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Everest Base Camp Trek - 12 Days

12 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 1220
per person, for 2 to 3 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/everest-base-camp-trek-12-days







The 12-day Everest Base Camp Trek takes you on an unforgettable trekking adventure through Sagarmatha National Park to Everest Base Camp (5,364m /17,598ft), with a sunrise hike to Kala Patthar (5,555m /18,225ft). The journey features Sherpa culture, alpine landscapes, picturesque mountain villages, and spectacular views of Mount Everest, Lhotse, Nuptse, and Ama Dablam.

TRIP FACTS

Destination	Nepal
Grade	Challenging
Accomodation	Hotel/Lodge/Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec
Activity	Everest Treks
Max. altitude	5,555m at Kalapatthar
Activity per day	Approximately 4-6 hrs walking
Meals included	All Meals (Breakfast, Lunch & Dinner) during the trek
Start / end point	Kathmandu / Kathmandu

PRICE

US$ 1220

per person, for 2 to 3 people

The full price is US$ 1600. You save US$ 380 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1220
4 to 7	US$ 1170
8 to 13	US$ 1130
14 to 22	US$ 1100

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights of the Trek

- Reach Everest Base Camp (5,364 m / 17,598 ft), the foot of the world's highest mountain beside the Khumbu Icefall.
- Close-up views of Mt. Everest (8,848.68m / 29,029 ft), the world's highest peak.
- Hike to Kala Patthar (5,545 m / 18,192 ft), the best viewpoint in the Everest region for a golden sunrise over the mountains.
- Spectacular views of high peaks: Lhotse (8,516 m / 27,940 ft), Cho Oyu (8,201 m / 26,906 ft), Makalu (8,463 m / 27,766 ft), Ama Dablam (6,812 m / 22,349 ft), and Pumori (7,161 m / 23,194 ft).
- Experience one of the world's most thrilling mountain flights to Lukla (Tenzing-Hillary) Airport.
- Visit Syangboche Airport (3,780 m / 12,402ft), one of the world's highest airstrips.
- Explore Tengboche Monastery, the spiritual heart of the Khumbu and the region's largest Buddhist monastery.
- Trek alongside the Khumbu Glacier, one of the highest glaciers in the world.
- Spot Himalayan wildlife including tahr, musk deer, colourful pheasants, and snow leopard (rare) within Sagarmatha National Park, a UNESCO World Heritage Site.
- Cross the Hillary Suspension Bridge and visit the memorials at Thukla Pass, dedicated to climbers who lost their lives on Mount Everest
- Discover Sherpa culture, traditions, hospitality, and their unique mountain lifestyle.
- Complete the iconic Everest trek with a carefully planned ascent and a quicker return in just 12 days.

Everest Base Camp 12 Days Trek Overview

The Everest Base Camp Trek 12 Days is designed for travellers who want to complete Nepal's most iconic trek within a shorter timeframe. It takes you into the **heart of the Khumbu region** in **northeastern Nepal**, home to **Mount Everest**.

You follow the classic route to Everest Base Camp with a carefully planned ascent and acclimatization, while the return journey is more direct, completing the entire adventure in just 12 days.

Your journey begins with a **scenic flight from Kathmandu or Manthali to Lukla (2,860 m / 9,383 ft)**. From there, you follow the legendary trail through the Khumbu Valley, trekking alongside the Dudh Koshi River.

As you pass through the Rimshuing Monastery and cross several suspension bridges, you reach the traditional villages, such as **Phakding (2,650 m / 8,562 ft).** The path led us to the Sagarmatha National Park, where we got our permits registered before entering the Everest region.

After crossing the Hillary Suspension Bridge, the route, lined with rhododendron forests, leads you to **Namche Bazaar (3,440 m / 11,286 ft)**, where you spend your first acclimatization day. Here, you can take a short hike to the traditional Sherpa village of Khumjung, near Syangboche Airport and the Everest View Hotel, and discover the region's history at the Sherpa Culture Museum.

With your body better adjusted to the altitude, you continue towards **Tengboche (3,860 m / 12,664 ft)**, home to Tengboche Monastery. Although the trail includes several steep ascents and descents, you'll be rewarded with spectacular views of Mount Everest, Ama Dablam, and Lhotse.

Leaving Tengboche, you walk past ancient chortens and mani walls before reaching the Lobuche River. From here, the trail continues through the Imja Valley to **Dingboche (4,410 m / 14,469 ft)**, a peaceful Sherpa village surrounded by Lhotse, Ama Dablam, and Makalu.

It is your second acclimatization day of the Mount Everest Base Camp Trek, allowing your body to adjust before heading to higher elevations. The trail then passes glacial moraine and the memorials at Thukla Pass, dedicated to climbers who lost their lives on Mount Everest, before reaching **Lobuche (4,940 m / 16,175 ft)**.

The trail follows the **Khumbu Glacier** moraine to **Gorak Shep (5,140 m / 16,175 ft)**. After leaving your belongings at the lodge, you continue to **Everest Base Camp (5,364 m / 17,598 ft)**, the highlight of the trek. Standing beside the **Khumbu Icefall** with the world's highest mountain above you is a moment you'll never forget.

An early morning hike takes you to **Kala Patthar (5,545 m / 18,192 ft)**, the best viewpoint in the Everest region. It rewards you with a spectacular sunrise over Mount Everest and the surrounding Himalayan peaks.

Your return journey follows a quicker route to **Lukla (2,850 m / 9,350 ft)** through **Pheriche (4,250m / 13,945ft)** and Namche Bazaar. A scenic flight brings you back to Kathmandu, marking the end of your 12-day Mount Everest Base Camp adventure.

Day to Day Short Itinerary

Day 1 Flight from Kathmandu/Manthali to Lukla (2,850 m / 9,350 ft). Flight time: Approx 40 min from KTM/20 min from Manthali. Trek to Phakding (2,650 m / 8,562 ft). Trek time: Approx. 3 hours.

Day 2 Trek from Phakding (2,650 m / 8,562 ft) to Namche Bazaar (3,440m/11,296 ft). Trek time: Approx. 6 hours.

Day 3 Rest day and acclimatization at Namche Bazaar.

Day 4 Trek from Namche (3,440 m / 11,285 ft) to Tengboche/Deboche (3,860 m /12,664 ft). Trek time: Approx. 5 hours.

Day 5 Trek from Tengboche (3,855 m / 12,850 ft) to Dingboche (4,360 m / 14,290 ft). Trek time: Approx. 5 hours.

Day 6 Rest day and acclimatization at Dingboche

Day 7 Trek from Dingboche (4,360 m / 14,290 ft) to Lobuche (4,930 m / 16,175 ft). Trek time: Approx. 5 hours.

Day 8 Trek from Lobuche (4,930 m / 16,175 ft) to EBC (5,364 m / 17,598 ft) and back to Gorak Shep (5,185 m). Trek time: Approx. 6-8 hours.

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

Day 10 Trek from Pheriche (4,250 m / 13,945 ft) to Namche Bazaar (3,440 m / 11,285 ft). Trek time: Approx. 6-7 hours.

Day 11 Trek from Namche Bazaar (3,440 m / 11,285 ft) to Lukla (2,850 m / 9,350 ft). Trek time: Approx. 6-7 hours.

Day 12 Fly back to Kathmandu/Manthali from Lukla. Flight time: Approx. 40 min for KTM/20 min for Manthali. Drive time: Approx. 5 hrs from Manthali to KTM

Everest Base Camp 12-Days Trek Itinerary

DAY 1

Flight from Kathmandu/Manthali to Lukla (2,845 m / 9,334 ft). Trek to Phakding (2,610 m/ 8,563 ft)

Trek Distance 8 km / 5 miles Flight hours 40/20 Minutes Highest Altitude 2,850 m / 9,350 ft
Trek Duration 3-4 hours

Our Everest Base Camp trek begins with a flight from Kathmandu to Lukla or Manthali, depending on the trek season.

During March, April, May, September, October, and November, flights usually depart from **Manthali Airport** due to heavy air traffic in Kathmandu. To catch an early morning flight, we pick you up from your hotel around 12:30 AM for a 4–5-hour drive to Manthali, followed by a 20-minute flight to Lukla.

In December, January, February, June, July, and August, you can take a 30–40-minute direct flight from **Kathmandu to Lukla**. During peak seasons, you can also choose a **shared helicopter** from Kathmandu to skip the drive to Manthali at an additional cost of around **USD 550 per person** shared among five people.

Kathmandu/Manthali → Lukla → Chheplung → Ghat → Phakding

After landing at Tenzing-Hillary Airport, you begin trekking through the lively streets of **Lukla**. The trail gradually descends past prayer flags, mani stones, and traditional Sherpa homes.

Reaching **Chheplung**, you walk through cultivated fields and pine-covered hills. The trail follows the Dudh Koshi River, with Kongde Ri often visible on clear days.

The route continues through **Ghat**, where you cross suspension bridges and pass chortens, mani walls, and small monasteries. It's your first glimpse into the Sherpa culture of the Khumbu region.

By afternoon, you arrive at **Phakding**, a peaceful riverside village. You can relax at the teahouse or visit the nearby Rimishung Monastery before settling in for the night.

Overnight stay at Khumbu Travel Lodge, room with attached bathroom
Included standard meals (Breakfast + Lunch + Dinner)

DAY 2

Trek from Phakding (2,610 m/ 8,563 ft) to Namche Bazaar (3,440 m / 11,296 ft)

Trek Distance 10 km / 6.2 miles Highest Altitude 3,440 m / 11,296 ft Trek Duration 6 hours

Today's trek follows the Dudh Koshi River through pine forests, suspension bridges, and traditional Sherpa villages as you gradually ascend to Namche Bazaar.

Phakding → Toktok → Benkar → Monjo → Jorsalle → Namche Bazaar

Leaving **Phakding**, the trail takes you beneath towering cliffs with waterfalls cascading into the valley. The route remains gentle, passing through the traditional villages of Toktok and Benkar.

Following the uphill trek after the riverside trail from **Benkar**, you reach Monjo, the gateway to Sagarmatha National Park. After your permits are checked, the trail continues through peaceful forests toward the heart of the Khumbu region.

A short walk brings you to **Jorsalle**, the last village before Namche Bazaar. From here, you cross the iconic Hillary Suspension Bridge, suspended high above the Dudh Koshi River.

The final section follows a steady ascent on a forested trail toward **Namche Bazaar**. On a clear day, you may catch your first glimpse of Mount Everest before arriving at the vibrant Sherpa town, known as the gateway to the Everest region.

Overnight stay at Sun Shower Hotel, room with attached bathroom
Included standard meals (Breakfast + Lunch + Dinner)

DAY 3

Rest day and acclimatization at Namche Bazaar

Today's rest day helps your body adjust to the increasing altitude. Instead of staying indoors, we take a short hike to higher elevations, following the “hike high, sleep low” principle.

Namche Bazaar → Syangboche Airport → Everest View Hotel → Khumjung Village → Hillary School → Namche Bazaar

From Namche Bazaar, you gradually ascend through the prayer flags and mani stones before reaching **Syangboche Airport**, one of the world’s airports found in high altitude. As you hike, expansive views of the Khumbu Valley and the surrounding peaks unfold before you.

A short walk up the steep stairs brings you to the **Everest View Hotel**, one of the highest-altitude hotels on Earth. On a clear day, you can enjoy panoramic views of Mount Everest, Lhotse, Ama Dablam, Thamserku, and more.

The trail starts to descend towards the green-roof settlements known as **Khumjung Village**. Exploring the local handcrafted woolen items around the village, you pass the **Hillary School**, founded by Sir Edmund Hillary to support the local Sherpa community.

After spending time at the viewpoint, you can explore the yak farm and Khumbu villages before returning to **Namche Bazaar**. The afternoon is free for you to explore local cafés and bakeries, browse local gear shops, or visit the Sherpa Culture Museum.

Overnight stay at Sun Shower Hotel, room with attached bathroom
Included standard meals (Breakfast, Lunch, Dinner)

DAY 4

Trek from Namche Bazaar (3,443 m / 11,296 ft) to Deboche (3,860 m /12,664 ft)

Trek Distance 10 km / 6.2 miles Highest Altitude 3,860 m / 12,850 ft Trek Duration 6 hours

Today's trail offers some of the best mountain scenery of the Everest Base Camp Trek. We start after breakfast in Namche, continue through rhododendron forests and river crossings to reach Deboche.

Namche Bazaar → Kyangjuma → Phunki Thenga → Tengboche → Deboche

The trail follows the gradual ascents and descents along the mountainside to **Kyangjuma**, a small village named after Tibetan medicine. Along the way, you can enjoy uninterrupted views of Everest, Lhotse, Nuptse, Ama Dablam, and Thamserku on clear days.

You then trek along a downhill path through rhododendron and pine forests to **Phunki Thenga**, a small riverside settlement. You can enjoy the warm lunch here alongside the Dudh Koshi River before continuing for an uphill trek.

As you gradually gain elevation through the fir trees and colorful wildflowers, you arrive at **Tengboche**. The village is home to the region's largest Buddhist monastery **(Tengboche Monastery)**, known for its spiritual atmosphere. The surrounding mountain views make it one of the highlights of your EBC 12-day trek.

From here, you continue a gentle walk through birch forests towards **Deboche**, a quiet village where you spend the night surrounded by peaceful Himalayan scenery.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

Trek from Deboche (3,860 m / 12,664 ft) to Dingboche (4,410 m / 14,468 ft)

Trek Distance 11 km / 6.8 miles Highest Altitude 4,360 m / 14,290 ft Trek Duration 6–7 hours

Today's trek takes you above the tree line as the landscape gradually changes from dense forests to wide alpine valleys. Along the way, you pass traditional Sherpa settlements and enjoy closer views of the surrounding Himalayan peaks.

Deboche → Pangboche → Shomare → Dingboche

After breakfast at **Deboche**, you cross the Imja Khola before reaching **Pangboche**, one of the oldest Sherpa villages in the Everest region. The village is home to the historic Pangboche Monastery, with Ama Dablam rising dramatically in the background.

The trail continues through **Shomare**, where the forests begin to thin, and the valley opens up. As you gain elevation, you notice the changing landscape, with alpine shrubs replacing the dense woodlands below.

Crossing the Imja Valley, you arrive at **Dingboche**, a beautiful village surrounded by stone-walled fields. The afternoon is yours to rest and enjoy views of Ama Dablam, Lhotse, Island Peak, and the surrounding mountains.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast + Lunch + Dinner)

DAY 6

Rest day and Acclimatization at Dingboche (4,410 m / 14,468 ft)

Today's acclimatization hike helps your body adjust to the thinner air before heading to higher elevations. Following the "trek higher, sleep lower" principle, you walk to a higher viewpoint before returning to Dingboche.

Dingboche → Nangkartshang Peak (Acclimatization Hike) → Dingboche

You follow a steep trail from **Dingboche** toward **Nangkartshang Peak**, one of the best acclimatization hikes in the Everest region. As you gain elevation, the views become more spectacular with every step.

From the viewpoint, you enjoy panoramic views of **Makalu, Lhotse, Ama Dablam, Island Peak,** and the Imja Valley below. The higher elevation also helps your body adapt for the days ahead.

