Discovery World Trekking



Paul
Talk to an Expert

Discovery World Trekking
WhatsApp / Phone +977-9840055491
info@discoveryworldtrekking.com

Everest Base Camp Trek - 14 Days

14 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 1330
per person, for 2 to 3 people

Made on 26 November 2026

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







The 14-day Everest Base Camp trek takes you into the heart of Nepal's Khumbu region to stand at the base of the tallest peak on Earth, Mt Everest. From glacial valleys to rugged ridges, you'll experience authentic Sherpa villages and Buddhist monasteries while navigating the grandeur of the Himalayas.

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	5,555 m at Kalapatthar
Activity per day	Approximately 4-6 hrs walking
Meals included	All full-board meals (Breakfast, Lunch & Dinner) during the trek
Start / end point	Kathmandu / Kathmandu

PRICE

US$ 1330

per person, for 2 to 3 people

The full price is US$ 1800. You save US$ 470 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1330
4 to 7	US$ 1280
8 to 13	US$ 1230
14 to 21	US$ 1180

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

EBC trek highlights

- Close-up view of Mount Everest (8,848.68 m / 29,028 ft) from the heart of the Khumbu region
- Iconic rock at Everest Base Camp (5364 m / 17,598 ft), a famous trekking landmark and photo point
- Thrilling mountain flight to Tenzing-Hillary Airport in Lukla
- Reach Kala Patthar (5,555 m / 18,208 ft), the viewpoint for the best sunrise/sunset over Everest
- Panoramic views of Lhotse (8,516 m / 27,939 ft), Cho Oyu (8,201 m / 26,906 ft), and Makalu (8,463m)
- Experience Syangboche Airport (3,780 m / 12401 ft), one of the world's highest airports
- Visit the historic Tengboche Monastery, the spiritual center of the Khumbu region
- Stand beside the Khumbu Glacier (4,900 m / 16,076 ft), one of the highest glaciers on Earth
- Trek through Sagarmatha National Park with glaciers, valleys, and alpine forests
- Explore Sherpa culture, traditions, and lifestyle in villages like Namche Bazaar
- Memorial Stupa in Lobuche, honoring Everest climbers who lost their lives
- Spiritual trails with Mani stones, prayer wheels, and a high suspension bridge
- Rare wildlife sightings: musk deer, snow leopards, Himalayan tahr, and pheasants

Everest Base Camp Trek overview

The Everest Base Camp Trek immerses you in the breathtaking landscapes and rich Sherpa heritage of the **Everest region in northeast Nepal**. This journey leads you to the legendary Everest Base Camp at **5,364 m / 17,598 ft,** located in the **Solukhumbu District**. The highest point of the trek is **Kala Patthar at 5,555 m / 18,208 ft**, which brings you face-to-face with mighty **Mount Everest**.

The 14-Day journey, guided by local experienced Sherpa guides, begins with a **scenic 40-minute flight from Kathmandu to Lukla (2,860 m / 9,350 ft)**. Depending on the season, the trek may start from Manthali: a **5-hour drive from Kathmandu**, followed by a **20-minute flight to Lukla**.

From Lukla, the trail follows the **Dudh Koshi River**, passing through charming villages like **Phakding (2,650 m / 8,562 ft)**. Along the way, you pass through Rimshuing Monastery and cross the Hillary suspension bridge, an early highlight of the trek in **Sagarmatha National Park**.

You move through the rhododendron forests and alpine meadows before reaching **Namche Bazaar (3,440 m / 11,285 ft)**. This lively Sherpa town is the **gateway to Everest**, where you spend a day for acclimatization. You can explore local markets, Khumjung village, and Syangboche airport, discover Sherpa culture at the museum, and observe the yaks grazing in the farms.

You can experience your first close-up glimpses of Everest with a short hike to the nearest viewpoints, such as the **Everest View Hotel**. From Namche, the trek continues through wildlife-rich areas, where you may spot musk deer, pheasants, and Himalayan tahrs.

While ascending, the trail moves towards **Tengboche (3,860 m / 12,665 ft)**, home to the **Tengboche monastery**. Here, you are embraced by a serene atmosphere with panoramic views of **Ama Dablam**, **Everest**, **Lhotse**, and **Nuptse**.

Passing through a pine forest with blooming juniper, your path leads to **Dingboche (4,360 m / 14,290 ft)**, a high-altitude farming village. This is the second acclimatization stop in the EBC trek.

Beyond Dingboche, the landscape gradually turns rocky and steep as you pass the memorial stupa on the way to **Lobuche (4,940 m / 16,175 ft)**. The path becomes more challenging and adventurous due to the thin air and rugged terrain.

The climax awaits as you reach **Gorak Shep (5,140 m / 17,010 ft)**, the last settlement before the EBC. It is the base of your final push. From here, a thrilling trek takes you to **Everest Base Camp**, where you are surrounded by a panorama of the world's highest peaks.

After reaching EBC, you walk along the world's highest glacier, the **Khumbu Glacier**, passing the towering **Khumbu Icefall** on your way back to Gorak Shep. An early morning hike from here to **Kala Patthar** rewards you with a once-in-a-lifetime moment: sunrise that lights up Everest in gold and rose, leaving you breathless.

The trek descends back to **Pheriche (4,250 m / 13,945 ft)**, a farming village growing potatoes and buckwheat. Retracing your steps through Lobuche, Dingboche, Tengboche, and Namche Bazaar, the trek concludes in Lukla.

A final scenic flight brings you back to Kathmandu, closing your Everest Base Camp adventure. The journey leaves you with unforgettable memories of towering peaks, cultural encounters, and the raw beauty of the Himalayas.

Day-to-day short itinerary

Day 1 Flight from Kathmandu/Manthali to Lukla. Flight time: Approx 40 min from KTM/20 min from Manthali. Trek to Phakding (2,650 m / 8,563 ft). Trek time: Approx. 3 hrs.

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

Day 3 Rest day and acclimatization at Namche Bazaar.

Day 4 Trek from Namche to Tengboche/ Deboche (3,855 m / 12,664 ft). Trek time: Approx. 5 hrs.

Day 5 Trek from Tengboche to Dingboche (4,360 m / 14,468 ft). Trek time: Approx. 5 hrs.

Day 6 Rest day and acclimatization at Dingboche.

Day 7 Trek from Dingboche to Lobuche (4,930 m / 16,207 ft). Trek time: Approx. 5 hrs.

Day 8 Trek from Lobuche to EBC (5,364 m) and back to Gorak Shep (5,185 m / 16,864 ft). Trek time: Approx. 7 hrs.

Day 9 Hike to Kala Patthar (5,555 m / 18,225 ft) viewpoint, trek to Gorak Shep, then to Pheriche (4,250 m / 13,944 ft). Trek time: Approx. 7 hrs.

Day 10 Trek from Pheriche to Tengboche (3,855 m / 12,664 ft). Trek time: Approx. 5 hrs.

Day 11 Trek from Tengboche to Namche Bazaar (3,440 m / 11,296 ft). Trek time: Approx. 5 hrs.

Day 12 Trek from Namche Bazaar to Phakding (2,650 m / 8,690 ft). Trek time: Approx. 4 hrs.

Day 13 Trek from Phakding to Lukla (2,850 m / 9,383 ft). Trek time: Approx. 4 hrs.

Day 14 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 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 20-40 Minutes Highest Altitude 2,850m / 9,350ft.
Trek Duration 3-4 hrs

The Everest Base Camp trek begins with a **morning mountain flight to Lukla**, home to the **famous Tenzing-Hillary Airport**.

Kathmandu to Lukla Flight

You will take a direct **40-minute** early-morning flight from Kathmandu to Lukla during **off-peak trekking seasons** (January, February, June, July, August, and December).

The flights are dependent on weather conditions, airline schedules, and the volume of travellers.

Manthali to Lukla Flight

During **peak trekking seasons** (March, April, May, September, October, and November), Lukla flights usually operate from Manthali Airport in Ramechhap due to air traffic in Kathmandu.

We begin a late-night or early-morning (12:30 am) **4-5 hours drive** in a shared vehicle from Kathmandu to Manthali, then catch a short **20-minute** mountain flight to Lukla.

Helicopter Option

If you prefer to avoid the long drive to Manthali, you can choose a direct helicopter flight from Kathmandu to Lukla.

The flight usually carries four to five passengers and costs around $550 USD per person.

Kathmandu/Manthali → Lukla → Chheplung → Phakding

After landing at Lukla Airport, you follow the trail through Sherpa villages, prayer wheels, mani stones, and pine forests alongside the Dudh Koshi River.

The first walking day is relatively short, helping your body ease into the trek.

You pass **Chheplung village** with views of Kusum Kanguru before crossing suspension bridges toward **Phakding**, a peaceful riverside village surrounded by forested hills and mountain streams.

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

DAY 2

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

Trek Distance 11 km / 6.8 miles Highest Altitude 3,440m / 11,285ft Trek Duration 6 hours

The second day of the trek follows the northern bank of the **Dudh Koshi River** as you leave Phakding and head toward Namche Bazaar.

It is considered **one of the toughest days** due to the 800-meter steep, long, consistent ascent before reaching Namche Hill.

Phakding→ Monjo→ Jorsalle→ Namche Bazaar

Along the route, you cross many suspension bridges and truss-style bridges over the rivers and streams, including the famous **Hillary Suspension Bridge** with colorful prayer flags.

Passing the waterfalls, you come across a small village named **Tok Tok**.

You can see the trail with colorful flowering plants alongside mani stones, prayer wheels, and a stupa (chorten), reflecting the spiritual atmosphere of the Khumbu region.

With a gradual uphill trek, you reach **Monjo**, the official entry point of the **Sagarmatha National Park**, where trekking permits are checked.

We descend through the dense pine and rhododendron forests to have a warm lunch beside the river at **Jorsalle**.

From here, the trail ascends along a narrow mountain path often called the "**Himalayan Highway**" by Sherpas.

