trekking Trail**. You can share the photos and views simultaneously.

But, for installing/accessing internet/Wi-fi in your device, you may have to pay some charge depending on the places where you stay. If you want to escape this charge, then, you can buy a Nepali SIM Card and buy a data pack in Kathmandu for your **Everest Base Camp Trek**.

The Wi-fi provided by local lodges on the trail may not function properly as all the trekkers who are heading the same lodge use the same Wi-fi. Therefore, it is recommended to buy data after installing local SIM card in Kathmandu before heading to Lukla via Manthali.

No enough and satisfied after going these above mentioned information about Everest Base Camp Trek? Still passionate to learn more? Want to know more things about **Everest Base Camp Trek**? [trip-to-Everest-base-camp](#) is an authentic and very comprehensive travel blog. You can go through it and enjoy having some more information about trek to **Ebc**.

Everest Base Camp Trek Online Free Consultation

Everest Base Camp Trek Online Free Consultation is effectively offered by Haven Holidays Pvt. Ltd. to the clients who are preparing and thinking of or planning their Everest Base Camp Trek. Actually, consultation on Everest Base Camp Trek is every crucial beforehand you commence your EBC Trek because you can arrange all the required things and prepare physically and mentally after the

authentic consultation on physical stamina, mental confidence, addressing the health issues, trekking and personal gears, budgeting, extra personal expenses, high altitude sickness and guide and porters for the trek. You can also learn about importance of acclimatization, walking tips and other facilities like communication, foods and accommodation, drinking water and best time of the year for Everest Base Camp Trek.

Our professional and expert trekking team will impart you very authentic and comprehensive Everest Base Camp Trek Online Free Consultation anytime you like through various internet platforms like email, whatapps, viber, direct call and whatever way you like. You don't ne to make any extra charge for this consultation.

For Everest Base Camp Trek Online Free Consultation, we are always available on: WhatsApp/Viber 977-9841718385/977-9851172420 and email: info@havenholidays.com.

Everest Base Camp Trek Booking

Everest Base Camp Trek Booking is instantly possible with us. For your Everest Base Camp Trek Booking, you require informing us at least 1 day earlier and we can, in no time, arrange all the requirements like transportation, permits, accommodation, guide and porter and other official works. Are you panicked that you are in rush and with mess but still want to do Everest Base Camp Trek? No worries, no worries at all!!! Everest Base Camp Trek Booking is possible at the eleventh hour with us and no extra charge is made on your for late hour booking. You can cancel your trip free of cost if you don't want to do it either.

However, Everest Base Camp Trek Booking is recommended at least 3 months prior as you require comprehensive preparations for the trip to EBC, the highest mountain base camp of the world. This 3 months time will be sufficient for you to arrange all necessary things for your Everest Base Camp Trek. Even some organized people and adventure passionate do Everest Base Camp Trek Booking 6 months/a year and even 2 years earlier so that they can study and manage all kind of things regarding the trek to EBC.

Everest Base Camp Trek Booking should be done only with authorized trekking company with professional and experienced trekking crew. Read the reviews on the same trip, see the profile of the team and the outreach of the company and book it.

Everest Base Camp Guided Trek

Everest Base Camp Guide Trek is always more convenient and relaxing than independent Everest Base Camp Trek. Actually, what you get in your Guide Everest Base Camp Trek are: proper and authentic guidance from the trekking leader, right and reliable management of transportation and accommodation, better meals provided, timely address of sudden accidents and comprehensive information about local culture and civilization and right information about mountain peaks.

But if your plan independent Everest Base Camp Trek, you require taking all the burden of foods and accommodation, transportation, luggage, trail discovery and exploration and all kind of risks management by yourself which will extremely burdensome all round the trip.

Therefore, if you really wish doing your Everest Base Camp Trek in a relaxed and convenient way, you are recommended to go pick up guided Everest Base Camp Trek rather than independent Everest Base Camp Trek. The guided [Everest Base Camp Trek Itinerary](#) helps you a lot in

achieving victory over trek to EBC. The Everest Base Camp Guided Trek hugely help you to be determined and stay strong at high altitude above 5000 with the true accompany of professional trekking guide but that lacks in Independent Everest Base Camp Trek.

Trip Itinerary

Day 1 : Arrival in Kathmandu (1,338 m/4,390ft) and transfer to hotel.

On your first arrival at Kathmandu and Nepal International Airport, the Haven Holidays Representative will receive you at the Tribhuvan International Airport. After getting introduced to the staff or the representative, your baggage will be loaded either in the car, coach or bus as per group size. You will take a short drive to the center of Kathmandu city, Thamel, where your hotel is located.

On checking into your lovely rooms, getting refreshed from long hours' flight and drive, then get ready for group briefing, where you will meet with other members of the **Everest Base Camp Trek**. The guide or group leader will brief with related information regarding the trek, culture, accommodation and food.

Note: If the flight will take off from Manthali Airport, you have to drive to Ramechhap at midnight at around 1 am. The drive will be for 5-6 hours and the flight duration from Manthali/Ramechhap to Lukla will be 25 minutes. The direct flight to Lukla can be diverted to Manthali Airport, Ramechhap so we sometimes need to go to Manthali/Ramechhap to fly to Lukla without any interruptions.

Autumn(Sep-Nov) and Spring (Mar-May), the flights for Lukla will take place from Manthali airport, Ramechhap. Winter(De-Feb) and Rainy(Jun-Aug), the Lukla flights will directly take place from Kathmandu. Be prepared accordingly as briefed by our team for the further plans.

Day 2 : Fly to Lukla via Manthali, Ramechhap(2, 846 m/9,337ft) and trek to Phakding (2,610 m/8,563ft) - 04 hrs.

You first drive to **Manthali** for 4-5 hours from Kathmandu. This drive normally begins at midnight at around 12.30 -1 am. Prepare for this drive before you fly to Lukla. This drive is actually to avoid the traffic in Tribhuvan International airport during the peak trekking seasons(Autumn and Spring). In other seasons (Winter and Rainy), you will have direct flight from **Kathmandu to Lukla**.

As per flight time for **Lukla**, after you are transferred to Manthali, a domestic airport of Nepal with a 4 hours drive, as per the time given by our staff, on checking through security then board in a small aircraft of respective local airlines, an enchanting flight of 20 minutes overlooking grand views of the Himalayan range of peaks with Mt. Everest will take off and fly towards Lukla and lands there.

After a pleasant flight reaching **Lukla's Tenzing & Hillary Airport** with a unique runway, you

will enjoy some photographs of flights and the mountain peaks, you meet with your entire team and commence the walk towards Phakding.

At Lukla with sometime for refreshment, and then follow our guide on a pleasant easy trail to Phakding village for an overnight halt. The walk leads down to **Choplung** village adorned with Buddhist prayer monuments through **Sagarmatha National Park Check Point Office** located next to Lukla Town. The trail follows along the Dudh Koshi River with a few short ups and downs to reach Phakding, a nice moderate village. Enjoy the lovely cozy comfort in one of its best lodges with time to explore the village and local culture.

Enjoy crossing thrilling suspension bridges over Dudhkoshi River before you arrive Phakding.

This Lukla flight may take from Ramechhap, Manthali Airport. If it is taken from Ramechhap, it takes only 20 minutes flight to land at Lukla airport. Kathmandu to Ramechhap, Manthali 4 hours drive.

Day 3 : Trek to Namche Bazaar (3,440 m / 11, 350 feet) - 06 hrs.

The morning after breakfast, enjoy the pleasant walks on a gradual trail and crossing a long suspension bridge over Dudhkoshi River, with a slow climb to **Monjo village**. From Monjo enter the famous **Sagarmatha National Park** (Sagarmatha name for **Mt. Everest** in Nepal, while the Sherpa is called Chomolungma of Tibetan origin language). Entering the park cross another bridge above **Dudh Koshi River** to **Jorsalle village** for lunch stop. The afternoon walk follows the river bed amidst a lovely cool forest of rhododendrons, oaks, pines and fir trees.