After spending time at the viewpoint, you descend back to **Dingboche**. Here, you have enough time to relax at your teahouse, enjoy the mountain scenery, or prepare for the journey toward Everest Base Camp.

Overnight stay at Hotel Good Luck
Included standard meals (Breakfast + Lunch + Dinner)

DAY 7

Trek from Dingboche (4,410 m / 14,468 ft) to Lobuche (4,940 m / 16,207 ft)

Trek Distance 8.5 km / 5.2 miles Highest Altitude 4,930 m / 16,175 ft Trek Duration 5 hours

Day 7 takes you deeper into the high Himalayas toward Lobuche. The landscape becomes more rugged, with rocky trails, alpine valleys, and panoramic mountain views.

Dingboche → Thukla → Thukla Pass → Lobuche

Following a gradual trail across the open valley, passing chortens, fluttering prayer flags, and the nearby **Pheriche Aid Post**. The route offers impressive views of **Taboche (6,367 m / 20,889 ft)** and **Cholatse (6,335 m / 20,784 ft)** rising above the valley.

By midday, you reach **Thukla** (Dughla), a small village where you stop for lunch before continuing toward the pass. The trail becomes steeper as it ascends along the rocky hillside.

At **Thukla Pass**, you can find a collection of memorials dedicated to climbers and Sherpas who lost their lives on Everest and neighbouring peaks. This quiet site is one of the most emotional landmarks of the Everest Base Camp Trek.

Beyond the pass, the trail follows the rugged **Khumbu Glacier moraine** before descending gently to **Lobuche**. Here, you can settle in for the night surrounded by yak pastures and the towering Lobuche and Nuptse peaks.

Overnight stay at Himalayan Eco Resort
Included standard meals (Breakfast + Lunch + Dinner)

DAY 8

Trek from Lobuche (4,940 m / 16,207 ft) to Everest Base Camp (5,364 m / 17,598 ft). Return to Gorak Shep (5,180 m / 16,864 ft)

Trek Distance 15 km / 9.32 miles Highest Altitude 5,364 m / 17,598 ft Trek Duration 6-8 hours

Today is one of the most rewarding days of your 12-day EBC trek as you finally make your way to the Everest Base Camp before returning to Gorak Shep for the night.

Lobuche → Gorak Shep → Everest Base Camp → Gorak Shep

We begin our trekking on a rocky mountain path beside the **Khumbu Glacier**, where glacial moraines and scattered boulders shape the landscape. On the way, you can see the scientific research center known as **Pyramid** while heading towards **Gorak Shep**, the final village before the base camp.

After a fulfilling lunch, you leave your baggage at the lodge and carry only your essentials such as snacks, a water bottle, and a mobile/camera. Then you continue towards the thrilling journey across the rocky ridges beside the glacier toward **Everest Base Camp.**

Surrounded by towering ice formations, colorful prayer flags, and the **Khumbu Icefall,** you finally stand at the base of Mt.Everest, enjoying the view of **Khumbutse (6,636 m / 21,772 ft)**, Pumori, Nuptse, and Lhotse.

You can spend some time celebrating your achievement and capturing group photos before retracing your steps to **Gorak Shep**. This is your final overnight stay in the Upper Khumbu region, before heading for an early morning hike to Kala Patthar.

Overnight stay at Buddha Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 9

Hike to Kala Patthar (5,555 m / 18,225 ft) viewpoint. Trek from Gorak Shep (5,180 m / 16,864 ft) to Pheriche (4,250 m / 13,944 ft)

Trek Distance 11 km / 6.8 miles Highest Altitude 5,555 m / 18,208 ft Trek Duration 7 hours

Our 9th day begins before dawn as we set out for a hike to Kala Patthar, the highest point of your Everest Base Camp 12-day trek. Enjoying the first light illuminating Mount Everest, we return to Gorak Shep for breakfast before descending to Pheriche.

Gorak Shep → Kala Patthar → Gorak Shep → Lobuche → Thukla → Pheriche

Carrying only your essentials, you leave **Gorak Shep** in the early morning and follow a rocky mountain trail to Kala Patthar. As daylight spreads across the Himalayas, breathtaking views of Mount Everest, Lhotse, Nuptse, Pumori, and the Khumbu Glacier unfold before you.

Returning to Gorak Shep for breakfast, you retrace the glacier-side trail toward **Lobuche**. The familiar route passes rocky moraines and open mountain landscapes, offering a different perspective as you leave the higher elevations behind.

The path continues to **Thukla Pass Memorial**, a peaceful place to pause and remember the history of mountaineering in the Everest region before continuing farther down the valley.

Beyond **Thukla**, the trail follows the wide Imja Valley where alpine meadows and yak pastures replace the rugged landscape. Passing small stone shelters along the way, you arrive at **Pheriche**, where you spend the night with relief from the thin air.

Overnight stay at Himalayan Hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 10

Trek from Pheriche (4,250 m / 13,944 ft) to Namche Bazaar (3,443 m / 11,296 ft)

Trek Distance 17 km / 10.5 miles Highest Altitude 4,250 m / 13,945 ft Trek Duration 7-8 hrs

Day 10 of the Mt. Everest Base Camp trek marks the beginning of your return journey through the heart of the Khumbu Valley. The route leads you through traditional Sherpa villages, centuries-old monasteries, and peaceful forests before returning to Namche Bazaar.

Pheriche → Shomare → Pangboche → Deboche → Tengboche → Phunki Thenga → Kyangjuma → Namche Bazaar

Following the wide Imja Valley, you pass through **Shomare** before reaching **Pangboche**, one of the oldest Sherpa villages in the Everest region. Stone houses, cultivated fields, and the towering face of Ama Dablam make this one of the most scenic sections of the trail.

The trail then passes through quiet juniper forests to **Deboche** before reaching **Tengboche Monastery**, the largest monastery in the Everest region. On the path, you are surrounded by fluttering prayer flags and long prayer walls.

From Tengboche, the trail heads toward **Phunki Thenga**, crossing the Dudh Koshi River on a suspension bridge. You are accompanied by rhododendron and pine forests throughout the route toward **Kyangjuma**.

The final section follows the mountainside path back to **Namche Bazaar**, the vibrant Sherpa town at the heart of the Everest region. After days spent among glaciers and alpine landscapes, Namche welcomes you with its lively streets, cozy cafés, and local bakeries.

Overnight stay at Sun Shower Hotel, room with attached bathroom
Included standard meals (Breakfast + Lunch + Dinner)

DAY 11

Trek from Namche Bazaar (3,443 m / 11,296 ft) to Lukla (2,860 m / 9,383 ft)

Trek Distance 19 km / 12 miles Highest Altitude 2,860 m / 9,383 ft Trek Duration 8-9 hrs

Today marks the final day of your trek in the Everest region, as you follow the familiar route from Namche back to Lukla.

Namche Bazaar → Monjo → Phakding → Toktok → Chheplung → Lukla

You start the day from **Namche Bazaar** with a warm breakfast and descend on stone staircases toward **Hillary Suspension Bridge.** The trail continues through pine forests before reaching **Monjo**, where you exit **Sagarmatha National Park**.

As you move to the lower elevation, you continue along the peaceful riverside paths and suspension bridges. The path becomes gentler, with warm air and familiar mountain scenery, before reaching **Phakding**. This peaceful village is our lunch stop.

Continuing the journey, you cross the Dudh Koshi River several times on suspension bridges. Along the route, you pass through the Sherpa villages decorated with prayer wheels and mani walls. Following the dense forest, you walk upward to **Kusum Stream** before descending toward **Toktok**.

The trail then takes you through the unpaved roads surrounded by traditional gompas and prayer flags as you pass **Chheplung**. Your EBC 12-day trek nears its end upon reaching **Lukla**. You can enjoy a peaceful evening with your trekking crew on this final night in the Everest region.

Overnight stay at Hikers Inn, room with attached bathroom
Included standard meals (Breakfast + Lunch + Dinner)

DAY 12

Flight from Lukla (2,860 m / 9,383 ft) to Kathmandu/ Manthali. Drive from Manthali to Kathmandu.

Flight hours 40/20 Minutes

Your Mt. Everest Base Camp trek ends with an early morning flight from **Lukla**. As the plane lifts above the Khumbu Valley, you can enjoy one last view of the snow-capped peaks, deep valleys, and mountain villages you've explored over the past 12 days.

Lukla → Manthali → Kathmandu

During peak trekking seasons, flights usually land at **Manthali Airport in Ramechhap**. After a 20-minute flight, we continue on a shared drive to Kathmandu, following the scenic Tamakoshi and Sunkoshi river valleys.

In the off-peak season, you can take a direct 30–40 minute flight from **Lukla to Kathmandu**, avoiding the drive from Manthali.

The trek ends in **Kathmandu**, from where we transfer you to your hotel. The rest of the day is free to relax, explore the city, or **celebrate the successful completion** of your 12-day Everest Base Camp Trek.

Included standard meals (Breakfast + Farewell Dinner)

What is included in this trek package?

Transportation

- Complimentary airport pickup on arrival and drop-off on departure in a private vehicle
- Domestic flight between Kathmandu/Manthali and Lukla (round trip)
- Shared ground transportation between Kathmandu and Manthali Airport (during peak seasons)

Accommodations

- 11 nights of accommodation throughout the trip.
- 2 nights in twin-sharing rooms with attached bathrooms at Lukla and Phakding.
- 3 nights in twin-sharing teahouse rooms with attached bathrooms at Namche.
- 4 nights in standard rooms at Tengboche, Lobuche, Gorak Shep, and Pheriche.
- 2 nights in standard rooms at Dingboche.

Food

- Standard full-board meals: 12 breakfasts, 12 lunches, and 11 dinners (one main course per meal).
- Tea or coffee served with breakfast.
- Water purification tablets for safe drinking water.
- Seasonal fresh fruits every day.

Guide and Porter

- Government-licensed, English-speaking trekking guide.
- One assistant guide for groups of more than 5 people.
- One porter for every 2 trekkers carrying a maximum combined luggage weight of 18 kg, up to 9 kg per trekker.
- Guide and porter salary, meals, accommodation, transportation, insurance, and equipment.

Trek Permits and Expenses

- Sagarmatha National Park Entry Permit
- 2026 Environmental “Green Fee”
- Khumbu Pasang Lhamu Rural Municipality Permit
- All required government taxes and official service charges.

Medical Assistance

- Comprehensive first-aid kit carried by your guide.
- Daily health and altitude monitoring by your trekking guide.
- Emergency assistance and coordination in case of illness or injury.
- Arrangement of helicopter evacuation if required (evacuation costs covered by your travel insurance).
- Guide carries emergency altitude sickness medication, Diamox (acetazolamide), if required.

Souvenir

- A digital trek completion certificate on your WhatsApp or email.
- T-shirt and cap with the company's printed logo.

Farewell

- A farewell gathering in Lukla/Kathmandu after the trek.

Benefits

- One shared non-waterproof duffel bag for every two trekkers (if you don't have one)
- One used sleeping bag and down jacket per trekker (to be returned after the trek)
- Complimentary pre-trek briefing.
- Private trekking with your own guide (no mixed groups).
- Free luggage storage at the Discovery World Trekking office during the trek.

What is excluded in this trek package?

International Flight

- Airfare cost to and from Nepal

Accommodations

- Hotel nights in Kathmandu, before or after the trek
- Extra nights in Kathmandu due to early arrival or late departure or early return
- Additional nights during the trek due to flight delays or any circumstances

Food

- All meals in Kathmandu, before and after the trek
- Extra night food in Kathmandu due to early arrival or late departure
- Additional food rather than dedicated three-course meal during the trek

Guide and Porter

- Tips for guides and porters (recommended)
- Additional porter service

Visa

- Nepal Entry Visa, $50 USD for 30 days (on arrival at Kathmandu, Tribhuvan International Airport)

Travel Insurance

- Personal travel insurance that covers high-altitude (5,555 m) trekking and emergency helicopter evacuation (mandatory)

Personal Expenses

- Personal clothing and gear rental costs
- Daily expenses: Boiled/bottled water, Hot (tea/coffee), Cold drinks
- Additional fees for Wi-Fi, Battery charging fee, Hot shower, and Internet
- Souvenir shopping and Snacks

Other Expenses

- Baggage charges for luggage more than the limit, 9kg
- Additional costs due to circumstances beyond our control, such as natural disasters, bad weather, and flight delays.
- Expenses caused by itinerary modifications due to safety concerns, illness, change of government policies, strikes, etc.

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Packing List

Packing wisely will help you stay comfortable in the Everest region's changing weather and varying temperatures. We recommend packing light and keeping your main luggage to **9 kg.** Your belongings should be packed in a **60–70 litre duffel bag,** which will be carried by your porter. One porter carries a maximum combined load of **18 kg** for two trekkers.

You only need to carry a **20–30 litre daypack** weighing up to **5 kg** containing your valuables, water bottle, snacks, camera, extra layers, and essential documents that you need throughout the day.

To help you prepare, we've created the following Everest Base Camp Trek packing checklist.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper
- Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

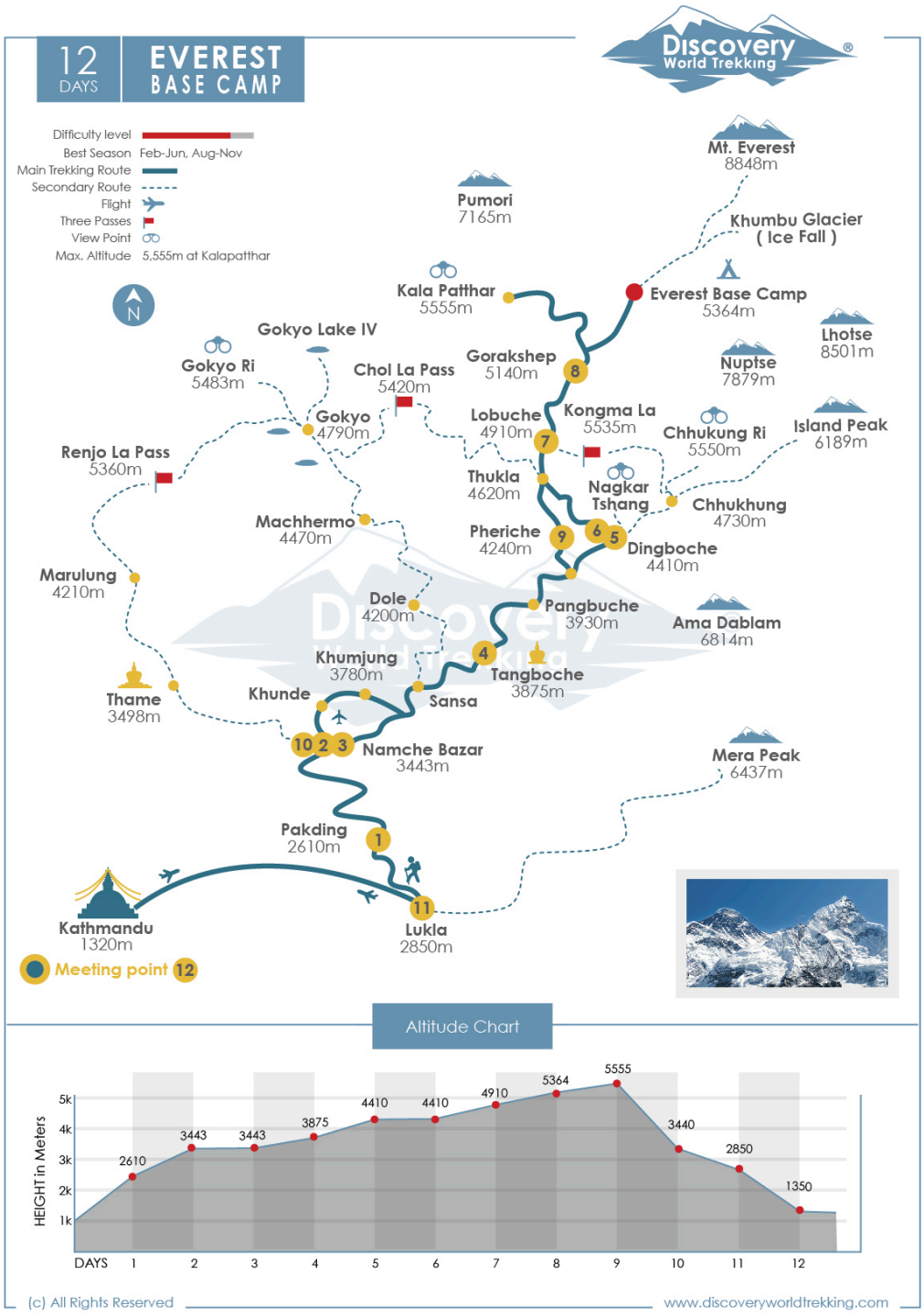
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don't have your own

EBC 12 Days Trek Map



Trip Notes

Before the Trek

Before your 12-day Everest Base Camp Trek begins, your first day in **Kathmandu** is all about completing the **final preparations**.