After crossing the final bridge, we hike up to **Namche Bazaar**, a Sherpa town built in semi-circular layers with a Buddhist stupa at the center.

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

The third day of our trek is an acclimatization day at Namche Bazaar.

It is not a complete rest day but follows the trekking principle "**hike higher, sleep lower**" to help the body adjust to higher altitude and reduce the risk of altitude sickness.

We have some options for you to go for a hike: **Sherpa villages and Museum**, **Syangboche Airport**, **Everest View Hotel**, **Hillary School**, and **Yak farms**.

All over the route, you pass through the mantra stones, prayer flags, and the colorful **Dellek Monastery** with red-yellow-muted blue colors.

Hiking through a rugged uphill trail with steep stairs, you reach the **Everest View Hotel**, one of the highest-altitude hotels in the world. Depending on the weather, it offers one of the best views of South Col of Mt. Everest.

From here, the trail goes downhill past a rock outcrop and a stupa to **Khumjung village**, known for its green-roofed houses. Enjoying the view of the "**Yeti Scalp**" monastery in the back, you can also buy handcrafted woolen items and local souvenirs around the village.

Heading further ahead, you can see a prayer stone at the center of the junction before visiting the Hillary School and its nearby statue.

Exploring the surrounding Sherpa villages, we return to Namche Bazaar. Here, you can enjoy the Wi-Fi-linked cafés and restaurants, restock your snacks, and purchase souvenirs or trekking gear.

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

DAY 4

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

Trek Distance 10 km / 6.2 miles Highest Altitude 3,855m / 12,850ft Trek Duration 6 hours

Today, after a warm breakfast in Namche, we begin our trek toward Tengboche, following a scenic ridge with continuous mountain views of Everest, Thamserku, Ama Dablam, Nuptse, and Lhotse.

Namche Bazaar → Kyangjuma → Phunki Thenga → Tengboche → Deboche

Following the long ridgeline of the mountain range, the trail moves up and down through lush forested sections before arriving at **Kyangjuma**. It is a small village named after a Tibetan medicine traditionally used to treat inflammation-related diseases.

From here, the path becomes less maintained and noticeably rough as you re-enter dense woodland.

In quieter sections of the forest, you may spot musk deer, pheasants, and Himalayan thar moving through the terrain.

You continue descending through the rhododendron or pine trees until you reach **Phunki Thenga**, a small riverside village beside the Dudh Koshi River.

You can get some time to rest and enjoy a lunch break with the calming sound of flowing water.

After lunch, you continue a steady, steep uphill trek as the landscape opens up into lush green and colorful wildflowers before **Tengboche**.

The village is considered a spiritual center and home to the **ancient Tengboche Monastery**, the largest Buddhist monastery in the Khumbu region.

After exploring the area, you continue for a short walk to **Deboche**, where you settle in and rest for the night.

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 (4,360m / 14,290ft)

Trek Distance 11km / 6.8 miles Highest Altitude 4,360m / 14,290ft Trek Duration 5-6 hours

Our day starts in Deboche with a warm breakfast, then we step into a cold, windy Himalayan morning before heading to Dingboche.

Tengboche → Deboche → Pangboche → Shomare → Dingboche

From Deboche, you continue downhill to the **Imja Khola River**, crossing a suspension bridge decorated with prayer flags fluttering above the gorge. You can see a beautiful stupa with Mt. Ama Dablam in the background.

The trail then gradually leads you into **Pangboche**, the highest year-round Sherpa village in the Khumbu region.

It is home to many climbing Sherpas who work on Everest expeditions.

Here, you can see ancient chortens, mani walls, and the historic Pangboche monastery.

After **Pangboche**, the landscape changes into a wider alpine valley with fewer treeks and a clear view of Lhotse.

You continue along the Imja Khola valley until you reach **Shomare**, where you stop for a relaxed lunch break.

You continue the uphill trail through the stone-walled fields and high-altitude farmland, where locals grow barley, buckwheat, and potatoes.

With a view of Island Peak ahead and the air getting thinner, you continue your steady trek until you reach **Dingboche**.

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

DAY 6

Rest day and acclimatization at Dingboche

Today is your **second acclimatization day** in Dingboche, an important rest stop before you move into much higher elevations of the Everest region.

You stay at this altitude to allow your body to adapt to the thinner air and reduced oxygen levels.

Dingboche → Nangkartshang Peak (Acclimatization Hike) → Dingboche

You begin the day with a short but steep acclimatization hike above Dingboche toward **Nangkartshang Peak** (5,083 m / 16,676 ft), where the trail gradually ascends over rocky terrain and open hillsides.

From the top, you can enjoy views of Makalu, Ama Dablam, Island Peak, Lhotse, and the vast Imja Valley stretching below.

At this altitude, the air feels noticeably thinner.

This short hike helps your body adjust before the more demanding sections ahead toward Lobuche and Gorak Shep.

After descending back to **Dingboche**, you can spend the afternoon at a relaxed pace, resting, hydrating, or visiting small local bakeries.

The remainder of the day is focused on recovery and preparation for the higher-altitude journey ahead.

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

DAY 7

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

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

Today we head toward Lobuche, gaining around 530 m in elevation. The trail is more exposed, and the air feels thinner.

After yesterday's acclimatization hike, this is the day to find out if our bodies are ready for the trek ahead into a higher altitude environment.

Dingboche → Thukla → Thukla Pass → Lobuche

You take a short uphill trek above the edge of **Pheriche village** toward **Thukla hills**.

Along the way, you pass a yak grazing area and may catch distant views of Dzongla Lake.

Kangtega and Thamserku dominate the skyline behind you, while Lobuche East and Cholatse come into view ahead.

As you approach **Thukla** (also spelled Dughla), strong mountain winds often sweep across the valley.

This is the lunch stop, where we rest for an hour and get ready for a long stretch towards the toughest part of the day, **Thukla Pass** (4,830 m / 15,846 ft.).

After a series of steep switchbacks, following the 30 steps, breathe, 30 more rule, you reach the top, the **Thukla Pass memorial**.

Here, you can see the **stone memorial statues** and chortens of climbers/Sherpas who lost their lives on Everest.

From the pass, the trail becomes gentler as it follows the moraine of the Khumbu Glacier.

If the weather remains clear, you can enjoy expansive views of Pumori (7,165 m / 23,495 ft.), Lingtren (6,749 m / 22,142 ft.), Minbo, and Minbo La.

As the upper Khumbu basin gradually opens up before you, a final walk across the broad valley brings you to **Lobuche**, a cluster of stone-walled teahouses.

On a chill, clear evening, you can witness the golden sunset light illuminating Mount Nuptse (7,861 m / 25,791 ft.).

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

DAY 8

Trek from Lobuche (4,930m / 16,175ft) to EBC (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

Day 8 is the **most anticipated moment of your trek** as you finally reach **Everest Base Camp** at 5,364 m, the base of the world's highest mountain.

It is a day to witness the Himalayan grandeur up close and live the experience you've been waiting for.

Lobuche → Gorak Shep → Everest Base Camp → Gorak Shep

After a warm breakfast, you ascend on an uneven trail of loose stones, moraine, and glacial debris.

Along the way, you can see the Pyramid – an Italian high-altitude research center, a well-known scientific station in the Everest region.

You continue moving ahead along the winding trails until you reach **Gorak Shep,** a small cluster of 5–6 teahouses sitting in a wide sandy basin.

Here, you stop for lunch with clear views of Mt. Pumori rising directly behind the teahouse.

After a short rest, you leave your backpack at the teahouse and take only a light daypack with essentials like a jacket, windbreaker, gloves, water, and camera. From here, we continue on the thrilling journey to the EBC.

The trail becomes more challenging as you walk across the stretch of the **Khumbu Glacier**, which flows like a frozen river of ice and rock down the valley.

Entering a moraine landscape with icy ridges and a rocky basin filled with prayer flags, where a famous painted **iconic rock** marks **Everest Base Camp**.

You stand at the base of the world's highest mountain, surrounded by the massive **Khumbu Icefall**. From here, Khumbutse (6,636 meters / 21,772 ft.), Pumori, Nuptse, and Lhotse dominate the skyline.

You have time to wander, sit, and enjoy the same ground from where every Everest summit climb begins, while your guide captures group photos to mark the achievement.

During the spring season, colorful expedition tents bring life and color, filling the base camp area.

After celebrating at Everest Base Camp, you return to **Gorak Shep** through the same trail to rest, refuel, and rejuvenate at the teahouse.

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

DAY 9

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

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

Our day begins before sunrise with a hike to Kala Patthar, the **highest point of the Everest Base Camp trek**.

Enjoying the best panoramic view of Mount Everest, we descend to Gorak Shep for breakfast before continuing to Pheriche.

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

We begin an early morning steep uphill trek for about 1 hour toward **Kala Patthar.**

The trail is rocky, exposed to wind, and gains about **380 meters of vertical elevation**, making it one of the hardest hours of the entire trek.

So we recommend maintaining a pace of the **Khumbu Shuffle**: 20-30 steps, a breathing pause, then another 20-30 steps.

Passing several false summits, you eventually reach the prayer-flag-covered summit point of **Kala Patthar**.

The early morning trek can be cold and demanding, but the **panoramic sunrise views** over Mt. Everest, Nuptse, Pumori, and the Khumbu Glacier are unforgettable.

After descending to **Gorak Shep** for breakfast, you continue downhill through Lobuche, Thukla Pass Memorial, and Thukla.

The stone monuments in the memorial stand as a reminder of the challenges and history of mountaineering in the Everest region.

From Thukla, you continue into the broad valley of **Pheriche**, where the lower elevation and thicker air offer relief after several days at high altitude.

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

DAY 10

Trek from Pheriche (4,250m / 13,945ft) to Tengboche (3,855m / 12,850ft)

Trek Distance 10 km / 6.2miles Highest Altitude 4,250m / 13,945ft Trek Duration 4-5 hours

Today's trail is mostly downhill as you leave the open alpine valley of Pheriche and descend toward the forested lower Khumbu region.