Slowly the walk leads to climbing then cross the last bridge to Namche Bazaar, from the bridge undulates winding ups till **Namche Bazaar** is reached for overnight halt. The suspension bridge at the base of Namche Bazaar is very thrilling and mesmerizing with colorful prayer flags and strong wind blowing. You may encounter the mules carrying loads on their backs, wait for them and let them go first.

Namche Bazaar the major commercial hub of Khumbu villagers as well as trekkers, is a moderate size town. Where all good houses serve as guest houses, lodges and hotels placed on an amphitheater U-shaped town. Great views of Kwangde and **Thamasarku** peaks, at Namche Bazaar check into a nice lodge for two overnight stays.

The **Namche Bazaar**, these days, has modern and luxury hotels, night clubs and bars, Banks and ATMS, local teashops, souvenir shops, groceries, trekking gears shops, money exchangers and massage and spa. You can enjoy whatever you want at Namche Bazaar.

Day 4 : At Namche for acclimatization and short scenic hike up to Hotel Everest View (3880m)

Namche Bazaar is a perfect place for a rest day, as well as the right altitude for acclimatization before heading to a higher elevation. One requires a day acclimatization after

ascending over 3000m while ascending above 5000m.

Things to do in **Namche Bazaar** on rest day: Enjoy a pleasant rest day with a short hike to the viewpoint above Namche Bazaar for the best look at Mt. Everest. Includes grand view of **Ama Dablam**, **Tharmasarku** and Kwangde peaks with an aerial view of Namche Bazaar.

From a high viewpoint visit the nearby **National Park Museum** treasures all the necessary information of the **Khumbu region**. The history, cultures of the Sherpa tribe, flora/fauna, and history of mountaineering around Khumbu and **Mt. Everest**.

Some people can hike up to **Everest View Hotel (3880m)** for about a 2-hour walk with a steep climb. Provides excellent views of **Mt. Everest** in the comfort of luxury **Everest View Hotel** at 3,880 m high.

Afternoon browses around the streets of **Namche Bazaar** lined with shops, stores, and banks, including fancy restaurants and café.

One can enjoy massage, spa, club, bars and **luxury accommodation** here at **Namche Bazaar**.

Optional Walk: If you want a full-day walk, you can walk to Thame Monastery and Khumjung Village for 6-7 hours.

Day 5 : Trek to Tengboche Monastery (3,867 m/12687ft) - 05 hrs.

The walk continues from **Namche Bazaar**, after an enjoyable and pleasant rest day, the first part of the walk is gradual. From **Namche Bazaar** after a short steep climb, the trail leads with scenic views of Everest and an array of peaks.

After a few hours of a good walk, downhill to **Imjatse River** a favorite lunch spot at **Phungi Tenga**. The afternoon climb starts through dense beautiful woods of tall rhododendrons, pines and fir trees, and after a few hours reaches **Tengboche**.

Tengboche is one of the most exciting picturesque and photogenic spots en route to Everest base camp with the majestic colorful monastery. Enjoy the sweeping panorama of **Everest**, **Ama Dablam** with a series of snow-capped peaks, located amidst beautiful forest surrounding. At **Tengboche**, several simple good lodges serve nice foods or enjoy a short walk further down to **Deboche** for an overnight halt. Staying in **Tengboche** or a little further downhill, but having time to visit the monastery interior of great cultural and religious interest.

Day 6 : Trek to Dingboche (4,410 m / 14,468 feet)-05 hrs.

Staying overnight in **Tengboche** or at Deboche facing grand views of **Mt. Everest** and **Ama Dablam**. Morning walk heads down to cross a strong suspension bridge, leaving the tall trees behind for mountain wilderness. Crossing the Imjatse River a slow climb to Pangboche, the last permanent village en-route Everest base camp.

From Pangboche onwards with temporary settlements at Dingboche, Pheriche, Lobuche and

Gorakshep. Walk heads higher with great close views of the majestic peak of **Ama Dablam**. Slowly the walk heads to a small stream and then an hour climb to enter Imjatse valley. Where the lovely settlement of Dingboche is located beneath the towering North Face of Ama Dablam facing views of the famous **Island Peak**.

Dingboche has many houses with nice lodges and restaurants within scenic Imjatse Valley from here onwards within the foothills of giant Himalayan peaks. Dingboche is the beginning point of popular **Island Peak Climbing**.

Day 7 : At Dingboche rest day for acclimatization and Hike to Nagarjuna Peak(5080 M/16,667ft),5 hours.

A great scenic spot Dingboche for another pleasant rest, enjoy the morning hike at the **Nakarjung hill**.

The top of the Nakarjung offers a grand panorama of snow-capped peaks that surround the beautiful Imjatse valley, from the top ridge of Nakarjung facing views of **Lhotse, Nuptse, Ama Dablam** and Island Peak with **Mt. Makalu**. This is good for acclimatization to complete for **Everest base Camp Trek**.

Rest of the afternoon relax and enjoy a short stroll around Dingboche amidst beautiful scenery. You can get luxury accommodation here at Dingboche if you really want.

Day 8 : Trek to Lobuche (4,960 m/16273ft) - 05 hrs.

Adventure slowly leads us closer towards our main destination **Everest Base Camp (5364m)**, a morning short climb to a high ridge. From the scenic ridge adorned with prayer monuments, a pleasant walk on a gradual up to Thugla. A small settlement with few huts serves as tea houses and restaurants, a possible lunch stop before the trek up to Lobuche. Thugla where the trail from Pheriche and Dingboche joins towards **Lobuche** and **Everest Base Camp**. From here a steep climb of less than an hour to **Thugla Ridge** where you're referring to a memorial dedicated to those who have lost their lives on Mount Everest and surrounding peaks, various memorials along the trekking routes to Everest Base Camp and the Everest region commemorating climbers and Sherpas have died on the mountain. These memorials serve as reminders of the risks and challenges associated with climbing Everest and pay tribute to those who have perished while pursuing their dreams. The trail follows on gently up to Lobuche for an overnight stop. Lobuche is a small settlement with several fine good lodges with grand views of Lobuche and Nuptse Peak.

The people who plan their Lobuche East and West Peak Climbing, begin from here making Lobuche village basecamp.

Day 9 : Trek to Everest Base Camp 5,364 m and back to Gorakshep - 07 hrs.

Our main and final day of the adventure, as well as the longest high-altitude trek, to complete our major goal, walk to **Everest Base Camp** and step onto it. Start the early morning with a

slow walk for an hour and then climb over the rocky moraine above the **Khumbu Glacier**. Then down to a flat sandy glacial field at Gorakshep, the last settlement before Everest Base Camp. There are 6 lodges in Gorekhshep for overnight stay.

Gorakshep is located beneath Mt. Pumori and Kalapathar rocky scenic peak as well en route to Everest base camp. From Gorakshep few hours of good walk reach you at Everest Base Camp, after walking through a glaciated path.

At **Everest Base Camp** enjoy the dramatic arctic zone of icy landscapes with massif Khumbu Ice-Fall and glacier. An exciting place to experience standing on the foot of **Mt. Everest, Nuptse** and **Lhotse**. During mountaineering expeditions, the base camp is flooded with various nationalities tented camp and commotion.

After achieving the goal of a lifetime, return walk to **Gorakshep** for the last overnight on the highest spot in the Everest region.

Day 10 : Climb Kalapathar(5,545m/18,192ft)trek to Periche (4,200 m/13,779ft)-08 hrs.

Rise up early morning for stunning sunrise views and clear views of surrounding towering snow-capped peaks from the top of Kalapattar(5545m). Start the climb towards Kalapathar's rocky hilltop, a strenuous haul for a few hours, once on top. Enjoy the glorious sunrise with the closest views of Mt. Everest with adjoining giant peaks including Loa Tse, Nupse, Makalu, Pumori and massive Khumbu Icefall and Khumbu Glacier after a refreshing morning climb. You will stay here at the top of Kalapattar for maximum 30 minutes for the views and walk down to Gorekhshep.

Descend to Gorakshep for breakfast, and then board on the trail downhill to Thukla and then to Pheriche Valley for an overnight stay.

Day 11 : Trek to Namche Bazaar-(3,440m/11,286ft) via Tengboche - 07 hrs.