We take care of all **essential arrival arrangements** to ensure a **smooth, hassle-free start** to your trek. From **airport pickup** and **hotel transfer** to the **pre-trek briefing**, our team will help you prepare for the adventure ahead.

Airport Pickup and Hotel Transfer

Upon your arrival at **Tribhuvan International Airport** in Kathmandu, you can see a representative from our team holding a company pamphlet with your name on it. He will welcome you in a traditional Nepalese way with "**Namaste**" and a **flower garland**.

You are then transferred to your hotel in a **private vehicle**. This **complimentary airport pickup** ensures a smooth start to your **Everest Base Camp adventure**. After check-in, you can relax, recover from your journey, or explore the **vibrant streets of Kathmandu** at your own pace.

Note: *We recommend you arrive in Kathmandu around **3 PM**, at least **one day before your trek starts**.*

If you arrive before your scheduled trek date, you can spend some time exploring **Kathmandu's UNESCO World Heritage Sites**, **local markets**, and **authentic Nepali cuisine**.

Pre-trek Briefing

A pre-trek briefing is held in Kathmandu before your departure to Lukla. During the session, our company head, **Paul**, will explain the **itinerary**, **trail conditions**, **accommodation**, **altitude profile**, **safety procedures**, and **expected daily walking hours**.

This is also the perfect opportunity to **ask questions**, **review your packing list**, and ensure all **necessary permits and documents** are in order.

Note: *If you plan to **rent trekking equipment**, we can recommend **reliable shops in Thamel**.*

Flight Details to Lukla

Flights to Lukla operate from either **Kathmandu** or **Ramechhap (Manthali)**, depending on the trekking season and **air traffic regulations**.

From Ramechhap, Manthali Airport

During the **peak trekking seasons** (**spring: March to May** and **autumn: September to November**), most flights to Lukla depart from Manthali Airport in Ramechhap. Operating flights from here helps reduce congestion at Kathmandu Airport and improves **flight efficiency** during busy periods.

The airport is approximately a **4–5 hour drive from Kathmandu**. You need to leave **early in the morning or at midnight** to catch your scheduled **morning flight to Lukla**.

From Kathmandu Airport

During the **off-season** or when **air traffic allows**, flights to Lukla depart directly from **Tribhuvan International Airport** in Kathmandu. This option is more convenient as it eliminates the **road transfer to Ramechhap**.

Lukla Flight Delays

Mountain flights, including Lukla, are highly **weather-dependent**. So, **flight delays** or **cancellations** due to **poor visibility** are common. In such cases:

- Flights are scheduled to the next available slot.
- You can opt for a **helicopter option** at an additional cost (**$550 USD**, shared by **5 trekkers**).

Note: *We recommend keeping at least **one or two buffer days** in your travel itinerary before your **international departure**.*

Travel Documents

The **right travel documents** are essential for any international travel. They help verify your identity and allow you to enter the country legally. For a smooth journey in Nepal and the Everest Base Camp 12-day trek, make sure you have the following documents ready:

- **Valid Passport** with at least **six months' validity** beyond your intended stay
- **Nepal Tourist Visa** (or eligibility for a **visa on arrival**)
- **Travel Insurance** covering **trekking** and **evacuation at higher elevations**
- **Passport-size photos** (can be needed for different travel requirements)

Visa

To enter Nepal, a **tourist visa** is required for all foreign nationals except **Indian citizens**. If your country is eligible, you can obtain a **visa on arrival** at Nepal's **International Airports** or designated **land border crossings**.

Alternatively, you can apply for a visa at a **Nepal Embassy** or **consulate** in your home country before heading out for the trek.

We recommend obtaining a **30-day tourist visa** for your 12-day Everest Base Camp Trek. This provides extra flexibility in case of **weather-related Lukla flight delays** or other **unforeseen circumstances**. The **visa fee is $50 USD**.

To obtain a **tourist visa**, you generally need:

- A passport valid for 6 months
- The applicable visa fee (USD or NPR)
- Passport-sized photographs

Note: *To save time from being in long lines at immigration on arrival, you can fill out the **online application form** before your trip through **Nepal Airport Immigration**. Since **visa regulations** may change, please check the latest **entry visa requirements** beforehand.*

Travel Insurance

Comprehensive travel insurance is mandatory for the 12-day EBC Trek. You need to provide us with a copy of your insurance after confirming your booking. So we can complete the necessary **trek arrangements** (**permit**, **accommodation**, **guide**, and **transportation**) before you arrive in Nepal.

Due to the **remote nature of the Everest region**, **emergency medical assistance** and **helicopter evacuations** can be costly. So your policy should cover:

- **High-altitude trekking** above 5,000 meters
- **Emergency helicopter evacuation** from high elevation
- **Expenses for medical treatment** during the trek
- **Hospitalization and medicines in Kathmandu** after evacuation (if required)
- **Luggage loss** or any **delays** due to natural events
- **Trip interruption**, **cancellation**, and **repatriation**

Note: *Many standard* ***travel insurance policies*** *only cover trekking up to* ***3,500 meters****. So, we advise you to confirm with your* ***insurance provider*** *whether they cover* ***high-altitude trekking*** *and* ***evacuation*** *before heading out to Nepal.*

Permits Needed to Trek in the Everest region

To trek to the Everest Base Camp, you need **two mandatory trekking permits**: the **Sagarmatha National Park Entry Permit** and the **Khumbu Pasang Lhamu Permit**, along with the new **2026 Environmental Fee**.

These are required by the **Nepalese authorities** and **local government** to enter the Everest region, protect its **natural environment**, and support **local communities**.

Note: *We arrange all permits and fees before your trek. Your guide will carry and present the permit at the designated checkpoints throughout the trek.*

- **National Park Entry Permit** Issued by Nepal Tourism Board (NTB). NPR 3,000 (~23 USD) + 13% VAT per foreign national, SAARC nationals: NPR 1,500. Grants entry into Sagarmatha National Park and supports wildlife conservation, environmental protection, and park management.
- **Local Municipality Entry Permit** Issued by Pasang Lhamu Rural Municipality. NPR 3,000 (~23 USD) per person. Supports local infrastructure, trail maintenance, rescue services, and community development.
- **Environmental Conservation Fee** Issued by Khumbu Pasang Lhamu Rural Municipality. NPR 1,000 (~8 USD) per person. Funds waste management, environmental conservation, and sustainable tourism initiatives throughout the Everest region. We collect and manage the fee as part of your trek arrangements before departure.

Sagarmatha National Park Entry Permit

The Sagarmatha National Park Entry Permit is mandatory for all trekkers entering the **UNESCO-listed park**. It allows access to the protected area while supporting the **conservation** and **management** of the park.

Pasang Lhamu Rural Municipality Permit

The Pasang Lhamu Rural Municipality Permit is another mandatory permit for trekking in the Everest region. It is introduced to replace the former **TIMS card** that supports the development and maintenance of the **Khumbu region**.

2026 Environmental "Green Fee"

Introduced in January 2026, the Environmental "Green Fee" is a mandatory environmental charge for all trekkers visiting the Everest region. The fee helps preserve the **fragile Himalayan environment**, manage **waste**, and promote **sustainable tourism**.

Teahouses and Lodges on the 12-Day EBC Trail

During the 12-day Everest Base Camp Trek, you stay in **locally operated teahouses** and **mountain lodges**. These simple accommodations provide a warm place to rest after each day's hike while allowing you to experience **Sherpa hospitality** and **mountain culture**.

As you gain altitude, facilities become more basic, but they remain comfortable for trekkers.

Facilities and Amenities in Teahouses

- **Room type**
  Twin-sharing rooms with single beds, pillows, and blankets are available throughout the trek. Teahouses provide blankets, but we recommend bringing a warm sleeping bag for extra comfort.
- **Private rooms**
  You can get private rooms in lower villages like Phakding, Namche Bazaar, and Lukla. Beyond Tengboche and Gorak Shep, they become limited and depend on availability.
- **Bathroom facilities**
  Attached bathrooms are available at many teahouses in Lukla, Phakding, and Namche Bazaar. From Deboche, Dingboche, Lobuche, and Gorak Shep onwards, shared toilets and bathrooms are more common.
- **Heating**
  Dining halls in villages such as Namche Bazaar, Deboche, Dingboche, and Gorak Shep are heated with a central stove during the evenings. Generally, you can see that the bedrooms at teahouses are unheated.
- **Electricity**
  Electricity along the trail depends on hydropower and solar power, with availability varying by altitude. You have to pay an additional fee of NPR 800–1100 ($5–$7 USD) per device to charge your electronics, such as phones, cameras, or power banks, with prices increasing at higher elevations like Dingboche and Lobuche.
- **WiFi**
  You can access WiFi in most villages, including Lukla, Phakding, Namche, Tengboche, Lobuche, and Gorak Shep at an additional cost. The cost is typically NPR 500–800 ($3–$5 USD), and the connection becomes slower and less reliable as you gain height.

- **Hot showers**
  You can find hot showers at most teahouses along the route with an extra fee of NPR 800–1,300 ($5–$8 USD). Availability may be limited during peak trekking seasons or in colder villages such as Lobuche and Gorak Shep. As you gain altitude, you may only have the option to use a bucket shower instead.

Food and Drinks on the 12-Day EBC Trail

During the 12-day Everest Base Camp Trek, your package includes **12 breakfasts**, **12 lunches**, and **11 dinners**, served at **local teahouses** along the trail.

The menus feature a mix of **traditional Nepali**, **Tibetan**, **Sherpa**, and **simple Western dishes**, with fewer choices available as you ascend to **higher altitude**.

Each meal is **freshly prepared** and served warm using **locally available ingredients**, providing the energy you need for your long days of trekking.

Food Options

Dal Bhat (steamed rice, lentil soup, pickle, and seasonal vegetables) is the **most recommended meal** while you are trekking in Nepal.

Often called **"Dal Bhat Power 24-hour"**, it is **freshly prepared**, **nutritious**, **rich in carbohydrates and protein**, and comes with **free refills**. It is an excellent choice for **maintaining energy** throughout the trek.

Other food options are:

Breakfast 7:00 AM - 8:00 AM

- Tibetan bread
- Toast with jam or butter
- Chapati
- Eggs (boiled, scrambled or omelette)
- Porridge
- Pancakes
- Muesli
- Oatmeal
- Tea

Lunch 12:00 PM - 1:30 PM

- Dal Bhat
- Fried rice (egg/vegetable)
- Noodles soup (egg/vegetables)
- Pasta
- Momo
- Sherpa stew

- Garlic soup
- Potatoes
- Chowmein (egg/vegetable)
- Thukpa

Dinner 6:30 PM - 7:30 PM

- Dal Bhat
- Pasta
- Fried rice
- Noodles (soup/fried)
- Pizza
- Vegetable soup
- Potatoes
- Garlic soup
- Momo
- Eggs

Note: *You should choose* ***calorie-dense***, ***carbohydrate-rich***, *and* ***easily digestible foods*** *during the trek. They provide* ***lasting energy***, *aid* ***recovery***, *and support* ***acclimatization*** *at* ***high altitude***. *Include* ***fresh fruits*** *too.*

Foods to Avoid

Although teahouses maintain **good hygiene standards**, food options become more limited at **higher elevations**. To minimize the risk of **stomach problems** during your trek, we recommend avoiding:

- **Raw salads** and **uncooked vegetables**
- **Any meat and meat dishes** (due to transportation without refrigeration)
- **Unpasteurized dairy products**
- **Left-over food** or **cold meals**

Drink Options

Staying well hydrated is just as important as eating **nutritious meals** during the 12-day Everest Base Camp Trek. We recommend drinking **3–4 liters of fluids daily** to help your body adjust to the **increasing altitude** and reduce the risk of **dehydration**.

While **boiled or purified water** should be your primary choice, teahouses along the trail also serve a variety of **hot and cold beverages**.

Hot Drinks	Cold Drinks
Black Tea	Bottled Water
Milk Tea	Electrolyte drinks
Ginger Tea	Fresh fruit Juice
Lemon Tea	Soft drinks (limited amount)
Mint Tea	
Coffee (limited amount)	
Boiled Water	

Note: *For added safety, we recommend using a* ***water purification tablet*** *even with* ***boiled water****. Wait at least* ***30 minutes*** *before drinking.*

Drinks to Avoid

Hydration is essential at **high altitude**. However, some drinks can increase **dehydration** or worsen **altitude sickness**. So, we recommend avoiding:

- **Alcoholic beverages** (beer, whisky, raksi, etc.)
- **Excessive coffee** and **caffeinated drinks**
- **Energy drinks**
- **Untreated tap water**
- **Water from rivers or streams** without purification

Note: *Garlic soup (often called garlic ginger soup) is a popular choice among trekkers in the Everest region. Many local Sherpa communities believe it helps support acclimatization.*

Dietary Restrictions and Allergies

Most **teahouses** along the Everest Base Camp trail can accommodate **common dietary requirements** with **advance notice**. However, food choices become more limited as you trek higher into the Khumbu region.

We also recommend following a **vegetarian diet** during the trek, as it is the **safest** and **most reliable option** available in the lodges.