The air gradually becomes richer in oxygen, making the walk more comfortable after several days at higher elevation.

Pheriche → Shomare → Pangboche → Deboche → Tengboche

Following the Imja Khola valley, you trek toward **Shomare** with wide mountain views of Ama Dablam, Taboche, and Kangtega accompanying you along the route.

The trail passes yak grazing pastures, traditional stone-built lodges, and long prayer walls before reaching **Pangboche**.

From here, you descend through the greener and more sheltered landscape filled with rhododendron/juniper forests.

You continue through the quiet settlement of **Deboche** before arriving at **Tengboche**, where you spend the night surrounded by mountain scenery and the peaceful atmosphere.

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

DAY 11

Trek from Tengboche (3,855m / 12,850ft) to Namche Bazaar (3,440m / 11,285ft)

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

Today, we wake up to beautiful mountain views around Tengboche before beginning our return journey through dense rhododendron and pine forests to Namche Bazaar.

Tengboche → Phunki Thenga → Kyangjuma → Namche Bazaar

We start by walking alongside the Dudh Koshi River, crossing the suspension bridge. While the trail drops steeply to **Phunki Thenga**, you can enjoy the views of Ama Dablam and Thamserku mountain.

After crossing the river, you follow a gradual uphill trail toward **Kyangjuma**, before the route levels out on the approach to **Namche Bazaar**. After days spent in remote alpine villages, returning to Namche feels lively and welcoming.

You can spend the evening relaxing in restaurants, bakeries, or local shops around the bustling Sherpa town.

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

DAY 12

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

Trek Distance 10 km / 6.2miles Highest Altitude 3,440m / 11,285ft Trek Duration 4 hours

Our 12th day on the Everest Base Camp trek follows the familiar trail back through the lower Khumbu valley. With a significant loss in elevation, the trek feels easier.

Namche Bazaar → Monjo → Phakding

Leaving Namche, you descend steep stone staircases and forested ridges toward the **Hillary Suspension Bridge**.

The trail continues along the Dudh Koshi River through pine forests, small waterfalls, and traditional Sherpa villages.

Passing through **Monjo**, you cross the Sagarmatha National Park checkpoint before continuing along the riverside trail.

The lower elevation brings warmer temperatures and a greener landscape.

The path becomes gentler as you continue through riverside settlements and suspension bridges toward **Phakding**.

Tonight, you stay in this peaceful village for your final trekking overnight in the Everest region.

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

DAY 13

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

Trek Distance 7 km / 4.5 miles Highest Altitude 2,850m / 9,350ft Trek Duration 3-4 hours

Today is your final walking day in the Everest region, retracing your route to Lukla, where the journey first began.

Phakding → Tok Tok → Chheplung → Lukla

After breakfast, you follow the Dudh Koshi River once more, crossing a suspension bridge.

Along the way, you pass through small villages decorated with prayer flags (locally known as Lungta) and mani stones.

The trail then winds through woodland and uphill to **Kusum Stream**.

From here, you need to take a steep downhill path to the west until you reach **TokTok**.

Approaching **Chheplung** through the winding dirt roads and stone staircases indicates you are near Lukla.

Through the routes, you can see traditional gompas, monasteries, and prayer wheels that reflect the rich Buddhist culture.

Arriving in **Lukla**, you complete your Everest Base Camp journey.

In the evening, you can celebrate this achievement with your team and enjoy your last night in the Everest region.

Overnight stay at Hikers Inn
Included standard meals (Breakfast + Lunch + Dinner)

DAY 14

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

Flight hours 40/20 minutes

The 14th day marks the **completion of your Everest Base Camp journey**, bidding farewell to the mountains, views, and unforgettable experiences of the Khumbu region.

After having a final breakfast in the Everest region, we head up to catch a flight from Lukla Airport.

Lukla → Manthali → Kathmandu

During the **off-season**, you can board a **regular Lukla to Kathmandu flight**, which usually takes around **40 minutes**. The journey offers final aerial views of snow-capped peaks and deep valleys below.

During **peak trekking seasons**, you need to take a **20-minute flight from Lukla to Manthali Airport** due to heavy air traffic in Kathmandu.

From **Manthali(Ramechhap)**, we continue a drive back to Kathmandu in a shared vehicle.

The drive follows the Tamakoshi and Sunkoshi riversides, where you can catch distant views of the Langtang and Jugal Himal ranges.

Upon arrival in Kathmandu, your Everest Base Camp trek officially comes to an end. Our package concludes here, and the rest of the day is entirely up to you, free for personal activities or relaxation.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Private pickup and drop-off between Tribhuvan International Airport and your hotel
- Round-trip domestic flight between Kathmandu/Manthali and Lukla
- Shared vehicle transfer between Kathmandu and Manthali during peak seasons when Lukla flights operate from Manthali Airport

Accommodations

- 13 nights accommodation during the trek
- 6 nights in rooms with private attached bathrooms in Lukla, Phakding (2 nights), and Namche Bazaar (3 nights)
- 7 nights in standard twin-sharing rooms at Tengboche (2 nights), Lobuche, Dingboche (2 nights), Gorak Shep, and Pheriche

Food

- Full-board meals during the trek: 14 breakfasts, 13 lunches, and 13 dinners with one main course per meal
- Water purification tablets for safe drinking water
- Seasonal fresh fruits every day

Guide and Porter

- Government-licensed and English-speaking trekking guide (leader)
- Assistant trekking guide for groups of 5+ trekkers
- Porter service (1 porter for every 2 trekkers with a combined luggage limit of 18 kg, i.e. (9 kg per trekker)
- All guide and porter expenses: meals, accommodation, insurance, salary, transportation, flights, and trekking equipment

Trek permit and expenses

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Permit
- An Environmental "Green Fee"
- All government/local taxes and official service charges

Medical Assistance

- Basic first-aid medical kit with daily health monitoring
- Pulse oximeter for monitoring oxygen saturation levels at high altitude
- Emergency rescue and evacuation services when required (rescue costs covered by travel insurance)

Souvenir

- Company T-shirt and cap

Farewell

- A digital Discovery World Trekking's Appreciation Certificate on your WhatsApp/email
- Farewell gathering in Lukla/Kathmandu at the end of 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

- International airfare to and from Nepal

Accommodations

- All accommodations in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.

Food

- Meals in Kathmandu before and after the trek
- Extra night meals due to early return or arrival, or early departure from the trek

Guide and Porter

- Tips for guides and porters (recommended)

Visa

- Nepal entry visa fees ($50 USD for 30 days, at Tribhuvan International Airport)

Travel Insurance

- Personal travel insurance covering high-altitude trekking, emergency helicopter evacuation, and rescue operations (mandatory)

Personal Expenses

- Personal trekking clothing or gear, and equipment rental costs
- Souvenirs and shopping expenses: snacks, tea/coffee, bottled or boiled water
- Extra fees for hot showers, Wi-Fi, laundry, internet, and battery charging
- Additional porter services beyond the included luggage limit

Additional Expenses

- Excess luggage charges beyond the 9 kg limit per trekker.
- Additional accommodation, meals, transportation, or trekking expenses caused by illness, injury, flight delays, bad weather, natural disasters, strikes, political unrest, or circumstances beyond the company's control
- Costs due to itinerary changes for safety reasons
- Any services not specifically mentioned in the “Included” section above

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.

EBC trek packing list

The Everest Base Camp trek reaches elevations above 5,000 meters (Gorak Shep and Everest Base Camp), where temperatures and weather can change rapidly. We recommend you focus on packing light and preparing two bags: one luggage bag up to **9 kg max** and another is a backpack up to **5 kg (20–30 liters)**. One porter is assigned for each pair of trekkers to handle your main luggage. Each porter carries a shared duffel bag/ruksak (**50–60 litres**) with a total weight limit of **18 kg**, allowing up to **9 kg** per trekker.

The complete packing list below will guide you on what to bring for the trek.

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 and 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

Electronics and documents

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

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

Medications

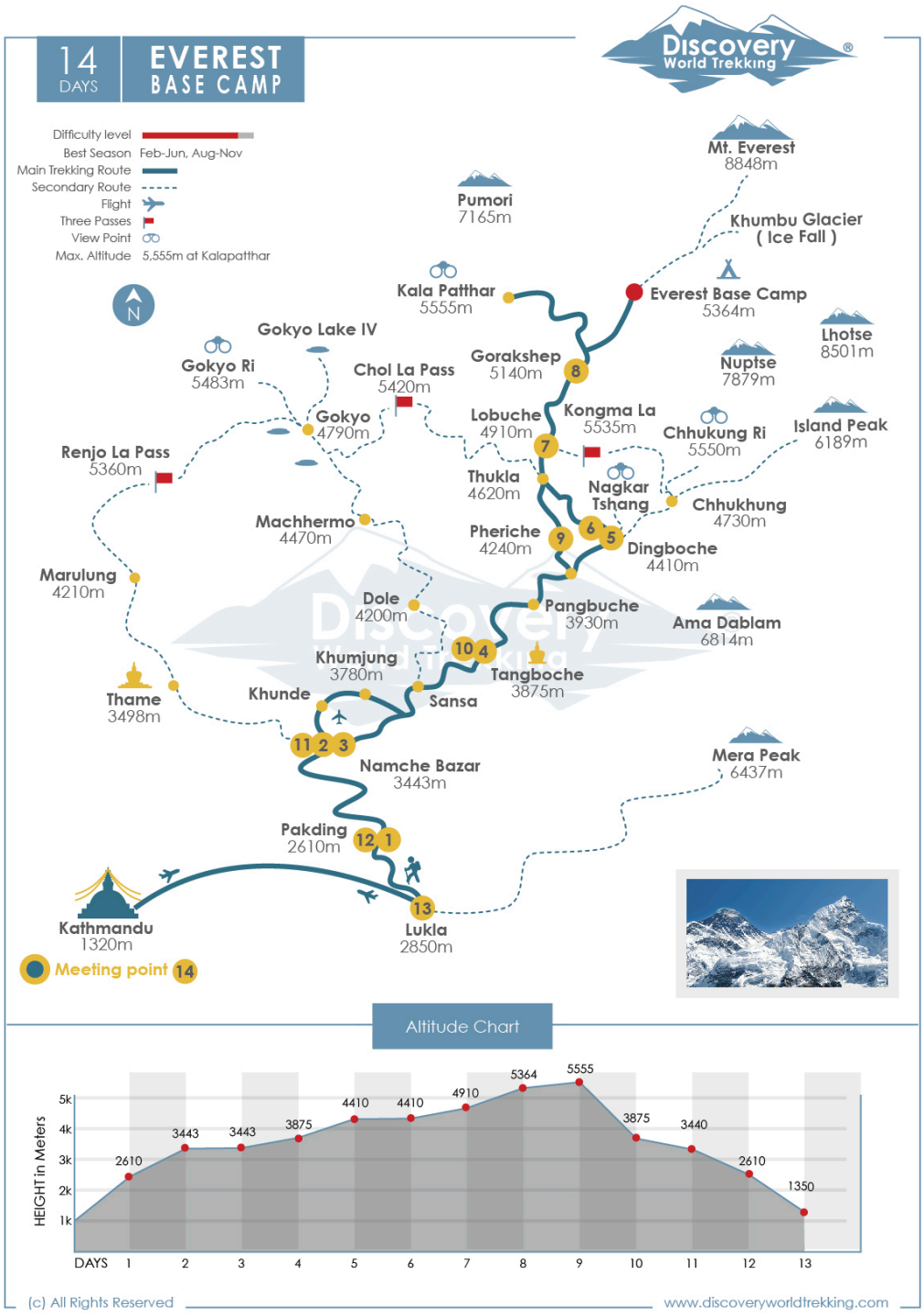
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