Enjoy the morning views of Ama Dablam, after breakfast head down to Tengboche. Having a refreshing stop along with the surrounding grand panorama of peaks and serene Sagarmatha National Park at Tengboche, you will descend down to the river, Phungi Tenga, and ascend up to the trail which takes you to Namche Bazaar.

Reaching the junction of Namche Bazaar, Khumjung and the trail to Gokyo, from here onwards an easy pleasant walk to Namche Bazaar.

Have a good shower, explore the market, shop for some souvenirs for friends and enjoy the surroundings with some club and bar activities.

Stay overnight at Namche Bazaar.

Day 12 : Trek to Lukla (2840m/9,318ft) and transfer to a lodge-06 hrs.

From Namche, 6 hour walk to Lukla, the morning walk starts, the route is mostly downhill, but there are some uphill sections, particularly just before reaching Lukla. You'll pass through small villages like Jorsale and reach Monjo (2,835 meters), which is a good spot for a break. The over bridges, you get to Monjo before you get to Phakding and walk out of Sagarmatha National Park. This initial section of the will follow the Dudh Koshi River. After Phakding on the pleasant gradual path with a last climb for an hour or more to reach Lukla. The trail continues to descend, with some short uphill climbs towards the end. You'll pass through several small villages like Chheplung and Ghat. The final ascent to Lukla can be tiring, but the prospect of completing your trek is motivating.

On arrival at Lukla transfer to a nice lodge for the last overnight stop around the high Khumbu and Everest region. Celebrate your successful Everest Base Camp Trek with your trekking crew here at Lukla before departing to Kathmandu via Manthali.

Day 13 : Fly from Lukla to Kathmandu(1,320) with afternoon free at leisure.

Wake early for a quick breakfast at Lukla, then walk to Tenzing & Hillary airport, as the plane arrives from Kathmandu. After checking in then get abroad in a small aircraft for a smooth scenic flight back to Manthali or directly Kathmandu. If you faly down to Manthali, you require driving for 4 hours to get Kathmandu.

On reaching Kathmandu airport or Kathmandu city, transfer to a vehicle for a short exciting drive to your hotel. Or, the vehicle will directly drop you to the hote lif you are driving from Manthali airport, Ramechhap.

Rest of the afternoon at leisure for individual activities or just relax and recall the wonderful moments of the **Everest Base Camp Trek**.

(If the plane lands at Ramechap-Manthali airport, our staff transfer you to a vehicle for a 4-5 hours interesting drive to Kathmandu).

Attend a beautiful **Farewell Dinner** with your guide and **Haven Holidays Team** member in the evening.

Day 14 : International Departure for Homeward Bound

Last day in Nepal and at Kathmandu, as time for your respective airline's flight departures. Leave your hotel well in advance to account for potential traffic delays. Reporting time at the Airport, a minimum of 2-3 hours before your flight is recommended. Ensure you have completed the check-out process from your hotel and collect all belongings.

Our guide and staff transfer you to the airport, then bid farewell to Nepal till you return for another exciting adventure.

Inclusions

What is included?

- o All Arrival and Departure from Airport to Airpot

- 2 nights Hotel accommodation with (twin sharing room) at Kathmandu in a 3-star standard or similar category on a bed and breakfast basis.
- Domestic airfare Kathmandu / Lukla / Kathmandu.
- Twin-sharing accommodation in the Guesthouse or lodges includes Breakfast.
- Service of guide, 2:1 porter (It means Two Clients and One Porter).
- Wages, meals, medical allowance of guides and porters.
- Applicable Trekking Permits and National Park fees
- Trekking Information Management System (TIMS) and Local Government entry fee
- Comprehensive Medical Kit carried by our guide if required for minor wounds and sickness.
- Farewell dinner in Kathmandu.

What isn't included?

- Nepal Visa, Personal Medical & Travel Insurance.
- Expenses of a personal nature
- Gratitude or tipping for trekking staff, drivers, porters, and guides.
- Lunch and Dinner all around the trip
- Personal trekking gear, including sleeping bags and down jackets.
- Emergency Evacuation if required by any means of transportation, including Helicopter Service.
- Personal medical kit, as advised by your doctors.
- Early return from the trek due to personal domestic or medical reasons, no refund will be entertained on breaking the journey.

Trip Info

Booking Terms and Conditions

Booking

To book this trip, you have to find the [book now](#) button and click it. After that, you will see a form where you will fill up all the required information for the trip including the departure date you want and click the button submit. Now you have successfully completed the form and we will reply your email promptly.

Deposit for Booking

One needs to transfer or deposit 25% amount of the total cost of the trip. For example, if the trip you are booking costs USD 1250, the 25% percent for the booking of this trip will be USD 150. Once you have made the advance payment, you need to inform our team for the confirmation of the trip.

Cancellation and Refund

You can cancel the trip if you want, but no advance payment will be returned to you. It means, no refund will be transferred to your account again for the cancellation of the trip. Actually, once you book the trip, our team needs to prepare the transportation; accommodation and the trip crew for your trip and the company will already make certain payment to other operating sections. Therefore, the other operating department like transportation, food and accommodation, trekking crews are not

ready to return the advance payment to us. This is the reason we are not going to return you back the advance payment. But, you can postpone the trip for future. We will offer you the same or other equivalent trip whenever you want in the future.

Trip Postponement and Transfer

Though you cannot get the refund after you cancel your planned trip, you can postpone it for future and you can do whenever you have favorable time for you. Or, you can transfer the same trip to your family members, friends and relatives. If you want you other people who are closer to you do this trip, you can do transfer of offer this trip as a gift. But for this, we require valid and reliable evidence like email address, other contacts and all requires contracts we made previously.

Transportation

We use both drives and domestic flights as transportation for Everest Base Camp Trek. If you are doing the trip in golden seasons (Autumn and Spring) (Sep-Nov and Mar-May) you are driving to Ramechhap, Manthali Airport and then will take a short flight of 20 minutes to Lukla and do the same while returning.

But in off –seasons, Winter and Summer (Dec-Jan and Jun-Aug) , you will directly fly to and from Lukla airport for your trip.

Actually, driving to Ramechhap, Manthali from Kathmandu and flying to Lukla is to lessen the traffic in Tribhuvan International Airport in the Domestic Section during the golden trekking seasons (Autumn and Spring).

We drive to Manthali Airport from Kathmandu departing at 12 at midnight and get there in 4-5 hours and take early morning flight to Lukla. After you land at Lukla, you will meet your entire trekking crew and board to Phakding within 2-3 hours where your stay first overnight.

For this, you require prepare well for the midnight drive. You'd better fit yourself in comfortable outfit and go to bed earlier in the evening right after your dinner as you have to work from midnight next. Please confirm that you are flying from Ramechhap, Manthali or directly from Kathmandu to and from Lukla with your trekking partner before you commence your trip and prepare accordingly.

In case your flights or drives are postponed and cancelled for and from Lukla, you can fly by helicopter back to Manthali, Ramechhap or directly back to Kathmandu. Some people are panicked due to the bad weather condition in Lukla and they have very important schedules ahead and they must catch them on time. Helicopter flight from Lukla to Ramechhap, Manthali or Kathmandu will be the final alternative for you during this critical time.

Everest Base Camp Trek Distance

One requires covering 65km in their Everest Base Camp Trek. This distance is from Lukla to Lukla.

The total days you spend for 65 km walking distance are maximum 7 excluding acclimatization days (2 acclimatization days- one at Namche and the other at Dingboche). And you will divide this 65 km for 7 days means you have to walk at least 10 km a day in Everest Base Camp Trek.

In the lower belt like Phakding, Namche and Tengboche, you can walk more than 10 km but when you ascend up to Dingboche, you cannot walk like that due to thin layer of oxygen and high altitude.

Therefore, one who is going for Everest Base Camp Trek needs to prepare in a way that they should have the stamina of walking at least 6 hours a day covering 10 kilometers an average distance daily. You will walk little less distance while ascending and walk longer hours and distance while descending to Lukla.

Everest Base Camp Trek and the Weather

The weather condition and changes in weather play vital role to make your trip successful. Actually, Lukla weather and the weather in Everest region keeps changing constantly so that it is always unpredictable to foretell the weather condition of Lukla airport and Everest region.