- **Vegetarian:** Easily available and recommended with dishes such as **Dal Bhat**, **vegetable fried rice**, **noodles**, **pasta**, **potatoes**, **soups**, and **momos**.
- **Vegan:** It can be manageable, but you need to **inform your guide beforehand**. Meals can be prepared without **meat**, **eggs**, **butter**, **cheese**, or **milk**, although options are more limited.
- **Gluten-free: Limited availability** in the teahouses. Foods suitable for your diet are **rice**, **potatoes**, **eggs**, **vegetables**, and **Dal Bhat** (without wheat-based side dishes).
- **Dairy-free:** Can usually be accommodated by avoiding **milk**, **cheese**, **butter**, and **yogurt** in meals and drinks.

- **Non-vegetarian: Not recommended**, as **fresh meat** is rarely available in the mountains and teahouses have **limited refrigeration facilities**. Also, meat is **more difficult to digest at high altitude**.

Note: *If you follow a* ***special diet****, we recommend bringing your own* ***snacks****,* ***energy bars****,* ***protein bars****, or* ***specialty foods****, as these items are difficult to find and become more expensive in the higher villages.*

Food Allergies

If you have any **food allergies**, please let us know before your trek so we can inform your **guide** and the **teahouses** whenever possible.

While teahouse cooks do their best to accommodate food for trekkers having allergies, kitchens are small, and **cross-contamination** cannot be completely avoided.

Some common allergies that can be managed are:

- **Nut allergy:** You can avoid dishes containing **peanuts** or **mixed nuts** and always ask not to include any nuts in the food.
- **Dairy allergy:** Teahouses can accommodate your meals without including **milk**, **butter**, **cheese**, **yogurt**, or **cream**.
- **Egg allergy:** Most meals can be prepared without **eggs**, including **pancakes** and other baked items.
- **Gluten allergy or celiac disease:** You can go for **naturally gluten-free foods** such as **rice**, **potatoes**, **vegetables**, and **lentils**. Please avoid **bread**, **noodles**, **pasta**, and **chapati** unless they are confirmed to be **gluten-free**.
- **Soy allergy: Inform your guide in advance** so cooks can avoid **soy sauce**, **tofu**, and other **soy-based ingredients** where possible.

Note: *If you have severe food allergies, carry your prescribed emergency medication (such as an epinephrine auto-injector or antihistamines) in your daypack and ensure your guide is aware of your condition.*

How Much Money Should You Carry for Personal Expenses?

Although your 12-day Everest Base Camp Trek package covers **accommodation**, **three meals a day**, **domestic flights**, **permits**, **guide services**, and **transportation** as outlined in the itinerary, you should still carry enough **cash** for **personal expenses**.

Most **teahouses** and **shops** along the trail accept **cash only**, and prices increase with **altitude** due to transportation costs. We recommend carrying **NPR 2,500–3,000 (approximately $15–18 USD) per day**, depending on your spending habits.

Your personal expenses may include:

- Charging electronic devices
- WiFi access
- Hot showers
- Drinking water

- Snacks and chocolates
- Soft drinks and extra beverages
- Laundry services (where available)
- Souvenir shopping
- Tips for your guide and porter

Currency Exchange in Kathmandu

Before flying from **Kathmandu** to **Lukla**, exchange your money into **Nepalese Rupees (NPR)**, as it is the **only currency** widely accepted in the **Everest region**.

You can exchange money at **Tribhuvan International Airport**, **licensed money exchange counters in Thamel**, or **commercial banks** throughout Kathmandu.

***Note: Exchange rates** are generally more competitive at **licensed exchange counters in Thamel** than at the airport.*

ATMs

ATMs are widely available throughout **Kathmandu**, and you can also see some in **Lukla** and **Namche Bazaar**. However, ATMs in these mountain towns may occasionally be **out of service**, have **limited cash**, or charge **additional withdrawal fees**.

Since there are **no reliable ATMs beyond Namche Bazaar**, we strongly recommend withdrawing **enough cash in Kathmandu** before starting your trek.

A Day on the 12-day EBC Trail

A typical day on the Everest Base Camp 12-day Trek begins early to take advantage of the **clear morning weather**. After breakfast, you spend the day hiking through **Sherpa villages**, **forests**, **suspension bridges**, and **alpine landscapes** with regular breaks for rest and lunch.

Most trekking days end by **mid to late afternoon**, giving you plenty of time to **relax**, **acclimatize**, enjoy dinner, and prepare for the following day's journey.

Maximum/Minimum Walk per Day

Trekking hours and walking distances vary throughout the 12-day Everest Base Camp Trek depending on the day's route, **elevation gain**, **trail conditions**, and **acclimatization schedule**.

- **Shortest trekking day:** Lukla to Phakding – approximately **3–4 hours**
- **Longest trekking day:** Namche Bazaar to Lukla – approximately **8–9 hours**
- **Shortest trekking distance:** Lukla to Phakding – approximately **8 km (5 miles)**
- **Longest trekking distance:** Pheriche to Namche Bazaar – approximately **17 km (10.5 miles)**
- **Longest day including the Everest Base Camp excursion:** Lobuche to Gorak Shep and back to the Everest Base Camp via Gorak Shep – approximately **15 km (9.3 miles)** over **6–8 hours**

- **Average trekking time:** Around **5–7 hours per day**
- **Acclimatization hikes:** Rest days in **Namche Bazaar** and **Dingboche** include short hikes to **Everest View Hotel** and **Nangkartshang Peak** before returning to the same village for the night.

Note: *Trekking hours are approximate and may vary depending on your walking pace, weather, trail conditions, group size, and the time spent at viewpoints, teahouses, and rest stops.*

Maximum/Minimum Altitude per Day

Your 12-day Everest Base Camp Trek follows a gradual ascent through the Khumbu Valley, allowing your body to acclimatize safely before reaching the highest viewpoints.

- **Trip starting altitude:** Kathmandu – **1,400 m (4,593 ft)**
- **First trekking destination:** Lukla – **2,845 m (9,334 ft)**
- **Lowest overnight altitude on the trek:** Phakding – **2,610 m (8,563 ft)**
- **Highest overnight stay:** Gorak Shep – **5,164 m (16,942 ft)**
- **Everest Base Camp: 5,364 m (17,598 ft)**
- **Highest point reached on the trek:** Kala Patthar – **5,555 m (18,225 ft)**
- **Typical daily altitude gain:** Approximately **300–900 metres**, depending on the day's route and **acclimatization schedule**.

Note: *To reduce the risk of altitude sickness, we include two acclimatization days in your itinerary: Namche Bazaar and Dingboche. During these days, you'll hike to a higher elevation before returning to sleep at a lower altitude, following the recommended "climb high, sleep low" principle.*

When is the best time to trek?

The 12-day Everest Base Camp Trek can be completed **year-round**, but **weather**, **visibility**, and **trail conditions** vary significantly by season.

Spring (March to May) and **Autumn (September to November)** offer the best combination of **stable weather**, **comfortable temperatures**, and **spectacular mountain views**.

Trekking during the **winter** or **monsoon** is still possible, but it involves greater challenges and requires **extra precautions**.

From March to May in the Spring Season

Spring is one of the most popular seasons for trekking to Everest Base Camp. The weather gradually becomes warmer, **rhododendron forests** bloom below **Namche Bazaar**, and the skies are generally clear. This season offers great views of **Mount Everest**, **Lhotse**, **Ama Dablam**, **Nuptse**, and **Thamserku**.

What to expect:

- **Stable weather** and **excellent mountain visibility**
- **Daytime temperatures** generally range from **5°C to 15°C**

- **Night temperatures** can be as low as **-5°C** at higher elevations
- **Rhododendron blooms** and **wildflowers** between **Phakding** and **Tengboche**
- **Busy teahouses**, **moderate crowds**, and **popular trekking trails**
- **Ideal conditions** for flights between **Kathmandu/Manthali** and **Lukla**

From September to November in the Autumn Season

Autumn is considered the **best overall season** for the Everest Base Camp Trek. After the monsoon, the air is clean, visibility is exceptional, and temperatures remain comfortable for trekking. This season also coincides with Nepal's major festivals, including **Dashain** and **Tihar**.

What to expect:

- **Crystal-clear mountain views**
- **Pleasant daytime temperatures** between **8°C and 18°C**
- **Night temperatures** can drop to **-10°C** at higher altitudes
- **Dry trails** with **minimal rainfall**
- **Excellent photography conditions**
- **Peak trekking season** with **lively teahouses** and **more crowds**

From December to February in the Winter Season

Winter brings **cold temperatures** and **fewer trekkers** to the Everest region. While **snowfall** is common around **Lobuche**, **Gorak Shep**, and **Kala Patthar**, the skies are often clear, rewarding you with **unobstructed mountain panoramas**.

What to expect:

- **Quiet trails** and **less crowded teahouses**
- **Clear mornings** with **excellent visibility**
- **Daytime temperatures** range from **10°C to 15°C**
- **Night temperatures** may fall below **-15°C to -20°C** at higher elevations
- **Occasional snowfall**, especially above **Dingboche**
- Possible **Lukla flight delays** due to **winter weather**

From June to August in the Summer Season

Summer coincides with Nepal's **monsoon season**, bringing **rainfall** to lower elevations such as **Lukla**, **Phakding**, and **Namche Bazaar**. Higher areas receive less rain but are often covered by **clouds**, reducing **mountain visibility**.

You can trek during the **monsoon season**, but it brings challenges such as **frequent rainfall**, **high humidity**, and **warm temperatures**, requiring **extra preparation** and **flexibility**.

What to expect:

- **Frequent rainfall** below **Namche Bazaar**

- **Cloudy afternoons** and **limited mountain views**
- **Daytime temperatures** can rise from **22°C to 27°C**
- **Night temperatures** can drop to **5°C to 10°C**
- **Fewer trekkers** and **quieter teahouses**
- **Lush green forests** and **waterfalls**
- Possibility of **Lukla flight delays** or **cancellations** due to **poor visibility**

Note: *You can follow the* ***Everest travel guide*** *for more details.*

What Should You Expect After Completing the Trek?

Completing the 12-day Everest Base Camp Trek is a **remarkable achievement**. After returning to **Kathmandu**, you can **relax**, **celebrate your accomplishment**, and prepare for your onward journey while we handle your remaining **travel arrangements**.

Certificate and Souvenir

After returning to **Kathmandu**, we host a **farewell gathering** where you can spend your final evening with your **trekking crew**. It's a great opportunity to **share stories from the trail**, **relive your favorite moments**, and **celebrate the successful completion** of your EBC adventure.

To commemorate your achievement, we present you with a **digital Everest Base Camp Trek Completion Certificate** via **WhatsApp** or your **email**. As a memento of your journey, we provide a **Discovery World Trekking souvenir**, including a **company T-shirt** and **cap**, before you depart from **Kathmandu**.

Departure and Airport Transfer

Following the **farewell gathering** in **Kathmandu**, we arrange a **private transfer** back to your hotel.

On your departure day, a **complimentary private airport transfer** will be arranged from your hotel to **Tribhuvan International Airport (TIA)** based on your **international flight schedule**.

We recommend arriving at the **airport** at least **three hours before departure** to allow enough time for **check-in**, **immigration**, and **security procedures**.

12 Days Everest Base Camp Trek Difficulty

The 12-day Everest Base Camp Trek is considered a **moderately challenging to challenging** Himalayan trek. While it does not require **technical climbing** or **mountaineering experience**, the combination of **high altitude**, **consecutive days of trekking**, **steep ascents and descents**, and **changing weather conditions** makes it physically demanding.

If you have a **reasonable level of fitness**, you can complete the trek with **proper preparation**, a **steady pace**, and **adequate acclimatization**.

Trek Distance, Duration, and Altitude

Altitude is the biggest challenge on the Everest Base Camp Trek. It covers approximately **125–135 km (78–84 miles)** round trip from Lukla to Everest Base Camp.

Depending on the day's itinerary, you'll typically walk **5–7 hours each day**, with shorter walks on **acclimatization days** and longer hikes during the ascent to Everest Base Camp and the return to Lukla.

As you climb higher, **oxygen levels decrease**, making it more difficult for your body to function normally. So your guide always focuses on **proper acclimatization**, which significantly reduces the risk of **altitude sickness**.

Note: *Although the daily walking distances are moderate, the* ***thin air above 3,500 metres*** *makes your trekking significantly more demanding.*

Weather and Temperature

The weather in the Everest region changes quickly, which increases the difficulty of the trek. Temperatures become colder as you gain altitude, but **strong winds**, **snowfall**, or **cloud cover** can occasionally affect trekking conditions and Lukla flights.

The table below contains the typical temperatures during the trekking seasons:

Location	Daytime	Night
Lukla (2,845 m)	10°C to 20°C	0°C to 8°C
Namche Bazaar (3,440 m)	8°C to 15°C	-2°C to 5°C
Dingboche (4,410 m)	3°C to 10°C	-8°C to 0°C
Lobuche (4,940 m)	0°C to 8°C	-10°C to -5°C
Gorak Shep (5,164 m)	-2°C to 6°C	-15°C to -10°C

Note: *Pack appropriate layered clothing as the weather changes rapidly and temperatures can drop below zero.*

Difficulty Level to Reach Base Camp

The overall trail to Everest Base Camp is **well established**. However, the last section before reaching Base Camp is challenging because of **continuous elevation gain**, **steep paths**, **rocky terrain**, and **reduced oxygen levels**.

The most demanding sections that add difficulty to your 12-day Everest Base Camp Trek are:

- The **steep climb** from **Phakding** to **Namche Bazaar**
- The ascent from **Deboche** to **Dingboche**
- The **high-altitude trek** between **Lobuche**, **Gorak Shep**, and **Everest Base Camp**
- The **early morning hike** to **Kala Patthar (5,555 m)**, where temperatures are lowest and oxygen levels are at their minimum

***Note:** To make your journey safer, our **experienced guide** will maintain a **comfortable pace**, schedule **regular rest breaks**, and **monitor your condition** throughout the trek.*

Difficulty for Different Age Groups

The Everest Base Camp Trek is suitable for trekkers of **various ages**, provided they are in **good health** and **physically prepared**. Success depends more on **fitness**, **acclimatization**, and **determination** than on age alone.

There is **no government-imposed minimum age**, but you can follow the common guidance:

Children

- Generally **not recommended** for **children under 8 years** due to **high altitude**.
- For **8–12 years**: It is possible for **fit, experienced young trekkers** with **close supervision** by parents or guardians.
- For **13+ years**: Healthy teenagers can complete the trek if they follow the **acclimatization schedule**.

18–35 Years

- Generally **recover quickly** from long trekking days.
- Suitable for **beginners with good physical fitness**.

36–50 Years

- One of the **most common age groups** on the **Everest Base Camp Trek**.
- **Moderate fitness** and some **endurance training** are recommended before the trek.

51–65 Years

- Many trekkers in this age group successfully complete the trek every year.
- **Regular walking**, **cardiovascular exercise**, and **strength training** before arrival are highly beneficial.

Above 65 Years

- The trek is possible for **healthy, active individuals** with **previous trekking or hiking experience**.
- We recommend **consulting your doctor** before travelling and choosing a **comfortable trekking pace**.