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.

Everest Base Camp Trek map



Trip Notes

What can you expect on arrival?

After landing at Tribhuvan International Airport, our team member will welcome you with a **traditional Namaste** and a **personalized name card**.

Hotel Transfer and Accommodation in Kathmandu

We'll **take care of your luggage** and **escort you to your hotel** in a **private vehicle**, ensuring your comfort and safety.

If you **haven't arranged accommodation**, we can **assist you in booking a stay**. We usually recommend Thamel, Kathmandu's main trekking hub. Here, you can explore cultural sites, enjoy local restaurants, and buy any missing trekking gear.

You need to consider **adding two buffer days** beside your trek schedule:

- **One night before the trek**, to rest and prepare for the journey
- **One night after the trek**, to relax and recover from the mountain adventure

How Early Should You Arrive in Kathmandu Before the Trek?

Arriving early in Kathmandu reduces the risk of missing your departure due to flight delays or cancellations. It gives you time to explore the city, exchange currency, and enjoy local cuisine.

We recommend arriving at **least one day before your flight to Lukla**.

This allows you to:

- Recover from international travel fatigue
- Prepare and check your trekking gear
- Attend a detailed trek briefing
- Avoid potential delays from weather or flight changes
- Adjust to Nepal's local time and climate
- Prepare yourself physically and mentally

By taking this extra day, you can start your trek well-rested, confident, and fully prepared. It can make your journey safer and more enjoyable.

Briefing Before the Trek

Before heading to the mountains, we will wait for you and your group at our office in Kathmandu. Paul, the head of our company, will then **conduct a small briefing**.

He will:

- Give you an overview of the route: Lukla → Phakding → Namche Bazaar → Tengboche → Dingboche → Lobuche → Gorak Shep → Everest Base Camp
- Review your itinerary and schedule
- Explain altitude gain, walking hours, and rest/acclimatization days

- Introduce you to your guides and porter
- Check your gear and answer any last queries
- Ensure you are ready and poised for the trek

This ensures you begin your trek fully-equipped and self-assured.

Where will you stay during the Everest Base Camp Trek?

During the trek, you will stay in **locally run teahouses**, offering a warm, welcoming environment.

Accommodation for the Everest Base Camp Trek includes a mix of comfortable lower-altitude lodges and simpler high-altitude teahouses, designed to help you rest and acclimatize.

Each stop offers a distinct stay, from comfortable rooms with private bathrooms to basic lodges that reflect the raw beauty of the Himalayas.

As you follow the classic route, your stay includes:

- **Total Nights:** 13 nights
- **6 nights in lower-altitude villages**:
  - **Lukla:** 1 night
  - **Phakding:** 2 nights
  - **Namche Bazaar:** 3 nights
  - **Accommodation:** Rooms with private, attached bathrooms, twin beds, pillows, and blankets
- **7 nights in higher-altitude villages:**
  - **Tengboche:** 2 nights
  - **Dingboche:** 2 nights
  - **Lobuche:** 1 night
  - **Gorak Shep:** 1 night
  - **Pheriche:** 1 night
  - **Accommodation:** Standard rooms with shared facilities (toilets, limited hot water), cozy and welcoming for high-altitude trekking

Tip: *Lodges are more comfortable at lower altitudes and become simpler as you ascend.*

What Amenities Are Available in the Rooms?

During the Everest Base Camp trek, teahouse rooms are simple but comfortable, offering essential facilities to help you rest after a long day on the trail.

Amenities may vary by altitude, with better facilities at lower elevations and more basic setups at higher elevations.

Sleeping Arrangements:

- Twin beds with mattresses, pillows, and blankets.

- Rooms are basic but comfortable.
- Use a sleeping bag for extra warmth.
- Single rooms are rare and usually available only in the off-season (extra ~$5–$10).
- Sleeping areas are not heated.

Note: *We can provide a used sleeping bag for your use if you don't have your own.*

Bathrooms and Toilets:

- Attached bathrooms are available at lower altitudes.
- Shared toilets (Western-style or squat) at higher elevations.
- Lukla, Phakding, and Namche Bazaar offer rooms with private bathrooms.
- Some lodges at lower elevations offer upgraded rooms and better amenities.

Hot Showers:

- Available at most lodges for an extra cost (~$5–$8 per shower).
- Cold showers are common at higher altitudes.
- Dining Areas and Meals:
- Meals are served in communal dining halls, often the warmest place in the lodge.
- Great space to relax and socialize with fellow trekkers.

Electricity and Charging:

- Most tea houses rely on solar power.
- Charging devices cost around ~$5–$7 per item.
- Carrying a power bank or portable solar charger is practical.
- 2-pin charge slots are available. So you may bring a universal adaptor.

Wi-Fi and Connectivity:

- Wi-Fi is available in some teahouses for an extra fee (~$3–$5).
- Connection becomes slower and less reliable at higher altitudes.

Water:

- Bottled water is available at shops and teahouses along the trail at an extra cost.
- Carry a refilled bottle for boiled or filtered water (~$3 – $5 per liter).
- Using water purification tablets or a LifeStraw is recommended.

Tip: *Don't drink water directly from a river, glacier, tap, or any other untreated water source. Keep in mind that the cost of bottled water will increase as you move higher.*

The cost included here is an approximate price. It may vary by season, altitude, and availability.

Lodges are more comfortable at lower altitudes and become simpler as you ascend.

What meals can you expect during the Everest Base Camp Trek?

Meals on the Everest Base Camp Trek are simple, warm, and designed to keep you energized. You will enjoy freshly prepared food at teahouses along the trail, providing you with the nutrition for recovery.

We prioritize your '**Gut Health**' by selecting teahouses with strong hygiene standards. Beyond standard meals, you will receive fresh fruit supplements to boost your stamina.

Daily Meal Schedule (Breakfast, Lunch, Dinner)

Our EBC trek package includes **14 breakfasts**, **13 lunches**, and **13 dinners**. All meals are on a **full-board basis**, including **one food item per meal**. You can opt for **additional food items** at an **extra cost**.

You have several options, including Nepali, Tibetan-influenced (such as momo and chowmein), and Western (pizza, burgers, and sandwiches).

Typically, your day follows a fixed meal pattern, three meals a day: breakfast at your lodge, lunch during the trek, and dinner at your overnight stop.

Breakfast 7:00 AM to 8:00 AM

- Tibetan bread with honey or jam
- Tsampa porridge
- Oatmeal
- Pancakes
- Eggs (boiled, scrambled, omelets)

Lunch 12:00 PM to 1:30 PM

- Sherpa stew (Syakpa)
- Vegetable noodles
- Soups
- Pasta
- Fried rice

Dinner 6:30 PM to 7:30 PM

- Dal Bhat (rice and lentils)
- Soups
- Steamed vegetables
- Garlic soup

We encourage having a vegetarian diet as it is the most practical choice for steady energy and digestive comfort at higher elevations.

Breakfast: Oatmeal or porridge is highly recommended as slow-release energy to keep you active throughout the morning trek.

Lunch: Warm, freshly cooked meals at teahouses. This is your main recovery break on the trail, helping you recharge or rehydrate for the afternoon ascent.

Dinner: Meals served in communal wood-stove-heated dining halls. Helps with recovery and acclimatization at high altitude, especially with warm soups like garlic soup.

Recommended Foods for EBC Trek

While you find the variety in the menu, teahouses focus on "**Mountain Fuel**" foods rich in complex carbohydrates. These foods are easy to digest and maintain steady energy levels, stable throughout 5 – 7 hours of daily trekking.

We opted for Dal Bhaat (Lentil soup, rice, and vegetable curry), which is fresh and nutritious. Most importantly, it comes with free refills, providing a high-carbohydrate energy base.

Other options are:

- Porridge or oatmeal offers slow-release energy to keep you going.
- Soups help with hydration, warmth, and easy digestion.
- Noodles and pasta are light, filling, and great for a quick energy boost.
- Eggs are a good protein source, best at lower altitudes.
- Sherpa stew (Syakpa) is a warm, local energy meal.
- Tibetan bread or chapati is easily digestible and provides steady energy.
- Fresh fruits support digestion and provide essential vitamins.