Sometimes, the trekkers have to wait for the better and improved weather condition in Lukla even for a couple of days and even a week. But, exactly same thing won't be there all the time. You can have wonderful time ahead and you will enjoy the entire magnificently including the regular and timely Lukla flight to Manthali, Ramechhap or to Kathmandu. If it is fair weather in Lukla, you won't have any issues; you can fly on time, promptly and safely back to Manthali or Kathmandu.

The weather at Everest Base Camp and Kalapatthar is normally windy and sometimes snowy as well. And more importantly, the temperature at Everest Base Camp and Kalapatthar is always (-) negative. For this, you require preparing accordingly.

You may have snow fall and slight rainfall on the trail. You also have to prepare for that. You require carrying multiple layers of clothes including jacket and rain cover to protect your luggage, trekking equipment and personal gadgets.

Check weather condition before you depart for your trip to Everest region and also requested to find the right weather condition before you book the trip. More importantly, you can check the weather condition of the destination where you are heading to and prepare accordingly.

As Lukla and the weather in Everest region is always hard to foretell, be very watchful about it and it is must to have 1-2 spare days if you are doing the trip in Everest region. You need it to battle the worse weather condition and you will catch everything very timely after you complete your Everest Base Camp Trek 14 days.

Best Time for the Everest Base Camp Trek

The months of September, October and November are the best times of the year for the trip and these months are part of Autumn season of the year in Nepal. These months of the year brings you the most pleasant times and the weather of the year and eases your Everest Base Camp Trek. The days are astoundingly delightful with mild temperature which serves at perfect timing of the year for trekking in Nepal. The mountain views and the skies are fabulous during Autumn as the best time of the year.

Second best time of the year is the months of March, April and May. These times of the years are

known as Spring. In fact, people's first preference for the best time of the year for the trip is Autumn and secondly they also go with Spring.

In spring season, you can enjoy the nature in its true form with all fascinating blossoms, new birds and wild animals serving new charms and fascination to the trekkers who are doing Everest Base Camp Trek. Most importantly, trekkers can enjoy Sagarmatha National Park with its diverse species of birds, plants, animals and winding rivers. You will be astonished to hear the bird singling like Be Freeee....Be Freeee while travelling to Everest Base Camp and back to Lukla. Do not forget to notice it and enjoy.

These two times of the year are almost similar to offer you the most marvelous weather conditions and mountain views with no rain and no snowfall. But, in spring, you may have slight rainfall on the trail, but not heavy.

The Autumn will be in festive mood and the spring will bring you a lot of happiness with new migratory birds and blossoms including flowering rhododendron. It depends on you who weather you like and also you need to consider your vacation. Best of all, we recommend to go with Autumn for your trip in Nepal as the weather condition, cities and mountains are in your favor: [Weather in Nepal](#).

Ramechhap/Manthali Airport

Ramechhap Airport is located in Manthali Municipality in Bagmati Province of Nepal. It was constructed in 1979 and renovated in 2025 after the earthquake hit hard. It is located at an elevation of 1,555 ft / 474 m above the sea level. Largely, the flight from Kathmandu to Lukla is served from Manthali Airport to avoid the huge traffic from Kathmandu airport.

The airport is 4-5 hours drive from Kathmandu. You can it by jeep or private car or even by regular bus services. Normally, people who are doing their trip in Everest region, they drive at midnight for Manthali and get flight to Lukla early in the morning. Unfortunately, you don't have flight from Kathmandu for Ramechhap airport; you must go with drive. The airport is located at the bank of river surrounded by mountains and safer than Lukla airport. When there is no flight from Lukla airport for Kathmandu, you will have the regular and timely flights from Ramechhap airport.

Postponement and Cancellation of Lukla flight

If the flight is postponed for the next day or next few hours due to bad weather condition, you should be patient and wait for the next flight until the weather gets better and improved for the good visibility. It frequently happens while doing your Everest trip as the weather of Lukla is always unpredictable. Your flights may postponed and those who are schedule for the next day's flight will given the property and your flights, because , it is postponed, will be suspended and will be in waiting list until the scheduled flights for the particular day are operated and the same process will be continued if the flights are postponed for several days.

If you are tired to writing for the regular flights from Lukla, you can cancel the flight and go with the option: walk down to Surke and take jeep to Salleri and then to Kathmandu or can also go with helicopter flight from Lukla to Kathmandu or only for Ramechhap from Lukla.

An Escape To No Flights From And To Lukla

There are some beautiful escapes for not flight from Lukla due to bad weather condition. The first option to escape for No Flights from and to Lukla will be: Walking down to Surke and take jeep to Salleri and then finally to Kathmandu if you are returning from the trek and take jeep ride to Surke via Salleri and then walk to Phakding directly if you are commencing the trek. Many people do like this when the Lukla flights are postponed and canceled for several days for bad weather. And another way to escape to No Flights from and to Lukla will be helicopter flight to Kathmandu or Manthali/Ramechhap or from Kathmandu to Lukla directly and begin their trek. . Yes, some people go with it because they have important things to cover on time after their trip in Everest region. But, it may be costly for you to take helicopter flight from and to Lukla to Kathmandu or to Manthali. You can talk to your guide or the trekking company and follow the things how they go.

If you don't want to with these options to escape the No Flights from and to Lukla, then, you must wait the weather to be better and catch the regular flight. Yes, majority of the people do it.

Arrival And Transfer To Hotel

You will arrive either by air or land to Nepal. If you arrive in Nepal by air, you have to use the only Tribhuvan International Airport. Instead, if you use the road, you can enter or arrive Nepal by land, you can different borders of Neighboring countries (India and China) like Rupaidia, Jogbani, Raksaul, Sunauli, Nepaljung, Dhangadi, Chandani Dodhara, Birjung, Kakarvitta, Jhapa, Morang, Tatopani, Tinker, Rasuawagadi, Kimanthanka etc. You can use whichever entrances you like to suit your comfort and convenience.

On Arrival, you will have the on-arrival visa instantly if you have not applied Nepal visa for Nepal through the consulate centres or Nepal Embassies nearby you or your city. Within half an hour, you can get an instant authentic visa on your passport after producing all required documents for visa.

But, the majority of people/trekkers enter Nepal by air and that is via Tribhuvan International Airport. We receive you upon your arrival at any entry point of Nepal or mainly at Tribhuvan International Airport without any delay according to your arrival time. It may take some time like 20-30 minutes to collect your luggage and for security checking at the airport. After that, you make your way to the exit of the airport and the Haven Holidays Pvt. Ltd. Representative will be waiting there holding the Board Witten "Haven Holidays Pvt. Ltd" As you see the board, you have to go with him or her and we will make a very comfortable transfer to the hotel you are staying overnight. The transfer from Tribhuvan International Airport and Thamel, the hotel where you are staying will take just a 15-20 minute drive. Don't get scared by the chaos and heavy traffic on the way to the hotel from the Airport.

Get checked in hotel take a rest and get refreshed. We will give you the time for orientation after you get checked into the hotel.

Check if everything is fine with the accommodation you are using tonight.

Orientation

As you are given the time when you get checked in the hotel, you will be followed by our staff for the

orientation. It may be on the same day or later the next day early in the morning at breakfast.

We will briefly let you know the trip you are undertaking from the next day or the same day onwards. You will be stated about the highlights of the trip, preparations, equipment, food and accommodation, guide and porter, emergency rescue, travel insurance and many other important things to know beforehand.

We will introduce you to the trip crew and have a brief talk with them so that you can feel more comfortable during the trip.

If you have any queries, you can put them in this orientation meeting before you depart for your trip.

Ho can I Train for High Altitude for Everest Base Camp Trek?

Training for high altitude means training for boosting your stamina to successfully cope with the new elevation your body gets during the Everest Base Camp Trek in the Himalayas. For this, you require doing short hikes and joggings, aerobics, regular exercises like jumba dances, walking up and downs with small backpack, joining gym for cardio and other exercises and primarily, jogging, cycling, futsal football and short hikes/treks in the hill. You can practice both slow joggings and quick running that will help you a lot in the mountain to adjust with new and high elevation you gain.