Acute Mountain Sickness (AMS)

The greatest challenge of the Everest Base Camp Trek is Acute Mountain Sickness (AMS), which can affect anyone regardless of **age** or **fitness**. As you climb above **3,000 metres**, the **oxygen level decreases significantly**, making **proper acclimatization** essential.

You need to be cautious about the common symptoms, which include:

- Headache
- Loss of appetite

- Nausea or vomiting
- Fatigue
- Dizziness
- Difficulty sleeping
- Shortness of breath while resting

To reduce the risk of AMS, you can:

- **Follow the itinerary** without rushing.
- **Walk slowly** and maintain a **steady pace**.
- Drink **3–4 litres of water** each day.
- Eat **nutritious, carbohydrate-rich meals**.
- Avoid **alcohol** and **smoking**.
- **Inform your guide immediately** if you experience any symptoms.

Safety Measures for Everest Base Camp Trek

Every trekker's safety is our highest priority throughout the Everest Base Camp 12-day Trek. From **pre-trek preparation** and **planned acclimatization** to **emergency support** and **experienced guides**, we take every precaution to help you complete the journey safely. This allows you to focus on enjoying the **unparalleled beauty** of the **Khumbu region**.

Physical Preparation and Training

Although the Everest Base Camp Trek does not require **technical climbing skills**, preparing your body before arriving in Nepal will make the journey much more enjoyable. We recommend beginning your training **6–8 weeks before the trek**.

You need to focus on improving your:

- **Cardiovascular fitness:** Walking, jogging, cycling, swimming, or hiking **3–5 times per week**.
- **Leg strength:** Squats, lunges, stair climbing, and hill walking.
- **Core stability:** Planks and bodyweight exercises for **better balance**.
- **Endurance:** Practice walking **10–15 km** while carrying a **small daypack**.
- **Flexibility:** Stretch regularly to reduce **muscle soreness** and improve **recovery**.

Note: *If possible, include a few hikes on uneven terrain to simulate the rocky trails between Namche Bazaar, Dingboche, Lobuche, and Gorak Shep.*

Altitude and Acclimatization Strategy for Safe Everest Trekking

Our 12-day itinerary includes a dedicated **acclimatization day** in **Namche Bazaar (3,440 m)** and **Dingboche (4,410 m)**. During these days, you'll hike to nearby viewpoints such as **Everest View Hotel (3,880 m)** or **Nangkartshang Peak** before returning to sleep.

This **"climb high, sleep low"** approach helps your body adapt more effectively to the increasing altitude.

To acclimatize safely, we recommend:

- Trek at a slow and steady pace.
- Drink 3–4 litres of water daily.
- Eat regular carbohydrate-rich meals.
- Avoid alcohol and smoking.
- Get adequate rest every night.
- Report any symptoms of altitude sickness to your guide immediately.
- Never continue ascending if symptoms become severe.

Note: *Our guides carry a* ***pulse oximeter*** *to regularly monitor your* ***oxygen saturation*** *and* ***heart rate****, especially after reaching Namche Bazaar, Dingboche, Lobuche, and Gorak Shep.*

Emergency Helicopter Evacuation

Although emergencies are uncommon in the **high-altitude region**, **helicopter evacuation** is the **fastest** and **safest** way to receive medical care in the Everest region if **severe altitude sickness**, **injury**, or **illness** occurs.

If there is a need for evacuation:

- Your **guide** will assess your condition immediately.
- At first, the guide will take you down to the **current altitude**.
- We will coordinate with your **insurance provider** to arrange a **rescue helicopter**.
- **Weather permitting**, the helicopter will evacuate you to **Kathmandu**, where you can receive treatment at a **suitable hospital**.
- Our office team remains in contact with the **rescue company**, **hospital**, and your **emergency contacts** throughout the process.

Note: *For this reason, you need to have* ***travel insurance*** *covering* ***emergency helicopter evacuation up to 5,555 metres****.*

High Altitude Coverage (Medical Treatment and Hospitalization)

Before travelling to Nepal, your travel insurance should provide sufficient coverage for **high-altitude trekking** in the Everest region.

Many standard travel insurance policies only cover trekking up to **3,000–3,500 metres**, which is not adequate for the Everest Base Camp Trek. You should **confirm the coverage** with your insurer before travelling.

Your policy should include:

- **Emergency evacuation** and trekking coverage up to **5,555 metres (Kala Patthar)**.
- **Hospitalization** and **medical treatment** in **Kathmandu**.
- **Prescription medication** and **emergency medical expenses**.
- **Search and rescue operations.**
- **Trek interruption** or **curtailment** due to medical emergencies.

- **Repatriation**, if required.

Note: *Before your trek begins, please provide us with a copy of your insurance policy so we can verify the coverage and respond quickly in case of an emergency.*

Things to Remember Before EBC Trek

The **changing weather**, **high altitude**, and **limited facilities** along the trail mean it's important to **pack wisely** and understand what to expect before leaving **Kathmandu**.

Before the Everest Base Camp adventure, you need to prepare well to make your trek more **comfortable** and **enjoyable**.

Note: *We explain everything you need to know during the **pre-trek briefing**. This includes what to pack for different **weather** and **temperatures**, the recommended **trekking gear**, how to keep your **backpack light**, **trail conditions**, and the **facilities** available along the route.*

Equipment Checklist (Essential Items)

Mountain weather in the Everest region can change quickly, with **warm, humid conditions** at lower elevations and **sub-zero temperatures** higher up. Choosing the **right trekking gear** is essential for staying comfortable throughout the journey.

You need to **pack light** and wear **clothing in layers** so you can easily adjust to changing weather without carrying unnecessary weight.

Below are the **essential items** we recommend bringing for your Everest Base Camp 12-day trek:

- **Clothing:** Moisture-wicking base layers, a fleece jacket, an insulated down jacket, a waterproof outer jacket, trekking trousers, thermal wear, gloves, T-shirts, neck buffs, and trekking socks.
- **Footwear:** Well-broken-in waterproof trekking boots, camp shoes or sandals, and gaiters (recommended in winter).
- **Trekking Equipment:** A sleeping bag (rated to at least **-15°C**), trekking poles, UV400 sunglasses, a headlamp with spare batteries, reusable water bottles or a hydration bladder (minimum **2 liters**), and water purification tablets or a filter.

Backpack

You generally have **two backpacks** for the trek. The first is a **duffel bag** that holds your clothing, trekking gear, and luggage for your **porter** to carry. The second is your **daypack**, which is the only bag you carry throughout each day's trek.

A **30–40 litre daypack** with a **maximum weight of 5 kg** is ideal, where you need to pack only the essentials:

- A **thermos** of about **2 liters**
- **Camera**, **power bank**, and **phone**
- **Snacks** and **energy bars**

- **Rain jacket** or **down jacket**
- **Sunglasses**, **gloves**, and **hat**
- **Toiletries** and **wet wipes**
- **Hand sanitizer** and a **quick-dry towel**
- **Sunscreen (SPF 50+)** and **SPF lip balm**
- Copies of your **passport**, **travel insurance**, and other documents

Electricity, Internet, Charging

Although the Everest region is remote, **basic services** are available throughout most of the trekking route. However, prices increase with **altitude**, and services become **less reliable** in higher villages.

Electricity and Charging

- Electricity is available in Lukla, Phakding, Namche Bazaar, Deboche, Dingboche, Lobuche, and Gorak Shep.
- Charging **phones**, **cameras**, or **power banks** usually costs **NPR 800–1,100 ($5–$7 USD)** per device.
- **Charging fees** are generally higher in **Lobuche** and **Gorak Shep**.

Internet (WiFi)

- Most **teahouses** offer **paid WiFi**.
- Available in Lukla, Phakding, Namche Bazaar, Tengboche, Dingboche, Lobuche, and Gorak Shep.
- Typical cost: **NPR 500–800 ($3–$5 USD)** per device.
- **Internet speed** slows above **Namche Bazaar**.

Note: *You can also purchase an **Everest Link WiFi card**, which works at many villages along the route and often provides a more reliable connection than individual teahouse WiFi.*

Mobile Network

Both **Nepal Telecom (NTC)** and **Ncell** provide **mobile coverage** in parts of the **Everest region**. **NTC** generally offers better coverage, though **signal strength** becomes weaker at higher elevations.

You can easily purchase an **NTC** or **Ncell SIM card** from mobile phone shops, convenience stores, or authorized retailers throughout **Kathmandu**, including the **Thamel** area. Remember to carry your **passport**, as it is required to **register a SIM card** in Nepal.

Everest Base Camp 12 Day Trek Cost

The cost of the 12-day Everest Base Camp Trek depends on the **number of trekkers** in your group. As more people join the trek, the **per-person price decreases** because **transportation** and **operational costs** are shared.

Regardless of **group size**, every package includes the same **professional service**, **experienced guides**, **accommodation**, **meals during the trek**, **permits**, and all **essential logistics** for a comfortable Himalayan adventure.

Group Size	Cost Per Person (USD)	Best For
Small Group (2–3 Trekkers)	$1,220	Couples, friends, or family members seeking a more custom trekking experience.
Medium Group (4–7 Trekkers)	$1,170	Families and groups of friends looking for excellent value while enjoying a private trek.
Large Group (8–13 Trekkers)	$1,130	Clubs, organizations, or larger groups benefiting from shared operational costs.
Extended Group (14–22 Trekkers)	$1,100	The most cost-effective option with maximum savings per person, ideal for corporate teams, schools, and organized travel groups.

If you are in a **smaller group**, you can enjoy a more **private** and **flexible trekking experience**, while **larger groups** provide **better value** without compromising on **safety** or **service quality**. We provide an **additional guide** for groups with **more than 4 members**.

Note: *The applicable price is* ***automatically calculated*** *during the booking process based on your* ***confirmed group size****.*

Licensed Guides and Porters for EBC Trek

Guides and **porters** are key members of your trekking team, making your Everest Base Camp 12-day trek safe, enjoyable, and memorable.

All our trekking **guides** are **government-licensed**, **English-speaking**, and highly experienced in Everest region trekking. They are trained in **high-altitude first aid**, **altitude sickness awareness**, and **emergency response**, assisting you on the trail and sharing insights into the local **Sherpa culture** and landscapes.

Our dedicated **porters** carry your **main duffel bag**, allowing you to trek comfortably with only a **lightweight daypack**.

How Much Should You Tip Guides and Porters?

Tipping is **not mandatory** in Nepal, but it is a **long-standing tradition** in the trekking industry. It is considered a thoughtful way to show appreciation for your **guide** and **porter's dedication** and hard work.

There is **no fixed amount** for tipping. The amount is entirely at your discretion and usually depends on your **overall experience**, the **quality of service** you receive, the **duration of the trek**, and the **size of your group**. We will provide **general tipping recommendations** during your **pre-trek briefing** in Kathmandu.

Note: *It is recommended to* ***collect the tips at the end of the trek*** *and present them to the trekking team together. Please consider that many trekking crews rely on* ***tips*** *to supplement their income and support their families.*

Porter Weight Limit and Shared Luggage

At Discovery World Trekking, we consider our porters part of our family. To protect their **health**, **safety**, and **well-being**, we follow **responsible trekking practices** and Nepal's recommended **porter weight guidelines** throughout the trek.

- **Luggage limit per porter:** 18 kg (40 lbs) maximum
- **Maximum luggage per trekker:** 9 kg (20 lbs)
- **Porter allocation:** We assign one porter to every two trekkers.
- **Duffel bag:** Each porter carries only one duffel bag containing the combined luggage of both trekkers. If you don't have one, we can provide a used non-waterproof duffel bag/rucksack.
- **Combined weight limit:** The total weight of the shared duffel bag must not exceed 18 kg, allowing up to 9 kg per trekker. This means you need to have a trekking partner to share your duffel bag.

Note: *Please pack only the* ***essential items****, as luggage is carried on foot throughout the trek.*

Storage Options

You don't need to carry all your belongings into the mountains during your 12-day Everest Base Camp Trek. Most hotels in **Thamel** offer **secure luggage storage** for their guests. If you wish to leave any unnecessary items behind, you can check with your hotel before the trek.

For added convenience, Discovery World Trekking also provides **complimentary secure storage** at our Kathmandu office. You can safely store any belongings you won't need on the trail and collect them after returning from your Mt. Everest Base Camp Trek.

Items you can commonly leave in storage include:

- **Suitcases**, travel bags, and large backpacks
- **Extra clothing** and footwear
- **Electronics** not needed during the trek
- **Souvenirs** and shopping items
- **Travel accessories** or documents not required on the trek

Why Choose the Everest Base Camp Trek?

The 12-day Everest Base Camp Trek combines a **unique mountain landscape** with the **rich culture of the Khumbu region**. From crossing **suspension bridges** above glacial rivers to walking beneath some of the **world's highest peaks**, every stage of the journey offers a different perspective of the Himalayas.

Along the way, you can experience **Himalayan hospitality**, visit **traditional villages**, and witness a unique mountain lifestyle that has endured for generations.

Sherpa People and Culture

The Everest region is home to the **Sherpa community**, renowned for their **mountaineering expertise**, **warm hospitality**, and deep **Buddhist traditions**.

Throughout the trek, you pass through traditional Sherpa villages such as **Phakding**, **Namche Bazaar**, **Khumjung**, **Pangboche**, **Dingboche**, and **Lobuche**, where stone-built homes and generations of Himalayan traditions continue to shape daily life.

During your stay in a locally operated community, you get the opportunity to gain insights into:

- **Traditional Sherpa Homes:** Built from locally sourced stone with wooden windows and slate roofs, designed to withstand the region's cold winters and strong mountain winds.
- **Sherpa Cuisine:** Teahouses serve hearty meals such as **Sherpa Stew (Shyakpa)**, **Tsampa**, **Butter Tea**, **Potatoes**, and **Homemade Bread**, prepared to provide warmth and high-calorie fuel for the trek.
- **Yak and Dzopkyo Caravans:** Continue to transport food, fuel, luggage, and everyday supplies between villages where road access is unavailable.
- **Handcrafted Woolen Clothing and Local Craftsmanship:** Purchase hand-knitted hats, gloves, scarves, and woven textiles that reflect generations of Himalayan tradition and practical mountain living.
- **Sherpa Hospitality:** Family-run teahouses welcome you with genuine warmth while preserving their customs, language, and close-knit community spirit.

Iconic Monasteries and Religious Sites

In the Everest region, you pass several **sacred Buddhist sites** that have shaped the Sherpa community for centuries. These monasteries, prayer monuments, and religious landmarks provide insight into the region's spiritual traditions while adding a unique cultural dimension to your trek.

Some of the religious highlights are:

- **Tengboche Monastery (3,867 m):** The largest and most important Buddhist monastery in the Khumbu region, famous for the **Mani Rimdu Festival** and its daily Buddhist prayers.
- **Pangboche Monastery (3,985 m):** One of the oldest monasteries in the Everest region, preserving ancient Buddhist artefacts and scriptures.
- **Khumjung Monastery (3,790 m):** Best known for displaying what is locally believed to be a **Yeti scalp**.
- **Phakding Monastery (2,610 m):** Also known as **Rimjung Monastery**, belonging to the **Nyingma school of Tibetan Buddhism**.
- **Deboche Monastery (3,820 m):** A peaceful Buddhist nunnery surrounded by rhododendron forest.
- **Mani Walls:** Stone walls carved with the sacred mantra **Om Mani Padme Hum**. According to local tradition, always pass them on the left.

