Discovery World Trekking



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Everest Base Camp Trek - 15 Days

15 days. Grade: Moderate.

5.0 2295+ reviews on TripAdvisor

US$ 1090
per person

Made on 27 November 2026

https://dev.discoveryworldtrekking.com/trips/everest-base-camp-trek-15-days







If you do not want to fly to Lukla to start your trek to Everest Base Camp, you can reach the Everest region using road transport, following the footsteps of Edmund Hillary and Tenzing Norgay Sherpa. You can reach Thame Danda by road, and from there, you can trek to Paiya and then to Phakding, ultimately joining the classic Everest Trek. From Phakding, you will hike to Namche, Dingboche, Pangboche, and Gorak Shep, ultimately reaching Everest Base Camp.

TRIP FACTS

Destination	Nepal
Grade	Moderate
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	Meals during the trek
Start / end point	Kathmandu / Kathmandu

PRICE

US$ 1090 per person

The full price is US$ 1790. You save US$ 700 per person.

Group-size discounts

People	Price per person
2 to 6	US$ 1190
7 to 12	US$ 1060
13 to 18	US$ 1040
19 to 24	US$ 1020
25 to 30	US$ 1000

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

Highlights

- Follow the footsteps of Edmund Hillary and Tenzing Norgay Sherpa
- Unexplored lower Khumbu valley
- Yak farm and cheese factory
- The world's highest mountain Everest (8,848m)
- One of the world's highest airport at Syangboche (3,780m / 12.402ft)
- Chance to explore the Sherpa culture and lifestyles
- Views of other peaks such as Mt. Lhotse(8,516m), Cho Oyu (8,201m) and Mt. Makalu (8,463m)
- Wildlife like musk deer, colorful pheasants, snow leopard, and Himalayan tahr
- Highest glacier on Earth - the Khumbu Glacier (4,900m)
- Khumjung monastery said to house Yeti scalp
- Explore Sagarmatha National Park
- Prayer wheels, colorful flags, Mani stones, high suspension bridges
- Wide range of flora and fauna
- Ancient monastery in Tengboche (3,867m / 12,687ft)
- Amazing panoramic views from Kala Patthar (5,555m)

Everest Base Camp 15 days Trek Overview

The Everest Base Camp Trek – 15 Days offers a carefully structured adventure that ensures you experience the best of the Khumbu region while maintaining a comfortable pace for acclimatization. This extended itinerary allows for deeper cultural immersion and exploration, making it an ideal choice for those looking to fully embrace the beauty of Nepal's Himalayan landscape and Sherpa heritage. From the moment you arrive in Kathmandu, your journey unfolds through diverse terrain, traditional villages, sacred monasteries, and breathtaking viewpoints, culminating in the ultimate achievement—reaching Everest Base Camp (5,364m).

The trek begins with a scenic drive from Kathmandu to Phaplu, followed by another drive to Thame Danda before trekking to Paiya. This approach provides a unique start to the journey, allowing you to gradually adjust to altitude while passing through picturesque landscapes and local settlements. As the route progresses, you move deeper into the heart of the Everest region, crossing suspension bridges over the Dudh Koshi River and arriving at Namche Bazaar (3,440 m), the bustling trading hub of the Khumbu Valley. An acclimatization day here provides opportunities to explore nearby sites, including Everest View Hotel and Khumjung Village, enhancing both cultural understanding and physical adaptation.

Continuing toward Tengboche and Deboche, you pass through rhododendron forests and ascend to one of the most revered sites in the region — Tengboche Monastery —offering panoramic views of Everest, Ama Dablam, and other Himalayan giants. After a well-planned rest day in Dingboche (4,360 m), you progress through Lobuche before making the final push to Everest Base Camp via Gorak Shep. The trek offers encounters with Khumbu Glacier, rugged glacial moraines, and high-altitude terrain, ensuring a rewarding challenge. To fully capture the grandeur of Everest, an early morning ascent to Kala Patthar (5,555 m) allows you to witness an unforgettable sunrise over the highest mountain on Earth.

The return journey is equally enriching, taking you through Pheriche and Namche Bazaar before concluding in Lukla, from where you will fly back to Kathmandu or Manthali. The gradual descent provides varied overnight stops, ensuring you experience different aspects of the Khumbu region on the way down. This trek not only delivers a sense of personal accomplishment but also offers a deep connection to the landscape, culture, and spirituality. If you seek a balanced and immersive Everest trekking experience, this 15-day itinerary provides the perfect blend of challenge, discovery, and achievement.

Day to Day Short Itinerary

Day 1 Drive from Kathmandu to Phaplu (2,485m). Drive time: 10 hours.

Day 2 Drive Phaplu to Thame Danda and Trek to Paiya (2,937m). Drive time: 5 hours.

Day 3 Trek from Paiya to Phakding (2,650m). Trek time: 6 hours.

Day 4 Trek from Phakding to Namche Bazaar (3,440m). Trek time: 6 hours.

Day 5 Rest day to relax and acclimatize at Namche Bazaar.

Day 6 Trek from Namche to Tengboche/Deboche (3,855m). Trek time: Approx. 5 Hours.

Day 7 Trek from Deboche/Tengboche to Dingboche (4,360m). Trek time: Approx. 5 hours.

Day 8 Rest day and acclimatization at Dingboche.

Day 9 Trek from Dingboche to Lobuche (4,930m). Trek time: Approx. 5 hours.

Day 10 Trek from Lobuche to EBC (5,364m) and back to Gorak Shep (5,185m). Trek time: Approx. 6-8 hours.

Day 11 Hike to Kala Patthar (5,555m) viewpoint, trek to Gorak Shep, then to Pheriche (4,250m). Trek time: Approx. 5 hours.

Day 12 Trek from Pheriche to Namche Bazaar (3,440m). Trek time: Approx. 6-7 hours.