If you do above mentioned things very periodically, you will be able to battle acute mountain sickness and you will enjoy your trip blissfully. It is a must thing to do before you board on the trip in order to delightfully celebrate the trip in the mountain with new elevation, new culture and the atmosphere.

Burn your fat if you are fatty/obese, address serious sickness in your body if you have by consulting your doctor, stop smoking and drinking (heavily) if you can, avoid stress and mental burden, have balanced diet and keep your body fit and fine to work out in the mountain at least for 4 hours to maximum 8 hours with little backpack for the trek you want.

If you love doing outdoor sports like lawn tennis, football, basketball, volleyball, badminton and any other games and sports, continue them and practice harder for the trek as you are going above 5000m which are Kalapattar and Everest Base Camp.

How to prepare for Everest Base Camp Trek ?

If you prepare the trek very well in a finely organized way, it is said, that half of the trek is already accomplished. Therefore, one requires preparing the trip with all required things to carry and keep oneself fit and fine.

Best Ways for Preparing the Trek

- Do regular exercises basically related to Cardio
- Boost up your stamina mentally and physically in order to be capable to adjust with the new elevation and atmosphere you will get to during the trip
- Get and pack up all necessary equipment for the trek
- Get and pack all required personal equipment and gears

- Do some research on the trek you are doing and the region you are heading to and you are going to explore
- Ask about the trip with someone who have already done it and collect important information
- Address health issues if you have any before you depart for the trip
- Prepare all required medicines you must take on the trip regularly if you are doing it
- Let your friends, family or relatives know that you are going Nepal for the trip, destination and duration
- Prepare mentally how you are going to spend your budget on different titles and carry/collect enough budget for the trip but don't try to be prodigal, just enough
- Prepare travel insurance and confirm that your trip is booked and reserved
- Check the weather condition before you depart for the trip
- Let your travel partner/ company/operator what kind of person you are: vegetarian, non-veg, female, and solo-travelling lover, spiritual traveler, adventure lover, city and luxury lover and similar so that the crew/team can prepare your trip in a better way.
- Book your both ways flight tickets and confirm it so that it will be easier for you to return homeward

Last Minute Booking

Last-minute booking is always open for you but the same package tends to be a little more costly than the regular departure dates trip packages. Actually, those who approach for last minute booking with us; must pay 10% additional cost of the total trip cost mentioned on our website.

You can book the trip you like on our website even a day before the trip begins. If you are lucky, then, the last minute may be a golden opportunity for you to get the same price or even less than that if one of the members of the trip gives up and withdraws the trip plan at the eleventh minute. So, if you are late to book the trip you like to do with us, no worries, you still have the option and we will try our level best to make your trip as successful and grand as other normal trips.

Don't hesitate to hit the booking button at the eleventh hour, we are always open and here to organize your vacation trips in Nepal.

Trip Extension

We are always flexible and open to the extension of the particular trip you are undertaking. If you really enjoy the trip you are doing, you can extend it to longer days or longer hours. But, for this, you must contact us one day prior so that we can arrange the required things like trip crew, accommodation, transportation and other minor needy things for your extended trip. If you let us know a day earlier directly or through the trip crew you are using in the field/route like through your trip leader, you will have a beautiful time ahead. For the extension of the trip, you must add some little additional cost which we will settle in mutual understanding.

Currency Exchange

You can exchange your currency even in the Tribhuvan International Airport at your arrival or you can exchange it after you check in the hotel in Thamel or in other several places of Kathmandu Valley, Pokhara, Chitwan, Nagarkot, Lumbini or any trekking beginning points as well. You'd better exchange your currency with Nepali ones in Thamel as they give a good exchange rate. You can find several money exchange counters in different corners of Thamel city. You can directly go there

and exchange your currency with Nepali ones.

If you are in a rush and cannot do this, you can pay USD AUD or CAD to the people whom you need to pay for your accommodation, food, trip costs, tipping etc. You can even exchange your currency with Nepali on the trekking routes/trip routes like in Lukla, Namche, Pokhara, Besisahar, Manang etc. You can ask to exchange your currency with Nepal ones with local lodges/restaurants/hotels/ guesthouses too. But, you must have your currency like USD, AUD or CAD. Even Indian currency does work in Nepal while paying but only Rs. 100 rupees not 500 and 1000. You can pay with your currency with the current exchange rate wherever you go in Nepal. No worries guys!!

HH Team for Everest Base Camp Trek

Haven Holidays Team is very professional, reliable and responsible. You can completely on them. They are well-trained, friendly and highly literate in their respective languages. You can share anything you like with them without any hesitation. They know local culture, civilization, history, foods and accommodation, weather conditions, expert in first-aid application and how to handle sudden accidents on the trip. They are eco-friendly and better understand the non-human's rights and their lives.

However, we kindly request you not to exploit them and provoke them on the trip for your benefit. You can enjoy your trip with them to the fullest but at the same time, we humbly appeal not to try to change their mindset, perspectives, religion and culture that are following.

The **Haven Holidays Team** will assist you in every step of your trip to make it memorable and more convenient.

Luggage and Storage

If you are hiring a porter for your trip in the mountains, you can pack no more than 10 kg. in the duffel bag or your backpack. We provide you with a very reliable duffel bag to put your stuff to be carried on the trip. It will be very safe to be carried by a porter. Because it is the Nepal labour rule that a porter can only maximum of 18 kgs in the mountain. Please, don't pack unnecessary stuff in the duffel bag. Actually, two people can share one duffel bag and one porter by putting 9k stuff by each individual.

If you think you don't need the stuff you have with you in the mountains, you can store it at the hotel in Kathmandu.. The best way to keep your unnecessary stuff is in the Kathmandu hotel. They will keep your unnecessary luggage/stuff very safe till your return back. Ask your trip leader or hotel receptionist to do it for you before you depart for the trip. Don't forget to take the luggage tag while storing the unnecessary luggage.

How will be the Meals on Everest Base Camp Trek ?

Meals will be provided according to the itinerary and cost includes and cost excludes. If you are given the itinerary or cost like including BB only, you will be provided breakfast only and if you have booked the trip package including a full-board meal, you will get all the meals including breakfast, dinner and lunch. Apart from main meals, if you have tea, coffee, cold drinks and other alcoholic

drinks, you have to pay them personally.

During the trip, you will be given enough time to have a meal. You can enjoy the meal you like from the menu. Vegan, Vegetarian?? If you are vegetarian, you will still find the choice in the menu and our guide will take good care of you through the trip.

You will have your meal at the lodge/local guesthouse, hotel or resort during the trip. You are supposed to have the meal where you stay overnight in the mountain during the trekking trip.

Sometimes, you may not get the item you want in the mountain during the trekking trip/touring trip, at the time; you have to consider it very calmly.

You will enjoy freshly cooked meals in the mountain during the trip days with local ingredient. The most popular items of food items that local lodge offer you during your Everest Base Camp Trek are: Sherpa Stew, noodles, pancakes, Tibetan bread, omelets, toast, dumpling, Tsampa, curries, Yak Steak and the most popular is Nepali Thali (Nepali Daal Bhat).

Where does Everest Base Camp Trek Start?

The trek commences from Kathmandu with a drive to Manthali during Spring and then flies to Lukla and Autumn(Mar-May and Sep-Nov) and in other off seasons like Winter and Rainy (Dec-Feb and Jun-Aug) Kathmandu to Lukla. We drive to Ramechhap, Manthali for 6 hours from Kathmandu and take a short 20-minute flight and if we take a direct flight from Kathmandu to Lukla, you will fly for 35 minutes with astonishing mountain views.

Actually, we need to leave Kathmandu at midnight like 12-1 am for the midnight for Rahechhap drive and then fly to Lukla. Hope you will consider this thing in your mind beforehand the trip begins.

As you land at Lukla airport either from Ramechhap/ Manthali or Kathmandu, you will meet your porters, introduce them briefly and begin the formal walk towards Phakding, the very first town you are going to stay overnight on your trip. It takes around 2-3 hours to get Phakding from Lukla.