- **Prayer Wheels:** Traditionally spun clockwise as a gesture of respect and to send prayers into the world.
- **Chortens (Stupas):** White Buddhist monuments symbolizing peace, compassion, and enlightenment.
- **Prayer Flags:** Colourful flags carrying prayers and blessings across mountain winds according to Buddhist belief.

Eye-catching View of Mount Everest from Kala Patthar

Although Everest Base Camp (5,364 m) is the main destination, you can see the most spectacular view of **Mount Everest** from Kala Patthar (5,555 m). Unlike Everest Base Camp, where Mount Everest is largely hidden behind **Nuptse**, Kala Patthar offers a clear and much wider perspective of the world's highest mountain.

An early morning hike to **Kala Patthar** rewards you with one of the finest mountain panoramas in the Himalayas. From the top, you can enjoy breathtaking views of:

- **Mount Everest (8,848.86 m / 29,031.7 ft):** The world's highest mountain rising above the Khumbu Glacier.
- **Lhotse (8,516 m / 27,940 ft):** The fourth-highest mountain in the world.
- **Nuptse (7,861 m / 25,791 ft):** A jagged ridge forming the western wall of the Everest massif.
- **Pumori (7,161 m / 23,494 ft):** A pyramid-shaped peak often called the "Daughter of Everest."
- **Ama Dablam (6,812 m / 22,349 ft):** One of Nepal's most beautiful mountains, known as the "Mother's Necklace."
- **Lingtren (6,749 m / 22,142 ft):** A rugged peak on the Nepal–Tibet border.
- **Khumbutse (6,665 m / 21,867 ft):** The mountain lying directly west of Mount Everest.
- **Thamserku (6,608 m / 21,680 ft):** A majestic snow-covered mountain dominating the skyline above Namche Bazaar.

Note: *As the first rays of sunlight illuminate the surrounding peaks, the* ***snow-covered mountains glow in shades of gold and orange****, creating one of the most memorable moments of the entire trek.*

Sagarmatha National Park

Much of the Everest Base Camp Trek takes place inside Sagarmatha National Park, Nepal's first national park to be recognized as a **UNESCO World Heritage Site**. Established in **1976** and listed by UNESCO in **1979**, the park covers **1,148 square kilometers** in the Khumbu region.

The park is one of the world's highest protected areas, conserving the unique **Himalayan ecosystem**, **glaciers**, **forests**, and **alpine wildlife**.

As you trek through the park, you pass through **pine**, **rhododendron**, and **juniper forests**, cross deep river valleys on **suspension bridges**, and walk alongside **alpine meadows**, **glaciers**, and the famous **Khumbu Glacier**.

If you are fortunate, you may also spot wildlife such as:

- **Himalayan tahr**
- **Musk deer**
- **Himalayan monal** (Nepal's national bird)
- **Blood pheasant**
- **Himalayan griffon vulture**

Daily Life and Festivals in the Khumbu Region

Life in the **Khumbu region** revolves around **Buddhism**, **yak farming**, **tourism**, and long-standing **mountain traditions**. As you pass through villages like **Namche Bazaar**, **Khumjung**, **Pangboche**, and **Dingboche**, you can see locals tending livestock and transporting goods by **yak** and **dzopkyo**.

Besides that, you also encounter colourful **prayer wheels**, fluttering **prayer flags**, and **centuries-old monasteries**, where many Sherpa families gather for daily prayers and religious ceremonies.

If you trek during the festival season, you may also witness colourful Sherpa celebrations such as:

- **Mani Rimdu Festival** at Tengboche Monastery, featuring traditional masked dances and Buddhist ceremonies.
- **Dumje Festival**, celebrated by Sherpa communities to pray for peace, prosperity, and good harvests.
- **Dashain** and **Tihar**, Nepal's major festivals celebrated particularly by Hindu families in the lower regions.

Alternative Everest Base Camp Trek Packages

If the 12-day Everest Base Camp Trek isn't the ideal fit for your **schedule**, **trekking experience**, or **travel goals**, you can choose from several other Everest region adventures.

We provide different **Everest region packages**, including:

- **Everest Base Camp Trek – 14 Days:** A standard package that is ideal if you prefer a more gradual pace with additional acclimatization and shorter walking days.
- **Everest Base Camp Trek with Helicopter Return:** A package that includes a few trekking days, acclimatization, and a helicopter return. It is perfect for trekkers who want to reach Everest Base Camp while saving time on the return journey.
- **Everest Three Passes Trek:** Best for experienced trekkers seeking the ultimate Everest adventure with the three high mountain passes: Kongma La, Cho La, and Renjo La.
- **Everest Base Camp Trek via Gokyo Lakes:** A great choice if you want to explore the stunning Gokyo Lakes and enjoy fewer crowds. It combines the classic Everest Base Camp route with the breathtaking Gokyo Valley for a more diverse trekking experience.

- **Luxury Everest Base Camp Trek:** Similar to the standard package but designed for travellers seeking greater comfort with premium accommodation and services wherever available.
- **Everest View Trek:** A week-long trek perfect for families, beginners, or anyone looking for a shorter and easier introduction to the Everest region. The route takes you to Tengboche to enjoy a stunning view of Mount Everest before returning.

Whether you want a **slower pace**, a **more challenging route**, a **luxury experience**, or a **shorter trek**, we have an itinerary to suit your preferences.

How Can You Book the Everest Base Camp Trek?

Booking your 12-day Everest Base Camp Trek with Discovery World Trekking is simple and hassle-free. Once you confirm your preferred **travel dates**, you can secure your booking by paying **10% of your total trip cost**.

After receiving the required documents, our team will take care of your **permits**, **domestic flights**, **accommodation**, **transportation**, and all other **pre-trek arrangements**.

Please note that all of our Everest Base Camp treks are operated as **private treks**. We do not combine you with other travellers or place you in fixed departure groups.

Whether you're travelling as a couple, with family, or with friends, you'll have your own dedicated **guide** and **porter** (one for every two trekkers), allowing you to trek at your own pace.

Payment Methods

We offer several **secure** and **convenient payment options** to make your booking process simple. You can pay using any of the following methods:

- **Bank transfer (SWIFT)**
- **Credit or debit cards** (Visa, Mastercard, etc.)
- **Wise** (formerly TransferWise)
- **Western Union**
- **MoneyGram**
- **Online payment** through our website

After receiving your payment, we confirm your booking and provide the **next steps** to help you prepare for your trek.

Note: *We also accept* ***cash payments*** *in major foreign currencies, including* ***USD****,* ***EUR****,* ***AUD****, and* ***CAD****, or* ***Nepalese Rupees (NPR)*** *for the remaining balance, which can be paid at our Kathmandu office.*

Last-Minute Booking

Planning a **spontaneous trip**?

We understand that not every trip can be planned months ahead. That's why we accept **last-minute bookings** for the Everest Base Camp 12-day Trek, subject to the availability of a **guide**, **porters**, **accommodation**, and **domestic flights** between Kathmandu (or Manthali) and Lukla.

For last-minute departures, we recommend contacting us as early as possible so we can arrange:

- Lukla flights
- Trekking permits
- Accommodation
- Licensed guides and porters
- Airport transfers

To confirm a **last-minute booking**:

- A **10% deposit** is required as soon as possible to secure your booking.
- The remaining **90% balance** must be paid at least **24 hours before the trek start date**.
- Your **passport copy**, **passport-sized photo**, and **valid travel insurance** should be ready so we can process your permits, flights, and other trek arrangements without delay.

It is best suited for travellers with **flexible travel dates** who already have their **travel documents** prepared and are ready to begin the trek on short notice.

Note: *As **Lukla flights** and **guide availability** can fill up quickly, we recommend contacting us as early as possible (**at least one month in advance**) to increase your chances of securing your preferred departure date.*

Customizable Itinerary

Every traveller has different **goals** and **preferences**, so we can tailor the itinerary to suit your **schedule**, **fitness level**, and **travel plans**. From adjusting to a slower pace to adding extra days for acclimatization or additional experiences, we can customise an itinerary that matches your needs.

You can choose from the following popular customization options:

- Adding **extra acclimatization days** beyond Namche Bazaar or Dingboche
- Spending **additional nights in Namche Bazaar** to explore nearby viewpoints and Sherpa culture
- Adding an **overnight stay at Everest Base Camp** (seasonal camping option)
- Booking a **private helicopter return** from Gorak Shep or Lukla
- Extending your **stay in Lukla** before or after the trek
- Changing **arrival or departure dates**
- Adjusting the trekking pace with **shorter walking days**
- Upgrading **hotel accommodation** in Kathmandu or Lukla

Note: *Please let us know your preferences before booking, and we will do our best to create a **personalized itinerary** that suits your travel plans and goals.*

Trip Extensions

Many trekkers choose to spend more time in Nepal after completing the Everest Base Camp Trek. If you'd like to continue exploring, we can help you plan another adventure before or after your trek, tailored to your **interests**, **available time**, and **fitness level**.

If you plan to stay longer than your current visa allows, you can easily extend your **tourist visa** at the **Nepal Department of Immigration**.

Longer trekking options:

- Annapurna Base Camp Trek
- Manaslu Circuit Trek
- Langtang Gosainkunda Trek
- Upper Mustang Trek

If you want shorter adventures, you can choose:

- Poon Hill Trek
- Mardi Himal Trek
- Other activities like **Bungee Jumping**, **Paragliding**, or **Rafting**

Note: *Our team is always ready to help you combine your Everest Base Camp Trek with any of these experiences to create a* ***memorable holiday in Nepal****.*

FAQs For 12 - Day Everest Base Camp Trek

GENERAL INFORMATION

Why choose the 12-Day Everest Base Camp Trek with Discovery World Trekking?

You can choose the **12-Day Everest Base Camp Trek with Discovery World Trekking** because our package is designed for travellers who want to experience the highlights of the Everest region within a shorter timeframe without compromising safety.

When you trek with us, you benefit from:

- **Private treks only** – your trek is never combined with other groups.
- **Experienced, government-licensed guides** trained in high-altitude trekking and first aid.
- A **well-designed 12-day itinerary** with proper acclimatization for a safe and enjoyable journey.
- **Complimentary airport transfers** on arrival and departure in Kathmandu.
- **No hidden costs**, with all inclusions clearly outlined before you book.
- **24/7 local support** from our Kathmandu-based team before and throughout your trek.

Who can join the EBC 12-Day Trek?

Anyone in **good physical condition** who enjoys walking and outdoor adventures can join the EBC 12-Day Trek. Whether you're travelling with friends, as a couple, or with family, the trek is open to those prepared for several days of hiking at high altitude.

How crowded is the Mount Everest Base Camp Trek?

Everest Base Camp is one of Nepal's most popular trekking routes, particularly during **spring (March to May)** and **autumn (September to November)**. You can expect busy trails and lively teahouses during these months. If you prefer a quieter experience, consider trekking in winter or the early monsoon season, when visitor numbers are much lower.

Where can I see my first clear view of Mount Everest during the trek?

You can catch your **first glimpse of Mount Everest while you enter the Sagarmatha National Park** and approach Namche Bazaar. But the first clear, close-up view comes from the Everest View Hotel, reached via an acclimatization hike from Namche. From here, you can also enjoy other snow-covered mountains such as Ama Dablam, Lhotse, and Thamserkhu.

What are the highlights of the 12-Day Everest Base Camp Trek?

The highlights of the 12-Day Everest Base Camp Trek include the **scenic flight to Lukla**, **exploring Sherpa Villages** (Namche and Dingboche), **trekking through Sagarmatha National Park** (a UNESCO World Heritage Site), and **reaching the base of the world's highest mountain, Everest Base Camp** (5,364 m). Additionally, you can have many unforgettable experiences such as visiting Tengboche Monastery, crossing numerous suspension bridges, and watching sunrise from Kala Patthar (5,555 m).

How does the 12-Day Everest Base Camp Trek fit into a shorter schedule?

The 12-Day Everest Base Camp trek fits into a shorter schedule as it follows the classic route but streamlines the journey by **reducing the number of days**. We combine some trekking days without missing the major highlights or important sections of the route. You may have to walk a little bit longer for overlapped days, but dedicated acclimatization days in Namche and Dingboche help you adjust your body before ascending higher.

What is the total distance between Lukla and Everest Base Camp?

The one-way trekking distance from Lukla Airport to Everest Base Camp is approximately **65 km (40 miles)**. While the round trip trek covers around **130 km (80 miles) over 12 days**.

TREK DIFFICULTY

How difficult is the Mount Everest Base Camp trek?

The 12-Day Everest Base Camp Trek is considered **moderately challenging**. The trail does not require climbing skills, but you will be trekking for several days at high altitude, reaching Everest Base Camp (5,364 m) and **Kala Patthar (5,545 m)**. So you should focus on some key factors such as good fitness, stamina, and proper acclimatization to complete the trek successfully.

Is the EBC 12-Day Trek suitable for beginners?

Yes. Beginners with a **good level of fitness and adequate preparation** can complete this trek. Regular walking, hiking, or cardiovascular exercise before your trip will help you enjoy the experience and cope better with the daily trekking schedule.

Does the Mount Everest Base Camp Trek involve technical climbing?

No. The trek follows established mountain trails and **does not involve mountaineering**, rope work, or technical climbing. Although some sections are rocky and uneven, you do not need any previous climbing experience. Yet, you can involve some physical training and strength-building exercises before your trek starts.

Which day is most challenging on the 12-Day Everest Base Camp Trek?

Most trekkers find Day 8 the most demanding. On this day, you trek from **Lobuche to Everest Base Camp** (5,364 m) and continue the return journey to **Gorak Shep** for the night. The combination of high altitude, longer walking hours, and thinner air makes this the toughest day of the itinerary. Additionally, the early morning trek to Kala Patthar is also considered the challenging day.

How many hours will I trek each day?

You usually need to walk **5 to 7 hours per day**, depending on the itinerary, trail conditions, and your pace. Some days, such as the trek to Everest Base Camp or Kala Patthar, you may need to follow a rough route for **7 to 8 hours**. But on the acclimatization days, many trekkers prefer to go on a shorter hike (**around 4 hours**) and then rest.

Does the shorter 12-Day itinerary make the trek more demanding?

No. Although the trek is completed in fewer days, our 12-day itinerary is carefully designed to maintain a safe pace and includes dedicated acclimatization days in Namche Bazaar and Dingboche. It covers the same highlights in fewer days, resulting in some longer walking days and a quicker ascent or descent. It is best suited for you if you have limited travel time. With proper acclimatization, experienced guides, and well-planned daily stages, this itinerary remains both safe and achievable for trekkers with a good level of fitness.

Which trek is better for me: the EBC-12 Day or the Annapurna Base Camp Trek?

You can choose the Everest Base Camp Trek if reaching the base of the world's highest mountain and experiencing Sherpa culture are your priorities. If you prefer a lower-altitude trek with greener landscapes, diverse forests, and generally easier trekking conditions, the Annapurna Base Camp Trek may be a better fit for you.