Tip: *Maintain a high-calorie intake, focusing on carbohydrate-rich food at high altitudes. Note that as you go higher, menu options become more limited.*

Recommended Drinks for EBC Trek

On the Everest Base Camp trek, your choice of drinks plays an equally important role as food in adjusting to the altitude.

Dehydration is a major trigger for altitude sickness, so you should aim to **drink 3 to 4 liters of fluid daily**.

Warm water is the safest option to keep you hydrated and helps maintain body temperature at high altitudes. You need to **add a purification tablet at least 30 minutes before drinking water**.

You can go for other options:

- Boiled or purified water ensures safe drinking water throughout the trek.
- Herbal teas like ginger, lemon, and mint aid digestion and provide warmth.
- Black tea or milk tea offers warmth and a light energy boost.
- Garlic soup supports acclimatization at higher altitudes.
- Electrolyte drinks help replace lost salts and prevent dehydration.
- Fresh fruit juices provide natural vitamins and hydration when available.

Note: *Drinks are not covered in your package. You have to plan your budget accordingly.*

Dietary Restrictions and Allergies

Modern teahouses are increasingly adaptable to the meals and diet. Whether you are vegan, gluten-free, or have specific nut allergies, lodges can usually accommodate you.

You need to **inform your guide** about your **dietary restrictions** or **allergies**. He will communicate with the cooks at each stop to ensure your meals are prepared accordingly.

A **vegetarian diet is the safest** and most reliable option throughout the Everest Base Camp trek. You will consistently find Dal Bhat, vegetable curries, noodles, fried rice, and soups at every teahouse along the route.

Other diet options are:

Diet Type	Availability	What You Can Expect	Recommendation
Vegan	Limited (manageable up to Namche, restrictive beyond)	Rice, lentils, potatoes, and plain vegetables; no dairy products; less variety at higher elevations	Works if you stay flexible; carry vegan snacks for higher stops
Gluten-Free	Limited but manageable	Rice, potatoes, eggs, Dal Bhat; no dedicated gluten-free kitchens and possible cross-contact	Stick to naturally gluten-free foods, avoid processed items, and clear communication with your guide
Non-Vegetarian	Available mainly up to Namche Bazaar	Chicken, eggs, and occasional meat dishes; freshness declines as altitude increases	Not recommended beyond Namche due to storage and digestion risks

Tip: *We encourage having a vegetarian diet as it is the most practical choice for steady energy and digestive comfort at higher elevations.*

Food allergies can also be manageable even at higher elevations of the trek. It requires proper awareness and early communication due to basic kitchen setups and limited ingredient labeling.

As a prevention, you should:

- Share your allergy details with your trekking guide before starting
- Repeat your restrictions at every meal stop
- Stick to simple foods like rice, lentils, potatoes, and eggs when unsure
- Carry your own safe snacks and essential medication
- Avoid unknown mixed dishes at higher elevations

What Foods Should You Avoid During the Trek?

We always guide you for food safety, as it plays an important role in avoiding stomach issues during the trek.

As you ascend towards the height, you should consider:

- The **“Meat Rule”:** Do not consume a non-vegetarian diet (mainly meat) during the trek. Meat is often carried up the mountain by porters or yaks without refrigeration, increasing the risk of food poisoning.
- **No Alcohol and Tobacco**: They can slow down the acclimatization. Alcohol, in particular, dehydrates the body and can mask the symptoms of high-altitude cerebral edema (HACE).

Tips:

- Always eat freshly cooked hot meals
- Wash or sanitize hands before every meal
- Do not eat raw vegetables and unpeeled fruits at higher altitudes
- Avoid dairy products as they are difficult to digest

What travel documents do you need for the Everest Base Camp Trek?

We guide you through all the travel documents required for this Everest region trek. Currently, document verification has become more digitized. However, you still need to show physical documents at different checkpoints along the route.

Mainly, you will need **two essential documents** before starting the trek: **a tourist visa** and **travel insurance**.

Visa

A travel Visa is the legal entry document for every country. In Nepal, all foreign nationals except Indians require a Nepalese tourist visa.

Most nationalities can **obtain a visa on arrival** at Tribhuvan International Airport and major land border crossings.

For a 14-day trek, we advise you to get a **30-day visa ($50 USD)** to cover buffer days in case of Lukla flight delays. Please check the immigration details to confirm whether you will receive a visa on arrival.

Other options can be:

- You can **apply for an online visa** by filling out the form online in advance and then completing the process upon arrival. It will save you time by avoiding long queues at the airport for visa processing.
- You can **get a visa from the Nepal Embassy** or consulate in your country. You need to apply in advance.
- Another option is to obtain a visa when entering Nepal through land border crossings, such as from India or the Tibet/China side.
- To get a visa on arrival, you must carry an application fee, a valid **passport with at least 6 months of validity,** and passport-sized photos.

Travel Insurance

Travel Insurance is mandatory for the Everest Base Camp trek, as medical facilities are limited in the mountains. You need to book your policy after booking your trek, and it should cover emergency evacuation and medical treatment at altitude.

Without proper coverage, rescue and medical costs can be very expensive. So ensure your provider is aware you are trekking in the Everest (Khumbu) region and confirm.

You should:

- Make sure your policy covers trekking up to 6,000 meters
- Confirm that emergency helicopter evacuation is included
- Send us your certificate of insurance policy through WhatsApp or email
- Check that medical expenses and trip interruptions are covered
- Share your insurance details with us before departure

Note: *We require a copy of your policy before departure.*

Everest Base Camp Trek permits

We help you handle all the permits and paperwork needed for this 14-day trek.

To enter the Khumbu region and Sagarmatha National Park, you require three specific permits. As of today, the TIMS card is no longer required for this route, replaced by local government fees.

The mandatory three permits are:

- **Khumbu Pasang Lhamu Permit** NPR 3,000 (~$23 USD). Local government fee for regional infrastructure. Collected in Lukla or Monjo. Funds are used for trail maintenance and local infrastructure.
- **Sagarmatha National Park Entry** NPR 3,000 (~$23 USD) + 13% VAT = $26. Entry to the protected UNESCO World Heritage site. Funds are utilized for park conservation, protecting the fragile Himalayan ecosystem, and endangered species.
- **2026 Environmental "Green Fee."** NPR 1,000 (~$8 USD). New environmental tax dedicated to waste management and trail conservation. It includes the "Carry Me Back" initiative to remove trash from the mountains.

Double fees can be charged for permits issued at checkpoints.

Note: *Double fees can be charged for permits issued at checkpoints.*

Flight details to Lukla

Flights to Lukla are highly dependent on weather conditions, which can change quickly in the mountains. Delays and cancellations are common, especially during busy trekking seasons.

It is always wise to keep **1–2 extra days** in your itinerary after the trek, as a buffer for a smooth, stressless travel.

From Kathmandu to Lukla

Your adventure begins with a **direct flight from Kathmandu** to Tenzing-Hillary Airport, one of the most exciting parts of the journey. This short flight, located at 2,860 m (9,400 ft.), offers an aerial view of Everest and a dramatic landing experience on a mountain airstrip.

This option is generally available in the off-season, when the air traffic is lower.

- **Duration:** 30 – 40 minutes
- Direct flight to Lukla Airport
- Operates mainly in off-peak seasons

From Ramechhap/Manthali Airport

During peak trekking seasons, flights are often operated via an alternative route, i.e., Manthali Airport rather than Kathmandu.

You need to start the journey with an early-morning drive to Manthali, followed by a short flight to Lukla. This route is in practice to manage heavy air traffic at the International Airport and improve flight frequency.

- 4–5 hour drive from Kathmandu
- 15–20 minute flight to Lukla
- Common in spring and autumn

Helicopter Arrangement

Helicopter flights can be arranged for urgent travel or a comfortable alternative to regular Lukla flights. It provides you with a faster and more flexible travel experience when your schedules are tight or regular flights are delayed.

To avoid the five-hour-long drive from Manthali to Kathmandu before the trek, you can fly directly to Lukla.

- Cost: around ~**$550 per person** (with group sharing 4 – 5 people)
- Requires group sharing unless you want to charter a whole helicopter that costs around **$2600 – $3,000 USD**
- Ideal for tight schedules or a luxury experience

Helicopters are also a convenient return option, helping you **avoid long road transfers**.

- Gorak Shep to Lukla (2 people on heli due to high elevation)
- Lobuche to Lukla (group of 3 - 4 people)
- Lukla to Kathmandu (group of 4 - 5 people)

Lukla Flight Baggage Limit

Due to aircraft limitations, baggage allowance on Lukla flights is strictly controlled. You need to pack light, carrying only essentials for the trek to avoid complications during check-in.

- **Limit:** 10 kg – 15 kg per person

- **Extra baggage charge:** $5–$10 per kg
- **Includes:** 5 kg hand carry + 10 kg luggage/duffel per person

Tips:

- Your luggage is strictly weighed at check-in, so even a small excess can cause delays and repacking.
- Your extra bags might be bumped to a later flight if space is tight.
- You can store non-essential items in Kathmandu to lighten your trekking load.
- We recommend wearing your heaviest gear, such as jackets or boots, which can reduce your bag weight.
- You should always keep your electronics, travel documents, and valuables in your carry-on for better safety and access.

How much money should you carry for personal expenses?

Personal expenses on the Everest Base Camp trek depend on your eating and spending habits: tea/coffee intake, Wi-Fi use, charging, and small snacks along the trail. Since the package usually covers major costs, you only need cash for daily extras.

Most trekkers carry enough cash for comfort and flexibility in the Khumbu region. We recommend allocating an average budget of NPR 3,000 - NPR 5,000 $20 – $40 USD per day for your personal spending.

You should consider:

- Higher altitude areas become more expensive for food and services
- Cash is needed for payment (no available card payments)
- Extra cost for hot showers, Wi-Fi, and charging devices
- Snacks, bottled drinks, and souvenirs increase daily spend
- Tips for guides and porters, even for teahouse workers, if you want
- Donation at Monasteries

Currency Exchange in Kathmandu

You can easily exchange foreign currency in Kathmandu before starting the trek. Thamel has many licensed money exchange counters offering USD, EUR, GBP, and other major currencies. For up-to-date exchange rates, refer to the Foreign Exchange Rate.