Electricity and Water in Everest Base Camp Trek

You will get a good and undisturbed facility of electricity during the trip to Nepal. Even though you go to the mountain for trekking and other adventure activities, you can get the facility of electricity to charge your phones and backups for free. However, in some cases you may have to face the problem of load-shedding and the local lodges and guesthouses may charge you some amount like Rs. 100-200 to charge your batteries, backups and phones in remote areas trekking like upper Mustang Trekking, Upper Dolpo Trekking, Annapurna Circuit Trekking and Manaslu Circuit Trekking. Otherwise, in Annapurna region trekking and Everest Region trekking, you don't need to pay for battery, phone and backup charging on the trail. But, there won't be an electricity heating system in the mountain while doing Everest Base Camp Trek or other adventure activities. Unlike that, you can enjoy all kinds of electricity heating systems in the city tours like Kathmandu City Tour, Pokhara, Chitwan and Lumbini Tour, Nagarkot and Namobouddha Tour.

Drinking water must be pure, safe and contamination-free. You can get bottled or purified drinking water during the trip even in the mountain which is very safe for you to drink. The majority of the people who make trekking or adventure trips in the mountains go with boiled water which is

prepared by the local lodges/guesthouses on the trail which is the best way to keep you safe from contaminated water. However, some people carry water purifying ingredients and they apply it to the drinking water and they drink it. But, don't try to drink the water from the Local River, stream and taps. The bottled water costs between Rs.100-300 which is 1 liter in the mountain.

One can get bottled and properly boiled water in Everest Base Camp Trek at local shops and at local lodges. You need to pay extra money like Rs. 200-300 per liter. You can ask your trekking leader to manage it for you while trekking to and back from EBC.

How will be Accommodation and Toilet Facilities in Everest Base Camp Trek

You will have very basic but neatly organized accommodation and toilet facility on the trail in the mountain while trekking. The accommodation will be twin sharing basis in a group trip and if you have private trip, you will get single. The beds are comfortable enough to spend a single or double nights in the mountain.

Normally, the lodges/teahouses/hotels and guesthouses are made up of woods and rocks and are run by local people. They try their best to comfort you during your stay with providing you extra piece of blanket and making your bed more comfortable. But, one important thing to carry during your trip in the mountain is your private sleeping bag which will make your nights more comfortable in the mountain at higher elevation and you can easily battle chilling cold nights and make your body warm.

It is very rare that you get suite room as your accommodation in the mountain. The toilets are detached from the bedrooms and you should be ready share the toilet with other trekkers in the mountain. You, sometimes, can get the room with attached bathroom/washroom/toilet but it will be very rare. If you get this kind of attached bathroom accommodation, consider that you are very lucky and thank your trekking leader/guide.

Carry enough roll/toilet paper for the toilet use during the trek in the mountain. You can prepare it from the cities and even you can get them on the trail, but will be more expensive to get them on the trail.

Can I get Hot Shower in Everest Base Camp Trek

Actually, a warm or hot shower makes you refresh and offers you new energy during the trip and it is very necessary. If you are travelling in the city area in Nepal, you will easily get the facility of a hot shower. But, if you are making a trip in the mountains, it may be difficult to get a hot shower during the trip. However, local lodges and guesthouses will offer you a bucket shower with warm water or they will provide hot shower with cooking gas at local lodges in Everest Base Camp Trek. If you want to do enjoy the hotel shower in the mountain, you can ask the local lodge owner to manage it for you and they will charge some money like Rs. 300-500 per individual.

Communication on Everest Base Camp Trek

You can enjoy excellent facilities of communication in Kathmandu and other major cities like Chitwan, Pokhara, Nagarkot and Lumbini. However, in case of a trekking trip like in Everest Base Camp Trek in the mountains, you may not be able to have such kind of facility as in the cities. But,

most of the local teahouses/lodges/ guesthouses/ hotels on the trail will offer you the facility of Wi-fi in your Everest Base Camp Trek 14 days. Sometimes, you get it for free and sometimes, you may have to pay like Rs.100-200 per device for the installation of Wi-fi during the trip in the mountain. You can co-ordinate with your trekking leader if you have to pay for Wi-fi.

In remote areas trekking like Manaslu Circuit Trek, Annapurna Circuit Trek, Kanchenjunga Circuit Trek and Upper Mustang Trek, charge a certain amount like Rs.200-400 per device for the installation of Wi-fi at the local lodges.

The best way to access good communication over your smartphone is to get a local Nepali SIM Card like NT and NCELL. You get these local Nepali SIM Cards easily in Kathmandu and even in International Airport, Tribhuvan International Airport. For this, you have to present a copy of your passport and a passport-sized- photograph. You can buy a data pack via this local SIM Card and you make a very good communication wherever you go, even from the corner of the mountain. You can make a call, you access the internet over it and even make a video call instantly from the Everest Base Camp (5364m) while conquering over Everest Base Camp and Kalapatthar and even from Larkya La Pass (5106m) in [Manaslu Circuit Trek](#) .

Where does the Everest Base Camp Trek End?

The Everest Base Camp Trek ends at Lukla officially with a flight to Kathmandu. Normally, at Lukla, you can celebrate the last day of the trek with your entire trekking crew by offering them tips and heavy dinner because they have worked hard for you and your safety all around the trip. The last day's walk is from Namche to Lukla and you wait for the next day's flight to Kathmandu or Ramechhap and then 6 hours drive to Kathmandu. The flight to Ramechhap is for 20 minutes and the flight to Kathmandu from Lukla is for 40 minutes. Optionally, you fly back to Kathmandu directly by helicopter as well. For this, you have to make a prior request to us to arrange your helicopter flight.

Important Note

The Lukla weather keeps changing in 15 minutes so it cannot be 100% sure that the flight to Ramechhap or Kathmandu from Lukla can take place at a given time. It may get delayed postponed or even cancelled for a few days. In this case, don't panic, don't get agitated and don't trouble your trekking leader for the delay, cancellation or postponement of flight. Be calm and talk to your trekking lead to find out the way to escape this situation.

You have two options in this case: the one is a helicopter flight to Kathmandu and walk down to Surke and Paiya for 5 hours and get a jeep ride to Salleri and then to Kathmandu. You'd better approach the helicopter first and then go with a walk down to Surke and Paiya. Actually, the walk down to Surke and Paiya is very challenging to follow the trail used by mules; the trail is muddy and slippery. Be careful to follow this trail to Paiya via Surke from Lukla.

If you are doing your Everest Base Camp Trek, you have to have at least one/two spare days. This will help you make your Everest Base Camp Trek less stressful and less panicked

Feedback on your Everest Base Camp Trek

You can give feedback about Everest Base Camp trek you have undertaken at the end of the trip in Kathmandu. You can visit our office or you can do it in the farewell dinner we organize. Your feedback about the trip will always be taken positively. We need it to grow and to sharpen our services and facilities in the days to come.

If you cannot attend the farewell dinner at the end of the trip in Kathmandu or you don't have time to visit our office, you can write your feedback in the [trip advisor page](#) which will be more reliable and public.

Trek Extra Personal Expenses in Everest Base Camp Trek

How prodigal you are? Your trek extra personal expenses depend on it. If you love doing extra expenses on the trip, you will go to topics like alcoholic drinks, extra tea or coffee apart from the meal, tipping, some minor donations, extra snacks on the trail, some urgent personal stuff like clothing or any other equipment you immediately require on the trip in case it gets damaged or stop functioning. You will enjoy going through Namche Bazaar and collect some beautiful souvenirs and personal trekking gears too in your Everest Base Camp Trek. And, at the end of the trek, you have to give some tips to your trekking crew, at least some or a little. For this, you have to allocate some dollars or Nepali currency.

Typical Day in Everest Base Camp Trek

The typical trip day begins with a good breakfast. You will have breakfast at around 7-8 am and begin the day after it. Then, you will have to work/walk for 3-4 hours after breakfast and you will stop for lunch. The lunchtime will be around an hour. You will order your lunch item and the restaurant/hotel/teahouse will cook for you. Sometimes, you may have to wait for some time if the restaurant or hotel is crowded. You can find the item you like to have on the menu prepared by the local lodge/restaurant/hotel. If you are vegetarian, no worries, you can still find the ways.