Day 13 Trek from Namche Bazaar to Phakding (2,650m). Trek time: Approx. 4 hours.

Day 14 Trek from Phakding to Lukla (2,850m). Trek time: Approx. 3-4 hours.

Day 15 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 15-Day Trek Itinerary

DAY 1

Drive from Kathmandu (1,400m / 4,593ft) to Phaplu (2,485m / 8,152ft) -10hrs

Highest Altitude 2,485m / 8,152ft Drive duration 10 hrs (275km)

Your trek starts with a bus ride from Kathmandu. The bus will roll along the **BP Highway** past the picturesque terraced fields, traditional villages, and roaring rivers. We will stop at Ghurmi for lunch and continue forward, reaching Phaplu after about ten hours of drive. You will be spending the night at Phaplu.

Overnight stay at a lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 2

Drive Phaplu (2,485m / 8,152ft) to Thame Danda and Trek to Paiya (2,937m / 9,365ft)

Highest Altitude 2,937m / 9,365ft Trek Duration 2hrs Drive duration 5 hours

After early morning breakfast, we will take a bus to Thame Danda. We will stop at **Kharikhola** for lunch and then continue the ride, eventually reaching **Thame Danda.** The motor road stops at Thame Danda, and from here, we will trek to Paiya, where you will spend the night.

Overnight stay at a lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 3

Trek from Paiya (2,937m / 9,365ft) to Phakding (2,650m / 8,562ft)

Trek Distance 10.6 km / 6.6 mi Highest Altitude 2,650m / 8,562ft Trek Duration 6hrs

It will be your first full day of the trek. You will leave Paiya in the morning and heading to Phakding, walking past several villages, forests, and suspension bridges. It will take us around six hours to reach Phakding, our destination for the day.

Overnight stay at Sakura Guest House (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Phakding (2,650m / 8,562ft) to Namche Bazaar (3,440m / 11,285ft)) - 6 hrs

Trek Distance 7.4km / 4.6 miles Highest Altitude 3,440m / 11,285ft Trek Duration 6 hours

We continue to trek north up the **Dudh Koshi River Valley** and briefly stop at the Sagarmatha National Park check post to register our permits before continuing inside the Sagarmatha National Park. From the forests inside Sagarmatha National Park, you will get the first views of Everest. We will continue at the trails, crossing several high-suspension bridges, and finally make a challenging climb through dense forest to arrive at **Namche Bazaar, the gateway to Everest.**

The Namche Bazaar is a throbbing marketplace with Wi-Fi-connected pubs, restaurants, and shops selling everything from gear and equipment for climbers to souvenirs for tourists.

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

DAY 5

Rest day to relax and acclimatize at Namche Bazaar (3,440m / 11,285ft)

It will be the first day for rest and acclimatization at Namche. However, you can also take part in several activities. You have the option to visit the famous Sherpa villages of **Khunde and Khumjung.** There is a yak farm in the vicinity, and you can also visit the **Sagarmatha National Park Visitor Centre**. If you love Everest, you can go to Everest Hotel and watch Everest from the premises.

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

DAY 6

Trek from Namche (3,440m / 11,285ft) to Tengboche/ Deboche (3,855m / 12,850ft) - 5 Hours

Trek Distance 9.2km / 5.7miles Highest Altitude 3,855m / 12,850ft Trek Duration 5 hours

It is time to climb out of Namche. On clear days you will enjoy the fantastic views of Everest and other surrounding peaks. Similarly, from the remote parts of the trail, you might even catch glimpses of high-altitude wildlife. As you hike forward, the trail drops to the **Dudh Koshi river** and ascends steeply to reach **Tengboche,** famous for Tengboche Monastery, the largest in the Khumbu region. You can get fantastic views of Ama-Dablam from Tengboche.

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

DAY 7

Trek from Deboche/Tengboche (3,855m / 12,850ft) to Dingboche (4,360m / 14,290ft)

Trek Distance 12km / 7.45miles Highest Altitude 4,360m / 14,290ft Trek Duration 5 hours

Early morning, we provide you the option to observe morning prayers at Tengboche monastery, and then you will trek through some serene dense forest, reaching **Pangboche.** You will have your lunch at Somare and then hike forward to reach **Dingboche.** As the elevation increases, you will notice that the terrain looks arider and barren. Just before entering Dingboche, you will see the farmlands encircled by stone walls. These walls safeguard crops from cold wind and wild animals.

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

DAY 8

Rest day and acclimatization at Dingboche (4,360m / 14,290ft)

We will spend one more acclimatizing at Dingboche to adjust to the thinning air. There are several activities we can indulge in. We will take you to a ridge above Dingboche to show the close-up views of **Mount Lhotse (8,516m / 27,940ft), the back view of Ama Dablam (6,812m),** and **Island peak(6,189m)**. While your body acclimatizes, your mind will calm in the mountain serenity.

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

DAY 9

Trek from Dingboche (4,360m / 14,290ft) to Lobuche (4,930m / 16,175ft) - 5 Hours

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

You will start on our trails with a short uphill near a ridge and then follow a wide valley path to the glacial moraine and a small collection of lodges. As you climb higher, a better view emerges. On the way to Lobuche, you will pass through a memorial dedicated to those who couldn't succeed in this hostile terrain. Lobuche has many shops and hotels, unlike other places, we passed a few days ago.

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

DAY 10

Trek from Lobuche (4,930m / 16,175ft) to Everest Base Camp (5,364m / 17,598ft) and back to Gorak Shep (5,185m / 17,010ft)

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

It will be a remarkable day, perhaps in your whole life. From Lobuche, you will follow the glacial moraine that will gently take you upwards until you reach Gorak Shep. However, at **Gorak Shep,** you will leave your belonging and **head to the Everest Base Camp.**

From the Everest Base Camp, you can enjoy the grand views of Khumbu icefall and other tall mountains in the neighborhood. After enjoying the views to the heart's content and taking enough pictures, you will return to Gorak Shep to spend the night.