Is the Manaslu Circuit more challenging than the EBC-12 Day Trek?

Yes. The Manaslu Circuit Trek is generally considered more demanding because it is longer, more remote, and includes crossing **Larkya La Pass (5,106 m)**. Accommodation and facilities are more basic than in the Everest region, making it better suited to trekkers seeking a less crowded and more adventurous experience.

What are the key differences between the EBC-12 Day and the Annapurna Circuit Trek?

The Everest Base Camp Trek focuses on high-altitude trekking, Sherpa culture, and iconic Himalayan views, with flights to and from Lukla. In contrast, the Annapurna Circuit Trek offers greater landscape diversity, passing through subtropical forests, alpine valleys, and the high **Thorong La Pass (5,416 m)**. It is generally longer than the EBC 12-Day Trek and provides a broader range of scenery and cultural experiences.

What is the highest point reached during the EBC 12-Day Trek?

The highest point of the 12-Day Everest Base Camp Trek is **Kala Patthar (5,555 m / 18,225 ft)**. You start an early morning hike on Day 9 to reach this famous viewpoint. It offers the closest and most stunning panoramic views of Mount Everest, along with Nuptse, Pumori, Lhotse, and the surrounding Himalayan peaks. Although Everest Base Camp sits at 5,364 m, Kala Patthar is the highest elevation you will reach during the trek.

PREPARATION & FITNESS

How fit do I need to be for the 12-Day Everest Base Camp Trek?

You don't need to be an athlete for your 12-Day EBC trek, but you should be **comfortable walking for several hours on consecutive days** over uneven mountain terrain. You should focus on building your endurance before the trek so that it will make the journey more enjoyable and less physically demanding.

How should I prepare to trek to the Mount Everest Base Camp?

As a preparation for the Everest Base Camp trek, you should **begin preparing mentally and physically several weeks before your trip**. You can **start by indulging in physical training to enhance stamina and mental preparation** for long days of walking in a remote region. Additionally, you can start breaking in your trekking boots, testing your gear, selecting warm clothes for changing weather, and learning about altitude sickness and its precautions.

What exercises are recommended before the trek?

Exercises that **improve endurance and leg strength** are normally recommended before the trek. You should focus on **cardiovascular exercises such as running, swimming, or cycling** along with brisk walking, jogging, and stair climbing. You can add more **strength exercises like squats, lunges, step-ups, and core** workouts that will help prepare your body for long trekking days. If possible, practice hiking with a light daypack (5 kg) to become familiar with walking for extended periods.

When should I start training for the EBC 12-Day trek?

Ideally, we recommend you initiate your training **6 to 8 weeks** before your EBC 12-Day trek. You can start with **3-4 hours of physical training or gym per week** and gradually increase the duration and intensity of your workouts as your departure date approaches. It ensures that your body is ready to adapt to the changing environment in Nepal.

Can I complete the trek if I don't hike regularly?

Yes. Many first-time trekkers successfully complete the Everest Base Camp Trek each year. If you don't hike regularly, a few weeks of consistent training before your trip and following your guide for a steady pace during the trek will help you complete the journey with confidence.

PERMITS

What permits are required for the 12-Day Everest Base Camp Trek?

For the 12-Day Everest Base Camp Trek, you need three permits: the **Sagarmatha National Park Entry Permit, the Khumbu Pasang Lhamu Rural Municipality Permit, and the 2026 Environmental "Green Fee"**. These permits are checked at designated checkpoints and allow you to legally enter the Everest region. The permit fees help support trail maintenance, waste management, and sustainable development of local communities.

How can I obtain permits for the 12-Day EBC Trek?

You can obtain the required permits from the **Nepal Tourism Board or the local authorities in the Everest region**.

- Sagarmatha National Park Entry Permit → From Nepal Tourism Board or at the park entrance in Monjo
- Khumbu Pasang Lhamu Rural Municipality Permit → At the local permit office counter in Lukla or Monjo
- 2026 Environmental "Green Fee" → From Permit Counter in Lukla or at the Monjo checkpoint

If you book our 12-Day EBC Trek package, we arrange all the required permits on your behalf before the trek begins. You simply need to provide a **copy of your passport and a passport-sized photo** in advance.

Are permit fees included in the trek package?

Yes. All three trekking permit fees are included in our 12-Day Everest Base Camp Trek package, so you don't need to arrange or pay them separately. These include:

- **Sagarmatha National Park Entry Permit:** NPR 3,000 (~23 USD) + 13% VAT per foreign national (NPR 1,500 for SAARC nationals)
- **Pasang Lhamu Rural Municipality Permit:** NPR 3,000 (~23 USD) per person
- **Environmental Fee:** NPR 1,000 (~8 USD) per person.

INSURANCE & VISA

Do I need a visa to enter Nepal for the trek?

Yes. If you are a foreign national (except an Indian citizen), you need a Nepal tourist visa to enter the country. For the 12-Day Everest Base Camp Trek, we recommend obtaining a **30-day tourist visa ($50 USD)**. This gives you enough time to complete the trek and allows extra flexibility in case of weather-related flight delays or changes to your travel schedule.

How can I obtain a Nepal tourist visa on arrival?

You can obtain a Nepal tourist **visa on arrival at Tribhuvan International Airport** in Kathmandu or at designated border entry points. To apply, you must complete an arrival form, submit your passport and passport-sized photo, and pay the applicable visa fee. Please remember that your passport should be valid for at least six months from your arrival date. To avoid the long lines and delays, we recommend completing the online arrival form before your travel.

Is travel insurance mandatory for the 12-Day EBC Trek?

Yes. **Travel insurance is mandatory** for the 12-Day Everest Base Camp Trek due to the high altitude and remote mountain environment. You must purchase a comprehensive insurance policy before your trek begins and provide us with a copy in advance. We cannot start the trek without proof of suitable travel insurance, and without adequate coverage, emergency rescue and medical treatment can be extremely costly.

What should my travel insurance cover for the Everest Base Camp Trek?

Your travel insurance should cover **high-altitude trekking up to 5,555 m, emergency helicopter evacuation, medical treatment, trip cancellation or interruption, and repatriation**. We also recommend coverage for baggage loss, flight delays, and other unexpected travel disruptions. Please check your policy carefully, as many standard travel insurance plans only cover trekking up to 3,000–4,000 m.

GUIDES & PORTERS

Is hiring a guide mandatory for the 12-Day Everest Base Camp Trek?

Yes. Nepal requires all foreign trekkers in the Everest region to trek **accompanied by a licensed guide** under the latest trekking regulations. Your guide will not only ensure you meet this requirement but also assist with route navigation, permit checks, altitude monitoring, and communication with teahouses throughout the trek.

Can I trek to Everest Base Camp without a guide?

No. You cannot trek to Everest Base Camp alone, as independent trekking is no longer permitted by the government due to safety concerns in the Everest region. A licensed guide is required to enter the trekking route and will assist you with permits, safety, and local logistics from Lukla to Everest Base Camp and back.

Are Discovery World Trekking's guides licensed and experienced?

Yes. Our guides are **government-licensed professionals with years of experience** leading treks in the Everest region. They can communicate in English fluently and are trained in high-altitude trekking, wilderness first aid, and emergency response. They also monitor your health daily, help with acclimatization, and coordinate emergency evacuation if necessary.

How many guides and porters are assigned to the trek?

Every trek is led by at least one licensed guide. We provide **one porter for every two trekkers**, with each porter carrying a maximum combined load of **18 kg (9 kg per trekker)**. Larger groups (groups having 4+ people) are accompanied by additional guides to ensure personalized support and safety throughout the trek.

Will a porter carry my luggage during the trek?

Yes. Your porter will carry your main luggage, allowing you to trek comfortably with only a small daypack containing your daily essentials, such as water, extra clothing, snacks, and valuables. One porter carries only one duffel bag or rucksack **(60–70 litres)** with combined luggage of two trekkers. For the porter's safety, please keep your luggage within the **9 kg** weight limit.

Where can I store extra luggage before the trek begins?

You can safely leave any extra luggage at our office in Kathmandu free of charge while you're trekking. If you prefer, most hotels in Kathmandu also provide complimentary luggage storage for their guests. This way, you only need to bring the essentials for your 12-Day Everest Base Camp Trek.

Is tipping guides and porters expected in Nepal?

Yes, **tipping is customary** in Nepal's trekking industry, although it is never compulsory. It is a meaningful way to appreciate your guide's and porter's hard work, dedication, and support throughout your Everest Base Camp adventure. The amount is entirely dependent on you and should reflect your satisfaction with their service. We generally recommend collecting the tips together and presenting them to your guide and porter at the end of the trek.

Can I get additional porter support during the trek?

Yes. If you need additional luggage support, **Discovery World Trekking** can arrange an extra porter before your trek begins for an additional charge. Please inform us before your trek so we can make the necessary arrangements and ensure everything is ready before your flight to Lukla.

CULTURE & LIFESTYLE

Who are the Sherpa people, and what role do they play in the Everest region?

The Sherpas are the **indigenous people of the Khumbu region** and are renowned for their mountaineering skills and hospitality. You can see that many Sherpa people work as guides, porters, lodge owners, and climbers, playing a vital role in supporting trekking and mountaineering in the Everest region.

What cultural experiences can I expect on the 12-Day Everest Base Camp Trek?

The 12-Day Everest Base Camp Trek offers an immersive experience of the **unique Sherpa culture** in the Khumbu region. As you pass through villages like Namche Bazaar, Khumjung, Pangboche, and Dingboche, you can interact with local families, stay in traditional teahouses, and learn about Sherpa custom mountain s,lifestyles, and Buddhist traditions that have shaped life in the Himalayas for generations.

Can I visit Buddhist monasteries during the trek?

Yes. Along the trekking route, you can visit several important Buddhist sites, including **Tengboche Monastery**, the largest and most significant monastery in the Everest region. You also pass **Pangboche Monastery**, one of the oldest monasteries in Khumbu that remains a spiritual center for the local Sherpa people. Depending on the time of your visit, you may witness monks performing daily prayers, chanting rituals, or special Buddhist ceremonies, offering a deeper insight into the region's spiritual heritage.

What customs and etiquette should I follow during the trek?

Respecting local customs is an important part of the Everest Base Camp Trek. You should dress modestly, ask for permission before photographing local people or monks, and always walk clockwise around stupas, mani walls, and prayer wheels as a sign of respect in Buddhist tradition. Additionally, you should remove your shoes before entering monasteries and local homes, avoid unnecessary touching of religious objects, and greet locals with courtesy. Following these simple customs helps you show respect for the Sherpa community and their cultural heritage.

What makes the Everest region culturally unique?

The Everest (Khumbu) region is one of the few places in Nepal where Tibetan Buddhist traditions remain deeply woven into everyday life. Many villages continue to follow **centuries-old customs, with traditional stone homes, monasteries**, and even trekking trails shaped by spiritual beliefs. It is also home to the Sherpas, whose language, architecture, festivals, and mountaineering heritage have earned worldwide recognition. This unique blend of living Buddhist culture, enduring traditions, and life in the high Himalayas creates a cultural identity found nowhere else in Nepal.

How does trekking to Everest Base Camp support local communities?

Trekking is the backbone of the **Khumbu region's economy**. Your visit helps create employment for local guides, porters, lodge owners, cooks, drivers, and yak herders while supporting family-run teahouses, bakeries, shops, and transport services. Permit fees also contribute to the **conservation of Sagarmatha National Park** and the development of local infrastructure.

What festivals can I experience while trekking in the Everest region?

Depending on the season, you may have the opportunity to experience the following festivals during your trek in the Everest region:

Mani Rimdu (October-November): The most important Sherpa Buddhist festival, celebrated at Tengboche Monastery. It features sacred Cham (masked) dances, prayers, blessings, and religious ceremonies led by Buddhist monks.

Dumji (June-July): A traditional Sherpa festival celebrated in villages such as Namche Bazaar, Khumjung, Pangboche, and Thame. Families gather for prayers, community feasts, music, and traditional dances in honour of Guru Rinpoche.

Loshar (February-March): The Tibetan New Year, celebrated across Sherpa communities with monastery prayers, family gatherings, traditional foods, and cultural performances. You can see that many locals wear their traditional Sherpa dress (Shyambo) during the celebrations.

Dashain and Tihar (September-November): Nepal's biggest Hindu festivals, when you may see homes decorated with lights and flower garlands, and families gathering for blessings and celebrations.

ACCOMMODATION

What type of accommodation is provided during the 12-Day Everest Base Camp Trek?

You will stay in **locally-run family teahouses** throughout the trek. Rooms are simple but comfortable, usually with twin beds, mattresses, pillows, and blankets. Some villages offer attached bathrooms, while in higher-altitude locations, you need to share facilities due to limited infrastructure.

Can I get private rooms during the trek?

Yes, **you can get private rooms** in many lower-altitude villages, including Lukla, Phakding, and Namche Bazaar, subject to availability. However, as you trek higher into the Everest region, accommodation becomes more limited, and you likely stay in standard twin-sharing rooms, especially during the peak trekking seasons.

How can I stay connected throughout the trek? (Wi-Fi & mobile networks)

You can connect with your friends and family through **mobile networks or Wi-Fi** from the Khumbu region. Mobile coverage is available in most villages through Ncell and NTC (Nepal Telecom), although the signal becomes less reliable as you trek higher.

You can buy these SIMs from any mobile shops in Kathmandu with your passport photocopy and photos.

Wi-Fi is also widely available in many teahouses throughout the trek for an additional charge of NPR 500 to NPR 800 ($3-$5 USD). Speeds are generally slow but well-enough to have a video call on WhatsApp.

Can I charge my electronic devices during the trek?

Yes. You can charge your electronic devices such as phones, cameras, and power banks in most of the lodges along the trekking route. Charging usually costs **around NPR 800 to NPR 1,100 ($5-$7 USD)**, with higher fees at higher altitudes. Some teahouses rely on solar power, so charging may not be available at night or during poor weather. We recommend carrying a power bank and a two-pin plug adapter for added convenience.

Are blankets provided in the teahouses, or do they have heating?

Yes. Teahouses provide blankets in every room, but they may not be warm enough, especially at higher elevations or on colder nights. You need to bring a warm sleeping bag with a sub-zero temperature rating for added warmth. Most teahouses have a heated dining hall or communal hall with a central stove during the evenings, while the bedrooms are generally unheated.

Do the teahouses provide hot showers along the Khumbu region?

Yes, teahouses in most of the villages, such as Namche, Tengboche, and Lukla, you can easily get hot showers for an **additional fee of NPR 800 to NPR 1,300 ($5-$8 USD)**. Depending on the location, showers are usually powered by gas or solar heating. At higher elevations, availability may depend on the weather and water supply. You may only get bucket showers in remote villages.

What emergency support is available during the trek?

During the trek, you are accompanied by an experienced and wilderness-trained guide who will monitor your health throughout the journey. Your guide will provide **first aid when needed and assist you in descending to a lower altitude towards the suitable evacuation point or helicopter landing site**. If a serious medical emergency occurs, a helicopter evacuation can be arranged after communication with your insurance provider.

What toilet facilities are available in the Everest region?