After lunch, you will resume your work/trek/trip again and end it in the after like around 3-4 pm. After that, you will check in the hotel/ guesthouse/ teahouse and get refreshed. Take rest, change clothing and go for dinner at around 6-7 pm. Your leader will help you to order the meals you like. At the dinner, your leader will share the important information for the next day's trip and you can raise the question regarding it. The leader will orient you on what to wear, how to walk, what to carry and where to eat. Follow the instructions from the guide/leader very well.

Why with Haven Holidays?

- Free Booking and Free Cancellation
- Veteran Crew Members
- Enhancing Eco-Tourism
- Prompt response, full safety and comfort guaranteed.
- No hidden cost
- Flexible
- Cost Friendly
- Wider Networks
- Expert in risk management

Booking, Cancellation and Refund

If you want to book the trip featured by us, you are required to settle the 25 % payment of the total trip cost. However, if you are in a rush and instantly plan your trip to Nepal, then, you can make the trip payment by visiting our office in Nepal as well but we need a confirmation email prior to it.

In case you cannot do the booked trip in the timeframe you wanted for some reason, you have the right to postpone it. Even if you cannot do the trip after the postponement, you can transfer the same trip or another in exchange for your family, relatives and friends.

But for Everest Base Camp Trek or other any trip in the Everest region, the cancellation must be made 2 months prior as we have already booked the accommodation, transportation and domestic flights to make your trip more consistent and convenient.

But, sorry to state that no refund will be made for the exchange of booked trip with us. We are ready to wait for months and years for the right time to do the booked trip in Nepal. Be confident that we won't spoil your booked trip.

Travel Insurance for Everest Base Camp Trek

Travel Insurance is a must thing to fix before the departure for a particular trip. In case you face a sudden and unpleasant incident during the trip, you may need rescue evacuation and medical expenses. For that, you must have travel insurance. Actually, life is more important than your trip. As long as you have life, you have everything. So that, have authentic travel insurance that covers all rescue evacuation and medication expenses in case you have got some nasty accidents during the trip.

Travel Insurance is a must thing to prepare and carry with you beforehand you venture onto the trail. You'd better prepare your travel insurance before you fly to Nepal. You can do it through a reliable and trustworthy insurance company based in your country or you can do it online as well.

Actually, it's not good to rush and bustle for the travel insurance here and there after your arrival in Nepal. However, you still can do it here in Kathmandu. There are some international insurance companies here in Kathmandu and they will do your travel insurance and you can simply fill up the forms online and prepare your travel insurance.

Your travel insurance must be capable to cover entire expenses from minor to major sudden accidents including rescue from the mountain and the cities by helicopter and all treatment expenses in hospital. For example, if you are going higher in the mountain and you have got a terrible accident or acute mountain sickness, you may need immediate rescue from the spot and more importantly, your treatments in hospital. Until and unless your travel insurance covers entire expenses for the rescue and medical expenses, you are not rescued and cannot get medical treatments on time. It's a matter of life and you must do prepare and do authentic and valid travel insurance before you board on the trail for a particular trip. Nobody knows the future and mountains are always wild and unpredictable. Please take it seriously.

If you have got some idea about travel insurance and the companies who do travel insurance for you, you can go with them, otherwise, you can search on Google and will easily get the travel insurance companies who will help you doing insurance for your trip.

Why Everest Base Camp Trek with Haven Holidays?

- Expert and professional local guides
- Flexible trekking crew
- Better understanding of weather conditions and local culture
- Immediate Rescue in case of emergency
- Better Accommodation Food
- Eco- Friendly and Sustainability
- Expert in Communication

Departure

After a farewell dinner with our team and the important feedback session, we will comfortably drop you to the Tribhuvan International Airport and to any other destination you want for your exit to your homeland or for the commencement of another trip. After we drop you to the destination you prefer, you can catch up on your international flight and another trip you want. We wish you a very wonderful time ahead.

Additional Information

What I expect at Everest Base Camp Trek?

Most importantly, trekkers will see Mt. Everest (8884.86m) from Kalapatthar (5545m) and Everest Base Camp. At the same time, you will walk and step at Everest Base Camp, the world highest mountain base camp which will be a lifetime adventure history and achievement for you.

You will traverse through Sagarmatha National Park, the world highest national park and a [UNESCO World Heritage Site](#) with diverse species of flora and fauna. You will encounter natural water falls, glacier rivers, local towns like Lukla(2900m), Phakding (2300m), Namche Bazaar (3400m) (Town), Tengboche(3860m), Dingboche (4400m), Lobuche (4900m) and Gorekhshep (5100m). Gorekhshep is the last human settlement in Everest Base Camp Trek.

You will get to know and be familiar with local Sherpa people's lifestyle and their authentic cuisines during the trek. This part and the taste will be marvelous and exciting to experience. You will stay overnight at local lodges owned by local Sherpa People and you will have your meals there. The toilet will be outside of your bed rooms and will be common and sharing. Expect to use sharing toilet and twin sharing accommodation during the trek. You can get luxury accommodation at Namche and Dingboche if you are ready to pay a little higher.

The local lodges will get crowded during Peak Trekking seasons in Nepal(Autumn and Spring) and you should be ready to bear some interruptions and noises during the stay at the lodges. There may be hundreds of people in the same lodge staying overnight and having their meals. Sometimes, you have to wait for your meals and shower while staying at local lodge.

Early morning hike up to Kalapatthar and celebrate mesmerizing Mt. Everest and all other surrounding mountain peaks including grand and massive Khumbu Glacier. Capture as many photos and videos of the things you see from Kalapatthar and walk back to Lukla along the same trail. If you want to skip the same and tiring trail down to Lukla, you can fly back to Lukla/Manc'hali or directly to

Kathmandu by helicopter.

What I expect from Haven Holidays ?

We will provide you a veteran trekking team with fully equipped trekking gears for your Everest Base Camp Trek. Also, we will provide sleeping bag (if necessary), a cap or t-shirt as a gift, provide better accommodation and transportation in order to make your entire trip more safer and exciting. You will have local guides who are very knowledgeable about local culture, foods and accommodation, places to explore and destinations to visit during the trip.

We provide an authentic and comprehensive orientation regarding the trip, the trails, accommodation, foods , walking hours and distance, preparations and risks and challenges beforehand the trek commences.

We care you individually all round the trip so that your entire trip will be safer and less-risky.

We offer you a grand farewell dinner with your trekking team and you can give us feedbacks about the services we provided you during your stay in Nepal and that will help us to grow up more.

A Drive from Kathmandu to Manthali

The drive from Kathmandu to Manthali/Ramechhap begins at midnight like the ghosts travel. We should be ready for this midnight drive beforehand by going to bed earlier in the evening right after dinner. Your trekking company or your guide will inform you the exact timing to leave from the hotel for Manthali.

You begin this drive from the hotel at around 12.30-1 pm at midnight and head to Banepa. Next, you will switch this drive to Mid- Hill Highway. The road passes through various country settlements and landscapes. The road is black top but you will experience several bumps on the way to Manthali from Kathmandu. It takes a minimum 3 hr 54 min (129.0 km) via Mid-Hill Hwy to get Manthali from Kathmandu.

You are taking this almost 4 hours drive from Kathmandu to Manthali to catch the early morning flight to Lukla for 20 minutes. This drive will take place only in Spring (Mar-May) and Autumn (Sep-Nov) to avoid the big traffic from Tribhuvan International Airport – Domestic Section and in other two trekking seasons (Summer and Winter), the flights will directly be operated from Kathmandu to Lukla.

Manthali is a city with a little domestic airport. You fly to Lukla from here and can fly back and but cannot fly from Kathmandu to Manthali. You will have only one access for Manthali from Kathmandu that is drive in and drive out for the recent times.

The Places you Explore During the Everest Base Camp Trek

The places you explore during the trek are: Manthali, Lukla and Lukla airport, Phakding, Sagarmatha National Park, Monjo, Jorsalle, Namche Bazaar, Hotel Everest View, Tengboche town and the monastery, Dingboche, Lobuche, Gorekh Shep, Everest Base Camp and Kalapatthar. Besides, while acclimatization at Namche you can go to explore Khumjung Village and [Thame](#)

Monastery . Both side trips will amaze you some incredible insights of ancient Khumbu region's civilization and religion.