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

DAY 11

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

Trek Distance 9.6km / 6miles Highest Altitude 5,555m / 18,208ft Trek Duration 5 hours

You will wake up early at Gorak Shep and hike to **Kala Patthar to witness the grand sunrise** at Mt. Everest and surrounding peaks. We are sure you have not seen anything more awe-inspiring than the early sunrays striking Mt. Everest. After spending enough time at the viewpoint, you will trek back to Gorak Shep for breakfast. After breakfast, we will rest for some time and start our trek back to Pheriche, our destination for the day.

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

DAY 12

Trek from Pheriche (4,250m / 13,945ft) to Namche Bazaar (3,440m / 11,285ft) – 6-7 hrs

Trek Distance 19.5km / 12.1miles Highest Altitude 4,250m / 13,945ft Trek Duration 6-7 hours

After a good night's sleep at Pheriche, we wake up early in the morning, have breakfast, and start trekking to Namche Bazaar. The trail passes through the rhododendron and juniper forests, crossing the Imja Khola bridge to reach Tengboche. From Tengboche, you will hike through forests full of high-altitude wildlife such as musk deer, mountain goats, or snow leopards to reach **Namche Bazaar.**

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

DAY 13

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

Trek Distance 7.4km / 4.5miles Highest Altitude 3,440m / 11,285ft Trek Duration 4 hours

We leave Namche Bazaar after breakfast for a short trek to Phakding, following the banks of the Dudh Koshi River and crossing several suspension bridges. After passing through several forests and a few small villages, you will finally reach **Phakding,** where we will stay for the night.

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

DAY 14

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

Trek Distance 6.2km / 3.8miles Highest Altitude 2,850m / 9,350ft Trek Duration 3-4 hours

It will be your last day on the trekking trails. We head towards the lower Dudh Koshi Valley on a route that gently ascends to Kusum Stream, but before reaching Lukla, the path rises steeply up to the west, taking us to Toktok. From Toktok, the **views become entirely different,** and we will savor those views before continuing to Lukla. It will be your last day of trekking, and you will be resting at Lukla for the night.

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

DAY 15

Fly to Kathmandu/Manthali from Lukla (2,850m / 9,350ft)

Flight hours 40 minutes Highest Altitude 2,850m / 9,350ft

When your trek ends in Lukla, the flight destination from Lukla can be Manthali or Kathmandu, depending on the specific trekking season. You'll probably board a Manthali-bound flight, followed by a five-hour drive to Kathmandu if your trek falls in March, April, May, September, October, or November. For treks in other months (December, January, February, June, July, and August), direct flights to Kathmandu are the norm.

If you do not want to take the Lukla-Manthali-Kathmandu route, you can book a helicopter with four other persons at an extra cost of around 550 USD each, and fly from Lukla to Kathmandu directly.

After arriving in Kathmandu, you can return to your hotel. You are free to spend your time in Kathmandu as you like.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Private transportation to and from Kathmandu Airport and your hotel
- Kathmandu - Thame Danda on a local bus

Domestic Flight

- Flight ticket Lukla to Kathmandu/Manthali (Manthali - Kathmandu, travel via shared vehicle)

Accommodation

- 14 nights in trek regions. Five days in rooms with attached bathrooms at Phakding (2N), Namche(3N), and nine days in standard rooms at Phaplu, Paiya, Deboche, Dingboche (2N), Lobuche, Gorak Shep, Pheriche, and Lukla

Food

- Standard full-board meals (15 breakfasts, 14 lunches, and 14 dinners) with one main course per meal in the trek regions.
-

Guide and Porter

- Government Licensed experienced trek leader (guide), assistant trekking guide.
- Porter to help trekkers luggage. 2 trekkers will share 1 porter, Max weight limit for a porter- 18 kg (9 kg per trekker, weight limit)
- Guides and porters cost and their meals, insurance, salary, lodging, transportation, flight, and other necessary equipment

Trek Permit and Expenses

- Sagarmatha National Park entry fee.
- Khumbu Pashang Lhamu Rural Municipality fees.
- All government, local taxes and official expenses

Medical Assitance

- Arranging rescue operations in case of complicated health conditions (funded by travel insurance).
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenirs - company's T-shirt & Cap

Farewell

- Discovery World Trek appreciation certificate after the successful trek
- Farewell dinner in Kathmandu after the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight costs

Accommodation

- All accommodation in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu due to early arrival, late departure, and early return from trekking (because of any reason)

Food

- Meals (Breakfast, Lunch, and Dinner) in Kathmandu
- Extra night meals in Kathmandu due to early arrival, late departure, and early return from trekking (because of any reason)

Guide and Porter

- Tips for guide and porters

Visa

- Nepal entry visa fees at Tribhuvan International Airports

Travel Insurance

- Travel insurance which has to cover emergency high-altitude rescue and evacuation (compulsory)

Personal Expenses

- Personal expenses, such as laundry, telephone calls, battery recharge, shopping, laundry, extra porters, beverages, etc
- Personal clothing and gear

Other Expenses

- Excess baggage charges. The luggage weight limit per person is 9 kg per trekker.
- Additional costs caused by circumstances beyond management control, for example, landslide, weather conditions, itinerary modification 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

Though your personal preferences may differ, we have compiled a packing list to help you pack the clothing, accessories, and equipment needed for the trek. However, make sure to bring the minimum.

We will assign porters to carry your luggage, but your weight limit is 9 kg. Our porters will carry luggage (max weight 18 kg) for two trekkers. Hence, we advise you to find a fellow trekker and pack your luggage together in a duffle bag with more than 60 liters capacity.You do not need to bring everything from your home country. You can buy or hire the required things in Kathmandu.