In the Everest region, most lodges have **shared toilets**. You can find western-style toilets or squat toilets in lower villages like Namche and Lukla, while traditional squat toilets are more prominent at higher elevations. Toiletries such as toilet paper, soap, and running water may not always be available, so carrying your own supplies is recommended.

FOOD & DRINKS

What meals can I get during the 12-Day Everest Base Camp Trek?

You can get **different cuisines such as Nepali, Indian, Chinese, Tibetan, and other international dishes** during the 12-Day Everest Base Camp Trek. Teahouses offer a variety of freshly prepared meals, including Dal Bhat, fried rice, noodles, pasta, soups, potatoes, eggs, pancakes, porridge, and bread. Menus become simpler as you gain altitude, but there are still plenty of filling options.

Are vegetarian, vegan, and gluten-free meals available during the trek?

Yes. Vegetarian meals are widely available throughout the route, while you can get vegan and gluten-free options in many teahouses with a more limited selection. We recommend that you let us know your dietary requirements before the trek so we can assist you as much as possible.

Can the trek accommodate food allergies or special dietary requirements?

Yes, teahouses in the Everest region can accommodate most dietary requirements, although meal choices become more limited in remote villages. If you have any dietary restrictions or allergies to nuts, dairy, or gluten, your guide will help you choose suitable meals whenever possible. We also advise bringing your preferred snacks to supplement your diet during the trek.

Is drinking water readily available during the trek? Should I carry water purification tablets?

Yes. Safe drinking water can be purchased or refilled at teahouses along the route with an additional fee. You can buy a bottle of mineral water at lower elevations; however, in higher elevations, you can only get boiled water at teahouses. We recommend carrying a reusable water bottle and using a water purification tablet even for boiled water, 30 minutes before consuming it.

Which foods and drinks should I avoid during the Everest Base Camp Trek?

During your trek to the Everest Base Camp, indigestion and dehydration are two main issues leading to altitude sickness. To reduce the risk of stomach problems, you should **avoid raw salads, uncooked vegetables, undercooked meals, non-vegetarian dishes (mainly meat), and unpasteurized dairy products**. It is also best to limit excessive caffeine, particularly at higher elevationsand do not have alcohol throughout the trek.

Can I buy snacks and bottled drinks along the trekking route?

Yes. You can buy chips, bars, chocolates, soft drinks, bottled water, tea, and coffee from small shops in most of the villages. Please understand that the price will increase with altitude and the availability will decrease. So, it is the best idea to bring some of your favourite snacks from Kathmandu.

WEATHER

What is the best time to do the 12-Day Everest Base Camp Trek?

Both **spring (March, April, and May) and autumn (September, October, and November)** are considered the best seasons for trekking to the Mount Everest Base Camp. You can enjoy the best weather with warmer temperatures, lush green surroundings, and blooming red rhododendron forests during the spring season. While autumn welcomes you with busy crowds, crisp air, excellent visibility, and stunning snow-covered mountain views.

What temperatures can I expect during the trek?

Temperatures vary with altitude and season during your trek to the Everest Base Camp. Lower villages are generally mild during the day, while mornings and nights become much colder as you approach the Base Camp. During peak trekking seasons, daytime temperatures often range from **5°C to 15°C**, while nights at higher elevations can drop below **-10°C**.

Can I trek to Everest Base Camp during the winter or monsoon season?

Yes, you can trek to the Everest Base Camp during the winter or monsoon season, but both seasons present additional challenges. Winter offers quieter trails and more demanding terrain due to freezing temperatures and snowfall. During the monsoon, rain, clouds, and occasional flight delays can affect travel, making trekking more difficult.

How does the weather affect Lukla flights?

Lukla flights depend heavily on weather conditions. The atmospheric situations around Tenzing-Hillary Airport are unpredictable, with poor visibility, strong winds, or low clouds that lead to flight delays or cancellations. Therefore, you should add one or two extra days to your travel during the busy trekking seasons.

What should I pack for different trekking seasons?

No matter which season you trek, **you should pack layered clothing suitable** for changing mountain weather. During spring and autumn, a warm down jacket and sleeping bag are essential. Winter requires heavier insulated clothing, while the monsoon season calls for waterproof clothing, a rain cover for your backpack, and quick-drying layers.

HEALTH & SAFETY

What are the health requirements for the Everest Base Camp Trek?

You should be in **good overall health with a reasonable level of fitness** to complete the trek. You don't need any technical climbing experience, but you should be comfortable walking for several hours (5–7) each day over varied terrain and at high altitude. If you have any pre-existing heart, lung, or other chronic medical conditions, you should seek medical advice from your doctor before travelling.

How can I reduce the risk of altitude sickness during the trek?

Altitude sickness is the main concern while you are trekking in a high-altitude landscape. The best way to minimize the risk is to **give your body time** to adjust to the altitude. You should **follow your guide's direction, walk at a steady pace, stay well hydrated (2-3 liters), eat nutritious meals**, and **avoid alcohol, smoking, and highly caffeinated drinks** during the trek. If you feel unwell, report any symptoms, such as headache, nausea, or dizziness, to your guide immediately.

How does the 12-Day Everest Base Camp Trek ensure proper acclimatization?

Our 12-Day Everest Base Camp trek itinerary includes dedicated acclimatization days in **Namche Bazaar (3,440 m) and Dingboche (4,360 m)** before continuing to higher elevations. On these days, you take a short hike to a higher point before returning to sleep at the same elevation, helping your body adapt more effectively. Besides, we maintain a gradual trekking pace, allowing your body to adjust to the altitude.

Should I carry Diamox on the 12-Day EBC Trek?

Many trekkers choose to bring Diamox as a precaution against altitude sickness. It can help **reduce the risk**, but it should only be taken after consulting your doctor. If prescribed, it is a good idea to carry it with you, along with instructions on the correct dosage. Your guide can monitor your condition throughout the trek, so inform them about your prescribed dosage.

What medicine and first-aid supplies should I bring for the trek?

You can **bring your regular prescription medicine** for the entire trip, along with a small personal first-aid kit. We recommend including pain relievers, blister treatment, bandages, antiseptic cream/wipes, motion sickness tablets, anti-diarrheal medication, cold medicine, water purification tablets, sunscreen, lip balm, and any medicines prescribed by your doctor.

Are medical facilities available along the Everest Base Camp trekking route?

Basic **health posts and small medical clinics are available** in villages such as **Namche Bazaar, Pheriche, and Lukla**. Minor illness and injury can be treated here. However, services become very limited at higher elevations, so serious cases usually require helicopter evacuation to Kathmandu, provided your travel insurance covers emergency rescue. Our guides are also trained in wilderness first-aid and can provide immediate assistance until further medical care is available.

Do I need any vaccinations or an immunization certificate before trekking to EBC?

No, you don't need any specific vaccinations or immunization certificates for the Everest Base Camp Trek. However, it is a good idea to ensure your routine vaccinations are up to date before travelling to Nepal. You can consult your doctor or healthcare provider for the latest recommendations based on your medical history, country of residence, and travel plans.

PACKING & GEAR

What should I pack for the 12-Day Everest Base Camp Trek?

You should **pack warm layered clothing, a waterproof jacket and trousers, comfortable trekking boots, gloves, a warm hat, sunglasses, sunscreen, a reusable water bottle, toiletries, and personal medications**. We advise you to carry only the essentials, as luggage weight is limited. If you want to know more, refer to our detailed packing list before your trip.

What trekking gear is essential for the Mount Everest Base Camp Trek?

For the Mount Everest Base Camp trek, required essential gear includes **broken-in trekking boots, thermal base layers, a down jacket, waterproof outerwear, trekking poles, a sleeping bag, a headlamp, gloves, sunglasses, and a daypack**. Packing the right gear helps you stay comfortable in changing mountain weather.

What is the luggage weight limit for the Lukla flight?

Domestic flights to and from Lukla generally allow **15 kg of luggage per person**, including **10 kg of checked baggage and 5 kg of hand carry**. If your luggage exceeds this limit, you may incur additional charges, subject to airline approval and available aircraft capacity. In some cases, extra baggage may be transported on a later flight due to weight restrictions.

What is the luggage weight limit for porters?

The luggage limit for our porters is **18 kg per porter**, **shared between two trekkers (up to 9 kg per person)** in a single duffel bag. If you do not have a suitable duffel bag, we can provide you with a used, non-waterproof one free of charge. For the health and safety of our porters, we kindly ask you to keep your luggage within the limit.

Can I rent trekking gear in Kathmandu?

Yes. Kathmandu has many trekking shops where you can rent or purchase equipment such as sleeping bags, down jackets, trekking poles, and crampons (if needed). Renting is a cost-effective option if you do not have your own gear. We recommend visiting the Thamel area, where you can find a wide range of trekking equipment at competitive prices.

Do I need a sleeping bag for the Everest Base Camp Trek?

Yes. We recommend bringing a sleeping bag rated to at least **-10°C to -15°C**, especially during spring, autumn, and winter. Although teahouses provide blankets, a sleeping bag offers extra warmth and comfort at higher elevations. If you do not have one, we can provide you with a used sleeping bag for the trek.

How should I pack my luggage for the trek?

You should pack your main luggage into a **60–70 litre duffel bag or rucksack**, which your porter will carry. Besides that, you should carry a **20–30 litre daypack** with essentials that you need during the day, such as valuables, water, snacks, extra clothing, personal medications, and other important items.

BOOKING & PAYMENTS

How do I book the 12-Day Everest Base Camp Trek?

You can book our 12-Day Everest Base Camp Trek by contacting us via **email or WhatsApp** and paying a **10% deposit** to confirm your reservation. Once your booking is confirmed, we'll send you a confirmation email with payment instructions and pre-trek information. Please email us a copy of your passport immediately after confirming your booking. You can send the remaining documents, including a recent passport-sized photo, your travel insurance policy, international flight details, and your hotel details in Kathmandu as soon as they are available.

How far in advance should I book the trek?

We recommend booking your trek **1 to 3 months in advance**, especially if you plan to travel during the popular **spring (March–May) or autumn (September–November) seasons**. Early booking gives you the best chance of securing Lukla flights, preferred accommodation, and your preferred trekking dates.

Can families with children join the 12-Day Everest Base Camp Trek?

Yes. Families with children who are in good health, physically fit, and enjoy long hours of hiking can join this trek. As all our treks are operated privately, your guide can adjust the walking pace to suit your family's or group's needs. We generally recommend this trek for older children who are comfortable trekking for several consecutive days at high altitude.

What is the cancellation and refund policy?

Our cancellation and refund policy depends on how far in advance you cancel your trek:

- **45 days or more before departure:** 85% of the advance payment is refundable.
- **44–30 days before departure:** 70% is refundable.
- **29–15 days before departure:** 50% is refundable.
- **15–7 days before departure:** 30% is refundable.
- **Less than 7 days before departure:** No refund is provided.
- **No-show or cancellation after the trek begins:** No refund is provided for unused services.

Any non-refundable costs already paid for flights, permits, accommodation, or other services may be deducted from the refundable amount. If your plans change, please contact us as early as possible so we can explain the applicable cancellation charges and refund options.

What payment methods do you accept?

We accept payments by **bank transfer, major credit and debit cards, and cash in Nepalese Rupees or major foreign currencies (USD, AUD, EUR, etc.)** in Nepal. You have to pay the 10% booking amount online, while the remaining is payable online before your arrival or in cash upon arrival in Kathmandu. We provide detailed payment instructions after your booking is confirmed.

When do I need to pay the remaining balance?

The remaining **90% of the trek cost** can be paid upon arrival in Kathmandu. Our team will pick you up at the airport and transfer you to your hotel to leave your luggage. We will then take you to our office, where you can settle the remaining balance via **bank transfer, Visa or Mastercard, online payment through our website, or cash**. Cash payments are accepted in **Nepalese Rupees, USD, AUD, CAD, and other major currencies**.

Can I customize my Everest Base Camp itinerary?

Yes. Since our treks are operated privately, we can customize the itinerary according to your available time, preferred walking pace, acclimatization needs, and travel plans. You can discuss changes to the standard 12-day itinerary with our team before booking. Additionally, you can also request changes during the trek, such as adding an extra acclimatization day, taking a side trip, or returning by helicopter if needed. Any changes will be planned with your guide based on your safety, weather conditions, and available services.

Is travel insurance required before booking the trek?

No. You can book the trek before purchasing travel insurance. After your booking, we can guide you on the coverage required for the **12-Day Everest Base Camp Trek**. However, you must have valid travel insurance before starting the trek. Your policy should cover **high-altitude trekking up to 5,555 m**, emergency medical treatment, helicopter evacuation, trip interruption, and repatriation.

How much personal spending money should I carry during the trek?

Carrying around **NPR 2,000–3,000 ($15–18 USD) per day** will be enough for your personal expenses such as Wi-Fi, device charging, hot showers, snacks, drinks, souvenirs, and other small purchases. Your extra expenses depend on your personal needs and spending habits. We recommend budgeting some extra cash as a precaution, as unexpected expenses or delays can occur in remote areas where access to ATMs and other payment options is limited.

Are ATMs available along the 12-Day EBC trekking route?

ATMs are available in Namche Bazaar, but they are not reliable and often out of service. As you go higher to the high-altitude villages, you cannot find any reliable ATMs. We recommend withdrawing enough Nepalese rupees in Kathmandu before continuing towards the higher parts of the Everest region.

TRANSPORTATION

Is airport pickup and drop-off included in the package?

Yes. The 12-day Everest Base Camp Trek package includes complimentary private airport pick-up on arrival and drop-off at the end of your trip. Our representative will meet you at the Tribhuvan International Airport arrival terminal and transfer you to your hotel in Kathmandu. Additionally, we arrange a private transfer from your hotel to the airport for your departure from Nepal.

Where do Lukla flights depart from?

Lukla flights depart from Manthali Airport (Ramechhap) during the peak trekking seasons (March, April, May, September, October, and November) due to heavy air traffic at Kathmandu Airport. While in off-trekking season (January, February, June, July, August, and December), you can take a direct flight from Kathmandu Airport. Both flights are subject to weather conditions and airline schedules.

How long is the flight to Lukla?

The flight between Kathmandu and Lukla takes approximately **30–35 minutes**, while the flight between Manthali and Lukla takes **20 minutes**. These timings are dependent on the airport departure and weather conditions.

Can I take a helicopter to or from Everest Base Camp?

Yes. You can take a helicopter to or from Everest Base Camp as a **shared or private charter flight**, subject to weather and availability. Shared flights (up to **5 passengers**) cost approximately **$550 USD per person**, while a private charter costs around $**2,600–3,000 USD**. Helicopters are a convenient alternative to avoid Lukla flight delays or shorten your journey.

What happens if my Lukla flight is delayed or canceled?

Lukla flights are highly weather-dependent. If your flight is delayed or canceled, we will **help arrange the next available flight or discuss alternative options**, such as a shared or private helicopter, subject to availability and additional cost.

Can I upgrade to a helicopter return from the trek?

Yes. You can upgrade your return journey from the Everest region by helicopter, subject to seat availability and weather conditions. Please let us know in advance or speak with your guide during the trek if you're interested.

Discovery World Trekking

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