You need to exchange enough cash in Nepali currency (NPR) before flying to Lukla, as ATMs are not reliable in the Everest region.

Keep in mind that:

- Better exchange rates are available in licensed money exchange centers.
- The teahouse rarely accepts foreign currency. If they do, the exchange rate will be significantly in their favor.
- Keep small denominations for easier payments on the trail

- Exchange before the Lukla flight (no proper exchange facilities in Khumbu)

ATMs

ATMs are easily available in Kathmandu, so it is best to withdraw most of your trekking cash before the journey begins. You should always carry sufficient backup cash in USD or Nepalese Rupees.

While ATMs are available in Namche Bazaar, they are not dependable due to frequent technical issues, cash shortages, and network problems in high-altitude conditions.

Tip: *Please keep in mind that international ATM withdrawals may involve high transaction fees.*

Best time to trek to Everest Base Camp

The best seasons to trek in the Everest region are pre-monsoon (March–May) and post-monsoon (September–November) for clear skies, mild temperatures, and breathtaking views.

Winter treks are colder and less crowded, while monsoon treks (June–August) are challenging due to heavy rain and slippery trails.

Spring Season (March – May)

Spring is one of the most popular trekking seasons in the Everest region due to its comfortable weather and green landscape. Your journey is visually rewarding in these months, with blooming rhododendrons and wildflowers.

- **Temperature:** 10°C to 20°C during the day and -5°C at night in higher elevations.
- **Weather:** Generally stable with clear mornings and occasional afternoon clouds.
- **Highlights:** Rhododendron forests, clear Himalayan views, active trail atmosphere.
- **Crowds:** Moderate, increasing toward peak seasons, April and May.
- **Ideal for:** Trekkers who want great weather, natural beauty, and lively trail energy.

Autumn Season (September – November)

Autumn is the most reliable season for clear views of mountains and stable trekking conditions. After the monsoon, the air is clean, and visibility is at its best. You can enjoy the panoramic views of Everest and the surrounding peaks.

- **Temperature:** 20°C to 25°C during daytime, drops to -10°C at night in high altitudes.
- **Weather:** Dry, stable, and crystal-clear skies
- **Highlights:** Excellent visibility, Nepalese festivals like Dashain and Tihar
- **Crowds:** Busiest trekking season
- **Ideal for:** Photographers and trekkers who prioritize the clearest views and cultural experiences.

Winter Season (December – February)

Winter offers a quieter, more peaceful trekking experience with fewer crowds on the trail. While the cold is more intense, you will be rewarded with an unmatched solitude and crisp mountain scenery.

- **Temperature:** 10°C to 15°C during the day, -15°C to -20°C at night in higher altitudes
- **Weather:** Clear skies but very cold conditions
- **Highlights:** Snow-covered landscapes, peaceful trails, and clear visibility
- **Crowds:** Very low
- **Ideal for:** Experienced trekkers who want solitude and a more challenging winter adventure.

Summer Season (June – August)

The summer season brings heavy rainfall at lower elevations, making trails muddy and slippery. You may face flight delays to Lukla.

However, this season highlights a different side of the Everest region with lush, green landscapes.

- **Temperature:** Ranges from 22°C to 27°C on clear days, dropping to 5°C to 10°C overnight at higher elevations.
- **Weather:** Rainy, humid, and often cloudy
- **Highlights:** Green valleys, fewer trekkers, quiet trails.
- **Crowds:** Very low due to hot, rainy weather.
- **Ideal for:** Off-season trekkers who prefer solitude and don't mind weather uncertainty.

Note: *Click the Everest Base Camp Weather Guide to learn more about trekking conditions across different months.*

Typical day on the Everest Base Camp Trek

Each day on the Everest Base Camp trek follows a simple mountain rhythm shaped by altitude and terrain. Your schedule is carefully planned to balance trekking, rest, and acclimatization for a safe and steady ascent.

Morning wake-up (6:30 AM – 7:00 AM)

You wake up in a cold mountain lodge and are welcomed with snow-capped mountain views. After freshening up, you pack your duffel bag for the porter and keep your daypack ready with essentials for the trek ahead.

Breakfast (7:00 AM – 8:00 AM)

Your first meal of the day is freshly prepared and energy-focused. Options like a warm cup of tea or coffee, porridge, eggs, or pancakes help fuel you for the morning trekking hours. You begin walking through scenic Himalayan trails, suspension bridges, and small villages.

Morning trek (8:00 AM – 12:00 PM)

This is the main trekking period of the day, covering long hours. You walk through ever-changing Himalayan scenery, waterfalls, and changing terrain while maintaining a steady mountain pace.

Lunch break (12:00 PM – 1:00 PM)

A relaxed stop at a teahouse where you rest, enjoy warm meals, and recharge. This break helps you recover energy before continuing the afternoon section of the trek.

Afternoon trek (1:30 – 3:30 PM)

Afternoons are reserved for continued trekking, often through more challenging terrain as elevations increase. You will be covering a shorter trekking distance on a steeper or quieter trail.

Arrival at lodge (3:00 PM – 4:00 PM)

By late afternoon, you reach your overnight lodge in places like Namche Bazaar, Dingboche, or Gorak Shep. After check-in, you can rest, explore nearby areas, or simply relax and charge your devices.

Evening dinner (6:00 PM – 7:00 PM)

You end the day with a warm communal meal such as Dal Bhat or soup, shared with fellow trekkers in a cozy dining atmosphere. This is your main recovery meal for energy restoration and to be ready for the next day.

Night briefing

After dinner, your guide shares the plan for the next day and checks your oxygen levels and heart rate during acclimatization days. You can then relax, socialize, or enjoy quiet lodge time playing games or learning Nepali words.

Acclimitization

Acclimatization is a key part of your Everest journey. Trekking at high altitudes can be physically demanding, and your body needs time to adjust to the thinner air.

Are you scared of AMS (Acute Mountain Sickness)?

You don’t have to worry about it. Our guides are trained to recognize early symptoms of AMS and will adjust the pace or route immediately to prioritize your safety over the trek.

Additionally, our itinerary follows the 'Trek Towards High, Sleep at Low' philosophy, featuring two mandatory rest days:

- Namche Bazaar (3,440 m, 11,285 ft)
- Dingboche (4,360 m, 14,290 ft)

On rest days, we don’t simply relax; we take a 2–3 hour short hike to a nearby higher ridge. From Namche, we ascend to Hotel Everest View before returning to the village for the night. From Dingboche, we hike up to Nangkartshang Peak and then descend back to the village to sleep.

These acclimatization hikes help your body adjust to altitude by stimulating the production of more red blood cells, which is the key to safely reaching 5,364 m. They also offer a chance to immerse yourself in Sherpa culture while enjoying stunning views of Ama Dablam, Island Peak, Cho Oyu, and Makalu.

Beyond physical adjustment, these days provide mental preparation, helping you build confidence and endurance for higher-altitude sections.

What should you expect after completing the trek?

Trekking back to Lukla is a time to reflect on your achievement. It is a rewarding mix of physical tiredness and the thrill of reaching Base Camp.

Your final night in Lukla is often spent celebrating with your guides and porters. This is a special time to thank the team who supported you throughout the journey.

Certificate and Souvenir

At the end of the trek, we **organize a farewell** night in Kathmandu with a cake-cutting ceremony to celebrate your success. To honor it, we present you with an **Official EBC Trek Completion Certificate**. This is a proud moment to remember your journey to the base of the world's highest peak.

We also provide you with our **company's t-shirt** and **cap** as a gift to remember your journey with us.

You can pick up local souvenirs such as handicrafts, prayer flags, or traditional garments as a keepsake. Besides, you can share photos and videos of your journey with fellow trekkers.

Departure and Airport Transfer

Upon returning to Kathmandu, we provide private transfers back to your hotel. On your final departure day, we will pick you up from your hotel in a private vehicle.

You need to send us your details beforehand, and we will receive you precisely three hours before your international flight to ensure you have plenty of time for check-in and security.

Everest Base Camp Trek difficulty

The Everest Base Camp trek is one of the most popular trekking experiences, generally considered **moderate to challenging**. You do not need technical climbing skills, but it demands mental endurance, proper preparation, and a physically fit body.

The main challenges come from **long trekking hours (5 – 7 hours daily)** to cover the everyday trekking distance on the EBC Trek, steep uphill and downhill trails, and high-altitude conditions.

Key factors that affect EBC difficulty:

- Continuous trekking over **12 – 14 days** with limited rest days
- Rocky, uneven trails with frequent ascents and descents sections

- At **high altitudes above 3,000 meters**, breathing becomes noticeably harder due to a decrease in oxygen levels
- Weather changes that can affect visibility and comfort
- Carrying a daypack during trekking hours

Tip: *With proper training, pacing, and acclimatization, most fit individuals can complete the trek.*

How high is Everest Base Camp?

Everest Base Camp is located at an **altitude of 5,364 meters (17,598 ft)** above sea level in the Khumbu region of Nepal. At this height, the level of oxygen is nearly **50% lower** than at sea level, which slows your movement and increases fatigue even over short distances.

You need to consider:

- Higher risk of altitude sickness above 3,000 meters
- Hydration and rest days impact how well you adapt
- A slow and steady pace rather than speed (how you walk)
- Shorter distance coverage at higher elevations for adjustment (how much you walk)

Tip: *The altitude gain is the biggest challenge of the trek, not the distance or terrain.*

Difficulty for different age groups

The Everest Base Camp trek can be completed by a wide range of age groups, as long as you are in good health and adequately prepared. Many trekkers in their 50s, 60s, and even beyond complete the journey every year.