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

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

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

Handwear

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

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

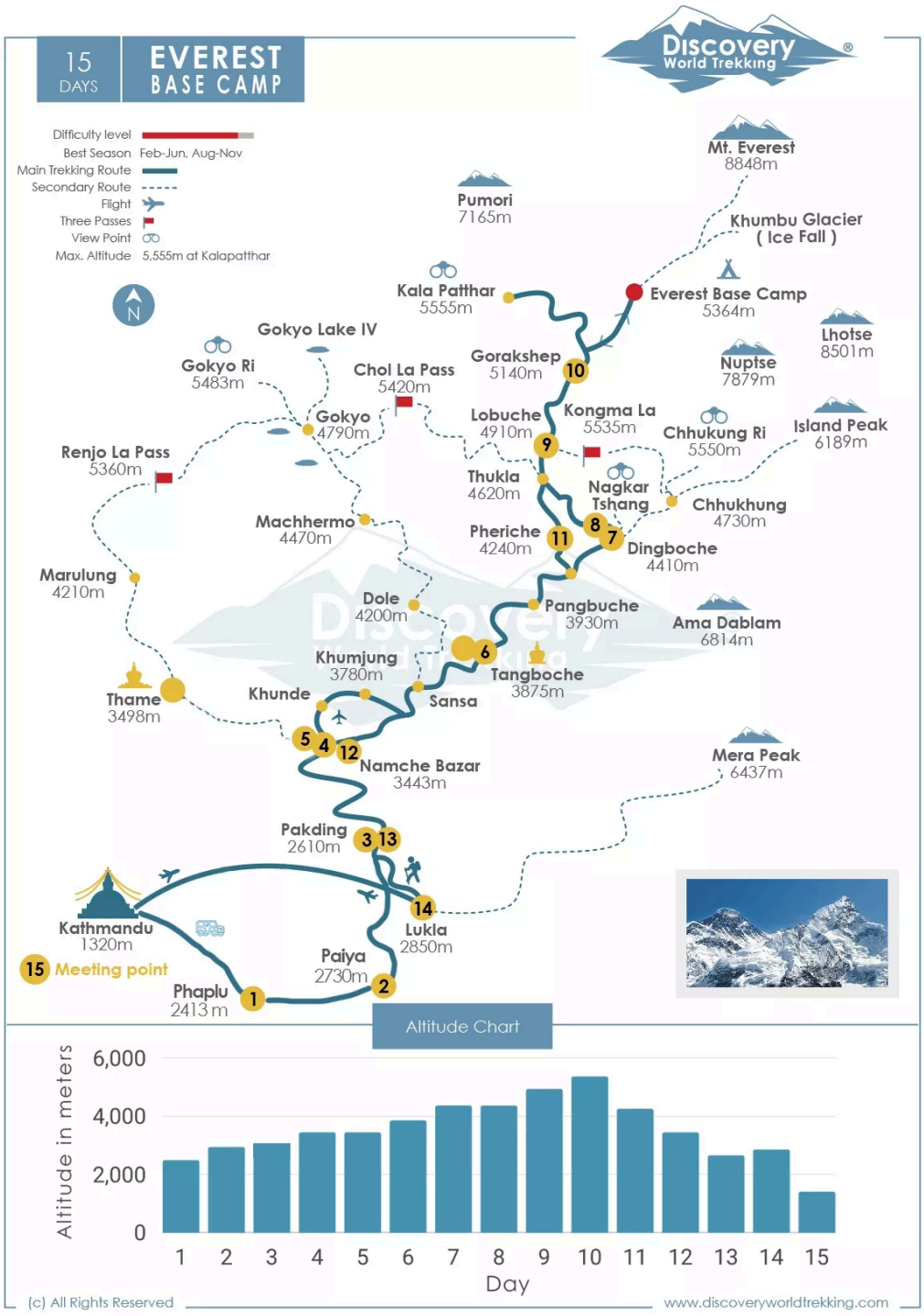
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

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 you with a (used, nonwaterproof) duffle bag, (used) down jacket, and (used) sleeping bag if you do not have your own.

Route Map


15 DAYS
EVEREST BASE CAMP
Discovery World Trekking
Difficulty level
Best Season Feb-Jun, Aug-Nov
Main Trekking Route
Secondary Route
Flight
Three Passes
View Point
Max. Altitude 5,555m at Kalapatthar
Mt. Everest 8848m
Pumori 7165m
Khumbu Glacier (Ice Fall)
Kala Patthar 5555m
Everest Base Camp 5364m
Lhotse 8501m
Gokyo Lake IV
Gokyo Ri 5483m
Chol La Pass 5420m
Gorakshep 5140m 10
Nuptse 7879m
Gokyo 4790m
Lobuche 4910m
Kongma La 5535m
Chhukung Ri 5550m
Island Peak 6189m
Renjo La Pass 5360m
9
Thukla 4620m
Nagkar Tshang
Chhukhung 4730m
Machhermo 4470m
Pheriche 4240m 11
8 7
Dingboche 4410m
Marulung 4210m
Dole 4200m
Pangbuche 3930m
Ama Dablam 6814m
Khumjung 3780m
6
Tangboche 3875m
Thame 3498m
Khunde
Sansa
5 4 12
Namche Bazar 3443m
Mera Peak 6437m
Pakding 2610m 3 13
14
Kathmandu 1320m
Lukla 2850m
15 Meeting point
Paiya 2730m
Phaplu 2413 m 1 2
Altitude Chart
Altitude in meters
6,000
4,000
2,000
0
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
Day
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Trip Notes

Arrival, Welcome, and Trek Start

When you land at Tribhuvan International Airport (TIA), our representative will greet you, holding a pamphlet with your name for easy identification. As a warm welcome, our representative will present you with a marigold garland and take you to your hotel in a private vehicle.