Everest Base Camp Trek- Is this right for you?

Everest Base Camp Trek is a moderately difficult trek in Everest region taking you're the highest elevation Everest Base Camp (5364m) and Kalapattahr (5545m) . The trek tends to be moderate till you get to Namche and Tengboche and Hotel Everest View. But, as you ascend above Dingboche and Lobuche, the trek becomes more challenging till you get to Everest Base Camp and Kalapatthar. So, those who have got prior trekking experience and are well prepared with all required personal gears and first aid kit.

Have you got prior trekking experience? Are you well prepared to walk at least 6 hours a day covering the distance minimum 9 kilometers? Are you confident enough to walk to Everest Base Camp and Kalapattahr located above 5000m in the wild mountain? If you have the right and reliable answers to these questions, you can conquer over Everest Base Camp Trek.

Test your stamina of waking and going above 4000m covering the minimum distance of 9 kilometers and decide doing Everest Base Camp Trek.

The Everest Base Camp Trekking Trail

The Everest Base Camp Trekking Trail is the same trail trodden by legendary climbers Edmund Hillary and Tenjing Norgay Sherpa in 1953 while successfully scaling Mt. Everest. The trail begins from Lukla town to Phakding. The trail from Lukla to Phakding is easier all the way going down through local Sherpa settlements, Buddhists monuments and monasteries. You will enjoy moving the Buddhist prayer wheels clockwise and pray for good luck for the successful trek.

Then, the trail takes you through Sagarmatha National Park via Monjo and Jorsalle. As you enter into Sagarmatha National Park, you will enjoy the serenity and peacefulness of wild nature with diverse species of flora and fauna. You will experience the thrills of crossing suspension bridge over Dudhkoshi river several times before you ascend up to Namche Bazaar.

At the base of the Namche Bazaar, you will enjoy crossing high and thrilling suspension bridge and walk up to Namche bazaar through pine forest. Finally, you will see a beautiful gate, Namche Bazaar Gate, written 'Welcome to Namche Bazaar' at the entrance of Namche Bazaar. The water fountain, beautiful garden, restaurants and hotels, souvenirs shops, ATMs, banks, money exchanges, clubs etc. will astonish at Namche.

At acclimatization, you will either walk to Hotel Everest View/Khumjung Village or Thame Monastery. This one day acclimatization at Namche will be very exciting to spend and explore.

The Everest Base Camp Trekking Trail, next, will take to Tengboche town and the monastery. The trail today will go down to river and then ascend up to Tengboche town via deep pine woods. Further, you will ascend to Dingboche and Lobuche. The trail from Dingboche to Lobuche passes through various monuments and alpine vegetation. The trail while you are approaching to Lobuchce turns to be more challenging as you are tired and due to high elevation and thin layer of oxygen. Moreover, the trail passes through dry and arid landscapes of upper Everest region while approaching to Gorekh Shep(5100m) and Everest Base Camp (5364m). You will step at Everest

Base Camp and Kalapatthar and walk down to Lukla along the same trail to end Everest Base Camp Trek.

Cultural Highlights on Everest Base Camp Trek

You will encounter various unique and authentic cultural insights during your Everest Base Camp Trek. The followings will be the cultural highlights in Everest Base Camp Trek.

Lifestyle and Economic activities of local Sherpa people Festivals, celebrations, rituals and rites of Sherpa People Religious Insights (Buddhism) Monuments and idols Art and Architectures Local Cuisines Monasteries (Tengboche and Thame) temples, museums and art galleries Natural Highlights on Everest Base Camp Trek Local Towns like Lukla, Namche, Tengboche and Lobuche Sagarmatha National Park Winding rivers (Dudh Koshi) Diverse Species of floras and faunas in Sagarmatha National Park Awe-inspiring landscapes and mountain peaks The majestic Mt. Everest, Pumori, Loa Tse, Cho Yu, Nupse, Makalu and massive Khumbu Glacier Everest Base Camp (5364m) and Kalapatthar (5545m) The guide and porter.

The guide and the porters you will accompany as your trekking crew/team will be very professional and highly experienced. They will speak your preferred language very fluently and try their best to satisfy you with some marvelous insights and experiences during the trek. The guide will manage all required accommodations, meals and transportation for your trip. Also, if any lack and insufficiency occurs during the trip, the guide will manage all the things according to the situation. So, hiring guide and porter will enhance your entire trip with multiple helps from minor sickness and scarcity to acute mountain sickness. They will take a good care of you all round the trip.

Porters will help you tremendously by carrying and taking care of your luggage. They will safely carry and drop your luggage to the destination you want to go. They will be very hospitable, hard-working, funny, and friendly and also can communicate little with you during the trip. Porters will carry maximum 18 kg of load in the mountain. We request you to co-ordinate with your guide and porter during the trip and make it more exciting, safer and memorable.

Safety Measures on Everest Base Camp Trek

- Carry Comprehensive First-Aid Kit
- Carry Right and Reliable Trekking Gears
- Listen to your Trekking leader and follow his/her instructions properly
- Stay hydrated and have balanced diet
- Stay calm, cool and confident
- Try to avoid alcohol and smoking
- Carry Diamox in case you get altitude sickness
- Drink safe water (bottled and properly boiled)
- Address any serious health issue beforehand or on the trail if you have got any immediately
- Share your problems with your trekking leader on the trail
- Ask for helicopter rescue in you think that you are in critical condition

What I like most about the Everest Base Camp Trek?

Stepping at Everest Base Camp (5364m) and Kalapatthar(5545m) and capturing Mt. Everest and all

surrounding peaks is the most beautiful moment to celebrate during your Everest Base Camp Trek. Along with this, one can enjoy going up to Hotel Everest View (3880m) and enjoy snacks viewing Mt. Everest. People also love spending some quality of time in Namche Bazaar by collecting souvenirs, going clubs and bars and having their favorite local cuisines like Yak Steak.

Tipping for Guide and Porter

Tipping for your guide and porter is not mandatory but they expect something extra from you after they work hard for you. You'd better prepare USD 5-10 per day per individual guide and porter. But, it doesn't mean that you have to do the same as we recommend you. You reward them with some handsome tipping as well if you are satisfied. Sometimes, you don't need to reward them with tipping if they don't take a good care of you and try to spoil your trip with some unnecessary personal benefits and interests.

Meals Available on the Everest Base Camp Trek

You will enjoy, mostly, enjoy local cuisines during the trip. The local teahouse and lodges will offer you very authentic local cuisines like tsampa, porridge, Tibetan bread, yak meat items, locally grown vegetables and fruits, etc. They also offer some continental, Indian, Chinese, Japanese and popular dishes during the trek as mentioned on their food menu. If you are a vegetarian or vegan, no problem, you will have various items of meals on the Everest Base Camp Trek and for this, you require informing your trek leader before the trek commences.

You can cook on your own at local lodges while staying overnight during the trip in the mountain. The meals you have will be freshly cooked and very hygienic in order to ensure your balanced diet and hygiene. Pick up the item from food menu and ask them to prepare for you.

Temperature at Everest Base Camp

The temperature at Everest Base Camp is always negative and you have to prepare accordingly. You will see snow and frozen glaciers around you and also feel the chilling cold wind at Everest Base Camp. Therefore, you must carry warm water or drinks and multi-layer jacket, cap, gloves etc. while heading from Gorekhshep to EBC. You also will encounter heavy snowfall at Everest Base Camp and you are required to prepare for it.

During the winter and peak of the winter(Dec-Feb), the temperature of Everest Base Camp drops down like -20 degree Celsius.

Best Itinerary- Everest Base Camp Trek

The best itinerary for Everest Base Camp Trek is 14 days Everest Base Camp Trek Itinerary. The 14 days will be very sufficient for you to explore the region, acclimatize, step at Everest Base Camp and Kalapattahr. It also has the days for your arrival and departure. If you want a day spare in case your Lukla flight is postponed or cancelled, you are suggested to do so and plan accordingly to make your Everest Base Camp Trek more flexible and convenient.

If you want to go with a helicopter return from Everest Base Camp while returning back from Everest Base Camp Trek, Everest Base Camp Trek with Helicopter Fly Out 10 days itinerary will be the best

one for you.