What to expect by age group:

- **Young adults (20–35)**: Usually adapt quickly to altitude and recover faster from daily trekking fatigue.
- **Middle-aged trekkers (35–55)**: Well-suited for the trek with consistent fitness and pacing.
- **Older trekkers (55+)**: Can complete the trek successfully with a slower pace, extra rest, and careful support.

Important factors for all age groups:

- Build good cardiovascular fitness before the trek
- Follow acclimatization days without skipping during the trek
- Stay hydrated and eat properly
- Walk at your own pace instead of keeping up with others
- Listen to the body and adjust accordingly

Tip: *With proper preparation and expert guidance, age is not a limitation when trekking to Everest Base Camp.*

Fitness for Everest Base Camp Trek

You should start preparing at least 3 months before the Everest Base Camp trek. While the trek is challenging, a **good level of physical fitness** is essential due to long walking days, steep ascents, and high-altitude conditions.

To ensure a comfortable and enjoyable journey, you can start to prepare in advance by building strength, endurance, and stamina.

Before the trek, you can focus on:

- **Cardio Training:** 3 – 4 days a week (running, cycling, swimming, or brisk walking) to improve heart and lung capacity, which is crucial for trekking at higher elevations.
- **Strength Training:** Focus on legs, core, and overall stability using exercises like squats, lunges, step-ups, planks, and calf raises to handle uphill climbs and long descents.
- **Simulated Hikes:** Practice walking on stairs, hills, or uneven terrain with a weighted backpack (5 – 7 kg) for at least 2 – 3 hours to closely replicate real trekking conditions.
- **Endurance Walks:** Include long-distance walks on flat terrain (10 – 15 km) once a week to build stamina for continuous walking days.
- **Flexibility & Recovery:** Light stretching or yoga can improve flexibility, reduce injury risk, and support muscle recovery.

Everest Base Camp Trek cost

Our Everest Base Camp trek package cost is designed to offer flexibility based on your group size, ensuring a fully private Himalayan experience.

With a 14-day guided EBC journey, your package includes domestic flights, trekking permits, teahouse accommodation, an experienced team, and transport. So you can enjoy the trek entirely, focusing on the adventure.

According to your group size, you may also be eligible for additional discounts.

Group Size	Cost Per Person (USD)	Notes
Small group (2 – 3 Trekkers)	$1330	Best for travellers seeking a private, flexible, and personalized trekking experience
Medium group (4 – 7 Trekkers)	$1280	Ideal balance of value and comfort, with shared logistics and smooth coordination.
Large group (8 – 13 Trekkers)	$1230	More cost-efficient option with well-managed group services and reliable support.
Very Large group (14 – 21 Trekkers)	$1180	Excellent value for organized groups, the most economical choice with reduced per-person operational cost.

***Tip:** Pricing may vary depending on flight demand to Lukla, seasonal availability, and accommodation pressure during peak trekking seasons (spring and autumn). Booking early helps you to secure better rates and preferred trekking dates.*

Licensed guides and porters for the Everest Base Camp Trek

Currently, the Nepal Tourism Board **prohibits solo trekking** in the Everest region. They strictly mandate that **a licensed guide** must accompany all trekkers in the Khumbu region.

Our guides are experts in mountain safety and Sherpa culture. They are certified by the Nepal Mountain Academy and have extensive training in High Altitude Medicine (WFR).

Our porters are local to the region, ensuring they are naturally acclimated to the terrain and well acquainted with it.

We pride ourselves on fair wages, proper insurance, and providing high-quality gear for our mountain crew.

How Much Should You Tip Guides and Porters?

In Nepali culture, a **tip is an honoured way to say thank you** (Dhanyabad) for good service. And so naturally, those working in tourism look forward to receiving tips from clients.

There is no set tip amount; it is entirely a personal preference. You can tip accordingly based on your experience and satisfaction.

Generally, we advise collecting a tip amount at the end of the trek and dividing it among guides, porters, and the support team.

Note: *Trekking crews rely on tips to supplement their incomes. They hope that their hard work and service will be rewarded with generous tips.*

Porter Weight Limit and Shared Luggage

We prioritise **ethical trekking** and fair working conditions for our team. While it is common in the industry for porters to carry heavy loads, we strictly adhere to a maximum weight of **18 kg (approx. 40 lbs)** per porter.

This means **one porter is shared between two trekkers** and carries only **one combined bag**, either a duffel bag or a rucksack (50 or 60 liters). If you do not have a duffel bag, we can provide one, allowing you to pack up to **9 kg (approx 20 lbs)** of personal belongings each with your trekking partner.

You will only have access to your main luggage in the evening when you reach your lodge. Therefore, you should carry your daily essentials in a daypack.

Category	Essential Items for Your Daypack
Hydration	At least 2–3 litres of water (bladder or bottles) and purification tablets/Steripen.
Clothing	A lightweight down jacket, a waterproof shell, a spare pair of socks, and a raincoat.
Sun protection	High-SPF Sunscreen, lip balm with SPF, polarized sunglasses, and a hat.
First Aid	Personal first-aid kit, blister tape, hand sanitizer, and toilet paper.
Energy	High-calorie snacks (nuts, chocolate, or energy bars) to sustain you between meals.
Valuables	Passport, cash (NPR), camera, power bank, charger, and your mobile phone.

Storage Options

Before your trek begins, we recommend organising your belongings into two parts for maximum convenience.

- Pack your trekking essentials, clothing, and necessary gear in a luggage or a duffel bag.
- You don't need your city clothes and extra travel gear in the mountains, so separate them in a suitcase.

For your ease, we provide **free, secure luggage storage at our office in Kathmandu**. All belongings are carefully labelled, recorded, and safely locked in a designated storage until you return from your trek.

In addition, many hotels in Kathmandu offer **complimentary luggage storage services**. You may also consider this option for added convenience.

Why choose the Everest Base Camp Trek?

Standing at the base of Mount Everest (8848.86 m) is a transformative experience that stays with you for life. It combines high-altitude adventure, Sherpa culture, and close-up views of the world's tallest peaks in a single route.

Sherpa People and Culture

The Everest Base Camp trek passes through **old Sherpa villages** that lie directly on the Everest expedition route. These settlements reflect a lifestyle deeply **connected to Buddhism** and **high-altitude mountain living**.

- Sherpa villages like Namche, Tengboche, and Dingboche lie along the EBC route.
- Stone houses, monasteries, and narrow mountain alleys are designed for harsh Himalayan conditions.
- Strong Buddhist traditions shape everyday life through prayer flags, mani walls, chortens, and monasteries.
- Local Sherpa families mostly operate the teahouses along the route.
- Yak herding, mountain trade, and seasonal tourism continue to support village life
- The region preserves a strong Everest expedition culture, with many Sherpas working as guides, climbers, and high-altitude support staff.
- Traditional foods, mountain farming practices, and Buddhist festivals remain active across the upper Khumbu region.

Traditional clothing in the Khumbu region reflects **Sherpa culture**, **Tibetan Buddhist influence**, and the need for survival in extreme high-altitude conditions.

- Sherpa men and women traditionally wear a **chuba (long woolen robe)**, especially during winter and festivals
- People normally use layered clothing made from **yak wool**, **sheep wool**, and **modern thermal fabrics** for insulation.
- Women often wear a chuba with **aprons and woven shawls**, while men combine it with trousers and vests for daily work

- Thick woolen socks, gloves, and insulated boots are mandatory for protection against cold and snow.
- Handwoven scarves, caps, and jackets are widely used in everyday village life
- Traditional attire is often worn alongside modern trekking clothing in villages like Namche Bazaar, Khumjung, Phortse, and Dingboche
- Colors are typically earthy and symbolic, with maroon, brown, and dark tones common in traditional wear
- Clothing design prioritizes **layering and flexibility**, allowing adaptation to rapidly changing mountain weather
- Cultural accessories such as prayer beads (mala) are often part of everyday dress, reflecting Buddhist traditions

Iconic Monasteries and Religious Sites

Tengboche Monastery is the most important spiritual stop on the Everest Base Camp trail. It lies at 3,867 meters with direct views of Ama Dablam and surrounding peaks.

- Also known as **Dawa Choling Gompa**, which is a major center for Buddhist learning and rituals in the Khumbu.
- The **largest gompa in Khumjung village** in the Everest region
- Experience daily Buddhist prayer ceremonies performed by resident monks
- Prayer flags, mani walls, and wheels along the trail
- The monastery hosts the colorful **Mani Rimdu festival**
- The **Khumjung Monastery** lies in Khumjung village, known for its sacred relics and home to the mythical Yeti scalp.

Direct Everest Views Throughout the Trek

From the mid-point of the trek, Mount Everest comes into view and stays visible throughout the higher sections. The scenery improves with every day of trekking as you move closer to Base Camp.

- First **clear views of Mount Everest** appear from the Tengboche region
- Expansive **Himalayan panoramas open up** from Dingboche and Lobuche
- Kala Patthar (5,545 m) offers the best and **closest viewpoint of Everest**
- The Khumbu Icefall becomes visible near Everest Base Camp
- Sunrise and sunset hours enhance mountain visibility and color contrast
- **Multiple 8,000 m peaks:** Everest and Lhotse, and other peaks: Thamserku and Nuptse, dominate the upper trail

Everest Region Biodiversity

The landscape changes completely as you move higher on the Everest Base Camp trek. It transitions from forests to alpine valleys and finally to glacier terrain. Each altitude zone supports unique plant and animal life adapted to extreme mountain conditions.

Flora (Plant Life)

- Forest trails with **dense pine and rhododendrons** dominate the Lukla–Phakding–Namche region.
- **Rhododendron blooms** in the spring season between Monjo and Namche
- Observe open alpine valleys and **yak-grazing pastures** around Dingboche and Pangboche
- **Birch**, **juniper**, and **alpine shrubs** appear around Tengboche and Pangboche
- Rocky moraine terrain begins near Thukla, Lobuche, and Gorakshep, with **mosses** and **hardy grasses**
- The glacier landscape surrounds the Everest Base Camp area, where only **lichens** and **cold-resistant plants** can survive.