Arriving in Kathmandu by 3 PM at least one day before the trek departure allows you ample time for last-minute preparations and a short in-person meeting. On the trek's departure day, you'll board a bus from Kathmandu and travel along the BP Highway to Phaplu, marking the official start of your adventure.

Accommodations

Your trek package includes 14 nights of accommodation in the trekking regions at tea houses, lodges, or hotels. At Phakding (2 nights) and Namche (3 nights), you'll enjoy rooms with attached bathrooms. For the remaining nine nights in locations like Phaplu, Paiya, Deboche, Dingboche (2 nights), Lobuche, Gorak Shep, Pheriche, and Lukla, you'll stay in standard rooms.

Hot showers, electricity for device recharge, and Wi-Fi are available for a small fee. Before and after your trek, you'll need accommodations in Kathmandu, which are not included in the package. Kathmandu offers a wide range of hotel options to suit all budgets and preferences.

Meals

During the trek, you'll receive 15 breakfasts, 14 lunches, and 14 dinners. All meals are on a full-board basis with a main course. They meet the nutritional demands of high-altitude trekking, emphasizing hygienic and nutrient-rich food. Options include Dal Bhat (rice, lentils, and curry), Momos (dumplings), Chow Mein, and other local, Asian, or Western dishes.

The trek package does not include alcoholic, hot (tea/coffee), and cold drinks.

We recommend you consume plenty of liquids, such as green tea, ginger tea, garlic soup, and hot lemon, and avoid dairy, alcohol, caffeinated drinks, and hot chocolate at high altitudes.

Luggage

Porters will carry your luggage, with a weight limit of 9 kg per trekker. One porter carries up to 18 kg of luggage for two trekkers, so pack your luggage with a fellow traveler in a duffel bag of 60+ liters. You will need a small backpack for valuables and essentials. You can store your luggage at the Discovery World Trekking office store for free. Only pack essentials for the trek.

Facilities and Essentials

- **Water**

Avoid drinking water from taps, rivers, or wells directly, as it may not be safe. While bottled water is available in some regions, many areas restrict its use due to environmental concerns, so carrying a refillable water bottle is essential. You can buy boiled/filtered water at lodges and tea houses. Purification pills are recommended for added safety. We can provide these pills if needed.

- **Communication**

While you can buy a local SIM card in Kathmandu, signal strength diminishes at higher altitudes. Discovery World Trekking maintains daily communication with all trek groups via the trek guide to ensure the journey runs smoothly. We are also ready to tackle any emergencies at all times.

Travel Essentials

- **Visa**

A visa is mandatory for all foreign visitors except Indian nationals. Most travelers can obtain an on-arrival visa at Tribhuvan International Airport or border crossings. A valid passport, a passport-size photo, and a visa fee (USD 50 for 30 days) are required. You can check Nepal's Immigration website -https://www.immigration.gov.np/en - for updated policies.

- **Travel Insurance**

Travel insurance is mandatory for this trek. It must cover high-altitude helicopter rescue (up to 5,500m) and medical expenses. You must provide us with insurance details before the trek to ensure quick assistance during emergencies. Please verify helicopter rescue coverage directly with your insurer.

- **Currency Exchange**

You can exchange major currencies (USD, GBP, EURO) for Nepali Rupees at banks or licensed money exchanges in Kathmandu. ATMs are widely available for withdrawing money in Nepalese Rupees but may have some restrictions. Trekking regions accept only Nepali cash, so, exchange sufficient money before departure. Ensure your notes are clean and untorn, as banks accept only new crisp notes.

- **Extra Expenses**

While this package includes most trek-related costs, you'll need extra funds for personal expenses like Kathmandu accommodations, visa fees, hot showers, beverages, extra meal courses, snacks, and tips. Budget USD 10–20 per trekking day for miscellaneous costs.

Trek Season and Weather Conditions

The best seasons for the Everest Base Camp trek are spring (March-May) and autumn (September-November), offering clear skies and stable weather. During spring, temperatures (at high altitudes) range from 5°C to 20°C, while autumn brings festive energy with Dashain and Tihar celebrations. The monsoon season (June–August) and winter (Dec–Feb) present challenges like heavy rains or snow but remain options for determined trekkers. Weather in the Himalayas can change rapidly, so flexibility is key.

- **Flight Delays**

Weather conditions may cause flight delays, especially between Lukla and Kathmandu/Manthali. It's wise to add a few extra days to your itinerary as a buffer. In case of prolonged delays, helicopters can be arranged at an additional cost (USD 500–1,000 per person, provided 5 persons share the cost).

Typical Day

Your day begins with tea or coffee, followed by breakfast. Trekking starts around 7–8 AM, with a midday lunch break and an hour's rest before resuming. Afternoons involve a shorter trek to the day's destination, leaving time to explore local areas or relax. Dinner is served by 6–7 PM, followed by a briefing on the next day's plan and leisure activities like games or light conversations before resting.

Trip Conclusion

- **Farewell Dinner**

At the end of the trek, we will organize a farewell dinner in Kathmandu. It is also an opportunity to share feedback to help us improve future experiences. Later, we will provide you with a trek achievement certificate.

- **Departure**

When it's time to leave Nepal, we'll provide private transportation to Tribhuvan International Airport, ensuring a smooth departure. You should provide us with your hotel name, hotel room, and departure time.

Trek Bookings

- **Private Treks**

We offer private treks only and do not add anyone to your group. Discounts are available based on group size, and we add an assistant guide for a group of 12 or more.

- **Safe Trek Bookings**

Discovery World Trekking is a Nepal-government-licensed and bonded trek operator in service for more than 12 years. We are also members of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA). A 10% advance payment secures your booking. You can pay via bank transfer, credit card, Western Union, and Wise. The rest of the money is due when you arrive in Kathmandu. In Kathmandu, in addition to the above payment methods, you can also pay in cash.

- **Last-Minute Bookings**

Last-minute bookings are available, requiring full payment at least 24 hours before departure. While we strive to accommodate all requests, delays due to weather or other unforeseen circumstances may occur. Before calling us, make sure to prepare your insurance and other important papers. You can call Paul at 977-9840055491 or email info@discoveryworldtrekking.com for last-minute bookings.

- **Flexible Schedule**

This trek package has fixed trip departure dates. However, if the dates do not suit you, we can change them for your convenience.

- **Trip Extension**

If you have additional days after the trek, we can arrange activities like Kathmandu Valley sightseeing, jungle safaris, rafting, or other treks.

DWT Family

Our team includes licensed guides and Sherpas from the Himalayan regions, ensuring expert knowledge and care. They are highly skilled in wilderness first aid and ecological conservation and bring years of expertise to every journey. We prioritize our crew's well-being with fair pay, insurance, and medical support, believing a happy team provides the best experience for our clients.

Ecotourism Practices

We prioritize eco-friendly trekking by partnering with the Kathmandu Environmental Education Project (KEEP) to minimize environmental impact and promote sustainable tourism.

Tipping Culture

Tipping is a personal choice and a way to appreciate excellent service. It's customary to tip guides and porters collectively at the trek's end, reflecting the trek's cost, length, and quality of service.

FAQs For Everest Base Camp Trek

GENERAL INFORMATION

What are the age restrictions for Everest Base Camp Trek?

There is no strict age limit for the Everest Base Camp Trek. However, due to its physical demands, we recommend it for individuals aged between 16 and 70. Trekkers who are older but in excellent health and fitness can also successfully complete the trek.

How crowded is Everest Base Camp Trek?

The trek is busier during the peak seasons of spring (March, April, May) and autumn (September, October, November). For a quieter experience, consider trekking during the off-peak months of February, June, and December. However, we conduct Everest Base Camp trek throughout the year.

What are the major attractions of the Everest Base Camp Trek?

The Everest Base Camp Trek offers breathtaking panoramic views of Mount Everest and other majestic Himalayan peaks such as Mt. Lhotse (8,516m), Cho Oyu (8,201m), and Mt. Makalu (8,463m). Additional highlights include Sagarmatha National Park, Lukla Airport, Kalapattar, Khumbu Glacier, and Everest Base Camp, itself. The trek also provides opportunities to visit cultural and religious landmarks like the Tengboche Monastery. You will also experience the local Sherpas, their hospitality, and their lifestyles.

Is it possible to complete the Everest Base Camp Trek within a short duration?

While completing the Everest Base Camp Trek in a shorter duration is technically feasible, we recommend a 14-day itinerary to allow for proper acclimatization and minimize the risk of altitude sickness. Extremely fit and well-acclimatized, persons can complete the trek Additionally, we also offer a one-day Everest Base Camp tour by helicopter.

When can I see Mt. Everest for the first time during the EBC Trek?

Mostly you can catch their first glimpse of Mount Everest upon entering Sagarmatha National Park, before reaching Namche Bazaar, provided the views are clear.

Is EBC Trek challenging for beginners?

The Everest Base Camp Trek is considered moderately challenging. While it does not require technical climbing skills, a reasonable level of physical fitness and prior hiking experience can be advantageous. If you are not in good shape, you should start preparing for the trek a few months before the trek departure date.

Can I customize my Everest Base Camp itinerary?

Yes, the trek can be customized to meet your specific needs. Options include adding extra days for acclimatization, including side trips, or choosing different accommodation options. You can contact us to discuss how you would like to tailor your trek.

Do you offer a private 15-day Everest Base Camp trip?

Yes, a private 15-day Everest Base Camp trip is available.

How does a private trek enhance the experience?

A private trek provides a more intimate and personalized experience, allowing you to fully immerse yourself in the journey without the constraints of a group schedule. It also ensures better attention from the guide, flexibility in rest days, and the ability to customize the trek.

Is there a cancellation or refund policy?

Yes, we have a cancellation and refund policy. You can find more details here: Cancellation and Refund Policy.

What is the booking and payment method?

We offer several payment options, including bank transfer, Western Union, Wise, and online payment through our website. A 10% advance payment is required to confirm your booking. You can pay the rest upon arrival in Kathmandu using cash, bank transfer, or credit card.

Do you have to buy travel insurance before booking?

Yes, travel insurance is mandatory for all treks we organize. Your insurance must cover health treatment costs and include helicopter evacuation up to the highest trek altitude. It's important to verify with your insurance provider that your policy includes emergency evacuation, as medical facilities are limited in the trekking regions.

Which currency is acceptable along the Everest Base Camp route?

Only Nepalese Rupees (NPR) are accepted along the Everest Base Camp route. We advise you to exchange your currency (USD, Pound, Euro) to NPR in Kathmandu.

How much additional money do I need per day?

The amount varies depending on your spending habits, but typically around 15 USD per day is sufficient to cover costs for drinks, snacks, communication, water, etc.

Can I use ATM and credit cards during the trip?

While there are ATMs in Lukla and Namche Bazaar, they may not always be reliable. It is best to exchange your currency in Kathmandu and carry Nepalese Rupees while trekking.

Do we find money exchanges in the EBC region?

Money exchange services are quite limited in the Everest Base Camp region. We recommend you exchange money in Kathmandu.

Can I book the Everest Base Camp trip with my kids?

The trek is usually not recommended for children under 16 due to the altitude and physical demands.

Do I need to book in advance?

Yes, you must book in advance due to limited flights to Lukla and the high demand for accommodations during peak trekking seasons. However, we also accept last-minute bookings.

PREPARATION & FITNESS

How difficult is the Everest Base Camp trek?

The difficulty of the trek varies depending on individual fitness levels. It is generally challenging but achievable for most people.

Do I need training for the EBC trek?

While you do not need to be an athlete to trek to Everest Base Camp, being fit enhances your experience. We recommend regular cardiovascular exercises like running, cycling, and swimming, along with strength training to build endurance and stamina.

How long should I train for the EBC trek?

We advise you to start training at least 2-3 months before the trek. The amount of training needed depends on your current fitness level, but you should aim for at least 3-4 hours of exercise per week to build stamina.

How to prepare to trek to Everest Base Camp?

You should focus on improving cardiovascular fitness, building leg strength, and practicing with a backpack. It's also crucial to acclimatize properly. For packing, we provide you a comprehensive list of necessary items.

How to acclimate to high altitude quickly?

The key to acclimatization is a gradual ascent, allowing your body to adjust to lower oxygen levels. Our trek itineraries are designed to facilitate proper acclimatization. Moreover, our guides will also let you know the proper ways to acclimatize.

How long do I need to walk per day during my trek to Everest Base Camp?

Daily walking distances vary, but you should be prepared to hike for 6-8 hours each trek day. Our trek packages include acclimatization days as needed.

PERMITS

What are the permits required for Everest Base Camp Trek?

For the Everest Base Camp trek, you need two major permits: the Sagarmatha National Park Entry Permit and the Khumbu Pasang Lhamu Rural Municipality Permit.

Where can I get the necessary papers for Everest Base Camp Trek?

We handle all the necessary permit arrangements for our clients to ensure a hassle-free trek.

How to get a visa for Nepal?

Most nationalities can obtain a visa upon arrival at Tribhuvan International Airport in Kathmandu. You will need a passport with at least six months of validity, a passport-sized photo, and a visa application fee to apply for the visa. VisitNepal Immigration for detailed information.

Do I need travel insurance to trek for EBC?

Yes, travel insurance is mandatory for the Everest Base Camp Trek due to the inherent risks involved. Insurance must cover medical treatment and helicopter evacuation at altitudes up to 5,550 meters. Please call your insurer and double-check if their plan includes helicopter evacuation. Do not solely rely on the insurance company's website.

What insurance do we need for Everest Base Camp Trek?

Comprehensive travel insurance that includes medical and helicopter evacuation coverage up to the highest trek altitude (5,550m) is required. Please verify coverage with your insurance provider before buying the insurance.<

GUIDES & PORTERS

Is it mandatory to get a guide on the EBC trip?

While a guide is not mandatory, it is highly recommended for safety, support, and a richer experience.

Are Discovery World Trekking Guides well trained?

Yes, all our guides are certified by the Nepal Government and have completed intensive wilderness first aid training. They are experienced, well-trained, and hail from the high Himalayas.

How many porters and guides will I need for the Everest Base Camp Trek?

Typically, we assign one porter for every two trekkers and one guide for each group. we provide an assistant guide for larger groups (over 12 trekkers).

Are there porters carrying luggage, or should we carry it on our own?

We provide porters to carry luggage, with one porter assigned to every two trekkers. Each porter carries a maximum of 18 kg, so each trekker's luggage should not exceed 9 kg. You will also need to carry a daypack for valuables, essential documents, and frequently required items such as water bottles.

Do I need to tip my guide and porters?

Tipping is customary in Nepal to express gratitude for good service. While tipping is at your discretion, our guides and porters appreciate it. It also signals the quality of their service.

Can you trek alone to Everest Base Camp without a guide?

As of April 2023, the Nepal Government has prohibited solo trekking to Everest Base Camp.

ACCOMMODATION

What accommodation do you get on the Everest base camp?

We arrange accommodation in the best possible lodges along the trek routes. You will be mostly staying in standard twin-sharing rooms.

Is Wi-Fi available during the trek?

Wi-Fi is available in most teahouses/lodges, but you may need to pay an additional fee.

Will there be any power source for charging devices available throughout the trek?

Yes, there are power sources in the teahouses/lodges where you will be staying in. However, there is usually a fee for using this service.

Are there showers available?

Yes, showers are available in the lodges/teahouses where you will be staying, but you may need to pay for hot water.

Can I take a hot shower during my Everest Base Camp Trek?

Yes, hot showers are available during the trek, but they will cost extra.

What are the facilities available in case of emergencies during the trek?

While there are limited health centers in trek regions, our guides carry basic first aid kits. In emergencies, we will arrange helicopter rescue, funded by your travel insurance.

How are the communication facilities during the trek?

Communication is available in most lodges/teahouses with internet access. You can also buy a local SIM card in Kathmandu, but coverage can be weak at high altitudes.

Does the Everest Base Camp have toilets?

Yes, basic toilet facilities are available, though hygiene standards can vary.

What sort of accommodation can I expect in Kathmandu?

Kathmandu offers a range of accommodation options, from budget guesthouses to luxury hotels. Please note that accommodations in Kathmandu are not included in the trek package.

FOOD & DRINKS

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

Yes, vegetarian and vegan options are widely available. We recommend vegetarian meals for health and hygiene reasons.

What kind of food do we get from Everest Base Camp Trek?

You will have several food options, including Nepali and Western cuisines. Traditional Nepali food like dal bhat (lentils, rice, and curry) is highly recommended.

How is the drinking water facility during the trek? Should I bring water purifiers?

You can buy bottled water, but for ecological reasons, some areas discourage this practice. It's advisable to bring a refillable water bottle and buy boiled or filtered water from teahouses. Water purification tablets are also recommended.

What types of liquid do I need to drink at high altitudes?

It is essential to stay hydrated by drinking plenty of fluids like water, tea (green tea, ginger tea), and hot lemon. Garlic soup is also beneficial for preventing altitude sickness. Avoid alcohol, caffeine, and hot chocolate.

WEATHER

What is the best season for trekking to EBC?

The best seasons for trekking to Everest Base Camp are spring (March-May) and autumn (September-November) due to clear skies, optimal temperatures, and good trail conditions. Trekking in summer (monsoon season) and winter is possible but has additional challenges like rain and snow.

How cold does Everest Base Camp Trek get?

Temperatures vary significantly by season and altitude. At lower elevations, temperatures range from 5°C to 20°C. At higher altitudes, such as Gorak Shep and Everest Base Camp, temperatures can drop as low as -20°C, especially at night.

HEALTH & SAFETY

Does EBC trek require an immunization certificate?

No, you don't need an immunization certificate for the EBC Trek.

How to avoid altitude sickness during the trek?

To minimize the risk of altitude sickness, you must ascend gradually, maintain a comfortable pace, allow for proper acclimatization, stay well-hydrated, and avoid alcohol and caffeine. If symptoms of altitude sickness appear, you should descend to a lower altitude. Our trek packages are thoughtfully planned to include adequate acclimatization days. Our guides will further tell you methods to minimize catching altitude sickness.

Should I take Diamox to the Base Camp?

Diamox is commonly used to prevent altitude sickness, but you should consult your doctor before using it.

Do I need to bring medicines for the Everest Base Camp Trek?

We advise you to bring a first aid kit containing pain relievers, anti-diarrheal medications, and rehydration salts. Your doctor can advise you on any additional medications you might need. Our guides also carry a first aid kit.

Do we get altitude sickness during the EBC Trek?

Altitude sickness is a common concern during the Everest Base Camp (EBC) Trek due to the high elevations. As you ascend, the reduced oxygen levels can affect anyone, regardless of age or fitness level. Symptoms of altitude sickness include headaches, dizziness, nausea, and shortness of breath. To prevent altitude sickness, it's important to acclimatize properly, stay hydrated, and ascend gradually. Our trek itineraries are designed to include acclimatization days to help you adjust to the altitude safely.

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

For the Everest Base Camp Trek, it's essential to be in good physical health and have a reasonable level of fitness. The trek involves several days of hiking at high altitudes, which can be physically demanding. Before embarking on the trek, it's advisable to undergo a medical check-up to ensure you have no pre-existing conditions that could be exacerbated by high altitude or strenuous exercise.

Are there medical facilities along the way?

Yes, basic medical facilities are available along the Everest Base Camp Trek route, particularly in larger villages like Namche Bazaar and Pheriche. These facilities can provide treatment for minor illnesses and altitude-related issues. However, for serious medical emergencies, evacuation to a hospital in Kathmandu is necessary. Our guides are trained in first aid and can help manage minor health issues or coordinate emergency evacuations if required.

PACKING & GEAR

Where can I store my extra luggage?

You can leave your extra luggage at your hotel in Kathmandu or store it for free at our facility. We offer complimentary luggage storage to all our guests throughout their trek duration.

What is the luggage weight limit for the Lukla flight?

The total luggage allowance for flights to Lukla is 15 kg, including 10 kg, for checked luggage and 5 kg as carry-on.

What is the luggage weight limit for a porter?

Our porters can carry up to 18 kg, with each porter typically carrying luggage for two trekkers. This means your luggage should not exceed 9 kg per person.

How should I pack for the trek?

You'll need two bags for the trek: a large, durable, water-resistant 80L duffel bag for the porter and a smaller bag to carry your valuables and frequently needed items. We advise you to share the larger bag with a trekking partner so that a porter can carry it.

What to pack for the trek to Everest Base Camp?

Essential items include sturdy hiking boots, layered warm clothing, waterproof gear, a sleeping bag, trekking poles, sunglasses, sunscreen, and a hat. For a comprehensive list, please check our ***equipment and gear section.***

What equipment do I need for the trek?

Key items include a quality backpack, trekking poles, a water bottle, a head torch, and a camera. Pack these in two bags: a larger one (over 60L) for the porter and another smaller one for personal use, especially for valuables and frequently used items.

Where can I buy clothes and equipment?

You can bring your trekking clothes and equipment from home. However, Kathmandu has numerous shops, where you can purchase essential trekking gear and clothing at reasonable prices.

TRANSPORTATION

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

Yes, we offer an airport pick-up service for our clients. Our representative will be waiting for you at Kathmandu Airport with a sign displaying your name. Please ensure you provide us with your flight details to arrange this service.

What are the flight arrangements to Lukla?

During peak trekking seasons (March, April, May, September, October, and November), flights to Lukla depart from Ramechhap/Manthali Airport due to congestion at Kathmandu Airport. At other times, flights will depart from Kathmandu.

If flying from Manthali to Lukla and vice-versa, what will be the flight arrangements?

If flying to Lukla from Manthali Airport, we will pick you up from Kathmandu around 12:30 a.m. on the day of departure and drive you to Manthali, which takes about five hours. Similarly, when you return from Lukla to Manthali, we will drive you back to Kathmandu.

What is the mode of transportation to reach the Base Camp?

The journey to Everest Base Camp begins with a flight from Kathmandu or Manthali (depending on the season) to Lukla, followed by trekking to the base camp.

Can I take a helicopter to Everest Base Camp?

Yes, we also offer helicopter tours to Everest Base Camp. For more details, visit our Everest Helicopter Tour page.

What if my flight to/from Lukla is canceled or delayed?

We recommend setting aside an extra 2-3 days for your trek (in addition to the trek days) to account for potential delays, mostly due to unpredictable weather. If flights between Lukla and Kathmandu are canceled due to bad weather, they are automatically rescheduled for the next available day. If you are on a tight schedule, you can charter a helicopter, which costs about 550 USD per person, assuming the cost is shared among five people. However, helicopters do not operate if visibility is under 1,500 meters.

Discovery World Trekking

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