Fauna (Wild Life)

- The lower forest zones are home to **Himalayan monal (Danphe)**, **pheasants**, and **Himalayan thars**
- **Musk deer** and **red foxes** are occasionally found in quieter forested areas
- Higher elevations may support rare sightings of **snow leopard** (extremely elusive) and **Himalayan wolves** in remote zones
- **Yak** and **dzopkyo (yak-cattle hybrid)** are commonly seen as part of local livelihood and trekking transport
- Birdlife such as **eagles**, **ravens**, and **Himalayan griffon vultures** is frequently seen along open valleys and cliffs

Daily Life and Festivals in the Everest Region

In the Everest (Khumbu) region, everyday life reflects a unique balance between survival in a high-altitude environment and a deeply rooted **Sherpa Buddhist culture.**

You will see that the villages function around farming, tourism, and spiritual practices, while festivals add rhythm and meaning to their community life.

Daily Life

- Most families depend on a mix of **teahouse tourism, yak herding, farming, and trekking-related work.**
- Stone-built homes are designed to withstand cold temperatures, strong winds, and heavy snowfall.
- Daily routines often include **farming barley and potatoes, caring for livestock, and running lodges or shops.**
- The Everest expedition industry is a key part of life, with many Sherpas working as **guides, porters, and climbing support staff.**
- Community life is influenced by **Buddhist practices**, including prayer chants, butter lamps, and meditation.

People in the Everest Region celebrate the following festivals and rituals:

- **Mani Rimdu:** the most important festival celebrated at Tengboche Monastery with masked dances, rituals, and Buddhist ceremonies.
- **Gompa Puja (local deity rituals):** Small ceremonies conducted by monks to protect villages from illness, bad weather, or misfortune.
- **Full moon and new moon prayer days:** Special chanting sessions held in monasteries across villages like Namche Bazaar, Khumjung, and Thame.
- **Chöme/ Lamp rituals:** Daily or special-day offerings of butter lamps in monasteries in Khumjung and Pangboche for merit and protection.
- **Tshechu (local monastery prayer days):** Monthly or periodic gatherings at monasteries where monks perform prayers, chanting, and blessings for the community.
- Festivals often include **prayers, butter lamp offerings, chanting, and community gatherings.**
- Seasonal celebrations are also popular, mainly linked to farming cycles and the Himalayan Buddhist calendars.

Note: *These regular festivals or practices bring together monks, Sherpa families, and visitors in shared spiritual celebration. It maintains harmony, protection, and blessings in Sherpa life*

Safety measures for the Everest Base Camp Trek

We prioritize your safety. Our guides are trained in **wilderness first aid** and **ecological conservation**. They carry a **comprehensive medical kit**, including **oximeters** and **portable oxygen** for emergencies.

Altitude Sickness (AMS)

Altitude sickness is one of the main challenges of the Everest Base Camp trek. It can affect anyone, regardless of age or fitness level, when the body does not adjust well to the lower oxygen levels at high altitude.

You may start experiencing mild symptoms such as:

- Headache
- Dizziness or light-headedness
- Nausea or loss of appetite
- Unusual tiredness or weakness
- Shortness of breath
- Difficulty sleeping

The best way to reduce the risk is to ascend gradually, stay hydrated, eat well, and follow the planned acclimatization days. Our itinerary includes acclimatization stops in **Namche Bazaar and Dingboche**, with short hikes to higher elevations before returning to sleep at a lower altitude.

Our guides monitor your condition throughout the trek and can adjust the walking pace, arrange additional rest, or recommend descent if symptoms worsen. **Never continue ascending if your symptoms are getting worse.**

Note: *If severe symptoms develop, such as difficulty breathing at rest, confusion, inability to walk properly, or severe weakness, immediate descent and medical assistance are required. In serious cases, we can coordinate emergency helicopter evacuation.*

Emergency Helicopter Evacuation

In the rare event of severe Acute Mountain Sickness (AMS), specifically HAPE (High Altitude Pulmonary Edema) or HACE (High Altitude Cerebral Edema), time is the most critical factor.

We maintain a **24/7 standby coordination team** in Kathmandu that works directly with leading helicopter operators and your insurance provider.

As soon as your guide signals an emergency, we initiate a **rescue mission** to airlift you to a high-quality hospital in Kathmandu for immediate treatment.

Medical Facilities

While the Everest region is remote, it has some of the **high-altitude medical centers**. Clinics in key stops like Namche Bazaar and Pheriche are staffed seasonally by volunteer Western doctors through the Himalayan Rescue Association.

These clinics provide treatment for common trekking issues, minor injuries, digestive problems, and altitude-related conditions, offering an important medical safety net during peak trekking seasons.

We provide:

- A **first-aid kit** for common illnesses and minor injuries.
- Oxygen saturation monitoring (**pulse oximeter**) during acclimatization days.
- **Portable oxygen** support for emergencies.
- Continuous **health check-ins** and pace management by your guide.
- Immediate decision support for descent when symptoms appear.
- Coordination with trusted clinics in Namche and Pheriche if medical attention is needed.
- Assistance in arranging **basic medical consultations** and medicines along the trail.

Note: *You are advised to carry your own personal medications and any prescribed medicines.*

Communication Protocols

Staying connected is important for coordination and safety. Our guides are equipped with a **dual-redundancy communication system**. Local mobile networks for regular updates and satellite devices in areas with “dead zones” or extreme weather.

This ensures that our Kathmandu headquarters receives a **daily status report** on your health, oxygen levels, and your progress.

- You can purchase local SIM cards: NTC or Ncell, in Kathmandu. 4G/5G is available in Namche.
- Network coverage may be **weak at higher elevations.**
- We advise using Everest Link prepaid cards for reliable Wi-Fi at higher altitudes. With this, you can communicate with your loved ones.
- Our Kathmandu team conducts a mandatory satellite or cell check-in with your guides once a day.
- You may be contacted once daily to know your safety and any queries.
- We are always ready to assist in case of emergencies.

Tip: *Network coverage becomes "spotty" after Dingboche; don't rely on your personal phone for safety. You can trust your guide's professional equipment.*

How can you book the Everest Base Camp Trek?

Once we receive the payment, your booking will be confirmed immediately. To confirm your booking, a **10% deposit** of the total trip cost is required, which can be paid through **various international payment gateways**.

Following confirmation, we kindly request that you **send your passport copy** as soon as possible, even if other documents take time to prepare. It will help us start preparing for the trek, including the permit, accommodation, and travel.

Since limited flights are flying to Lukla, early submission helps us secure your flight and speeds up the overall booking process.

Within **one week of booking**, please **share all remaining documents** through WhatsApp or email:

- A clear **passport-size photo**. A mobile or camera-clicked photo is accepted.
- **Flight details** with arrival and departure times.
- A certificate of **travel insurance** policy with the name and contact details. It must cover rescue, evacuation, and medical treatment.
- The information about your stay in Kathmandu, including the **hotel name and location**. If you need them, we can provide hotel recommendations.
- After receiving your documents, we will promptly schedule your briefing via WhatsApp call.

Note: *Please add our number, +977-9840055491, on WhatsApp, or share your contact number so we can communicate smoothly.*

The **remaining payment**, you can pay at the time of a small briefing at our Kathmandu office. We opt for cash (USD or NPR) payment.

Private Trek Options

We specialize in **100% private treks**, unlike budget operators who combine strangers into one group. This means your trek is designed around your own space, comfort, and pace.

Whether you want extra time for photography in Tengboche or need an additional acclimatization day, the itinerary remains flexible to suit your needs.

For groups of two or more, you will have a **dedicated guide** and **porter** team focused entirely on your safety, support, and satisfaction.

Payment Methods

We use an **SSL-encrypted 2C2P payment gateway** to book our Everest Base Camp trek package, allowing you to pay by credit card or bank transfer.

Available Payment Methods:

- Credit card (Visa, AMEX, Mastercard)
- Debit card
- Bank transfer (international wire transfer)
- Secure online payment gateway (processed via our website)
- Alternative international transfer methods (Wise, Western Union)

All transactions are transparent, and you will receive an immediate digital invoice and confirmation for your records.

Last-Minute Booking Options

Life is unpredictable, and sometimes the best adventures are unplanned.

We are fully equipped to handle flexible and spontaneous trekking plans. We offer **last-minute arrangements** for those already in Kathmandu or planning a trip within 48–72 hours.

While subject to Lukla flight availability, we will coordinate to secure seats and permits through local networks.

Key Details:

- Last-minute bookings are possible with 10% payment
- 90% payment within 24 hours before departure
- Contact Paul at 977-9840055491, WhatsApp, or email info@discoveryworldtrekking.com
- Can be delayed due to the seat availability on the Lukla flight and the wind
- Best suited for flexible, ready-to-depart travelers

Tip: *While we prefer 30 days' notice for permits and Lukla flights, we can often arrange "Last-Minute" treks with 48 to 72 hours' notice if flight space is available.*

Flexible Schedule

We understand the Himalayan Weather, so our policy includes built-in flexibility. We monitor flight statuses in real time and can **offer flexible rescheduling** or assist with arranging a **helicopter swa**p to keep your itinerary on track.

We can adjust the date and schedule during the trek, taking into account your health condition and the need for a safer experience at high altitude.

It means:

- Daily pace is managed based on your energy level and health condition.
- Option to add extra rest or acclimatization time if required.
- Immediate itinerary adjustments if altitude symptoms appear.
- Flexible schedule for Lukla flight delays or weather disruptions.
- Custom start dates and minor route changes when needed.

Trip Extensions

The Everest Base Camp trek itinerary can be extended with additional days for acclimatization, exploration, or optional side hikes in the Everest region.

You can:

- Add extra exploration days in Namche Bazaar or Dingboche.
- Hike to viewpoints such as Everest View Hotel or Nagarjun Hill.
- Include optional visits to nearby Sherpa villages for cultural exploration.

Alternative Everest Base Camp Trek packages

If the standard 14–day itinerary does not match your schedule or preference, we offer alternative routes and durations.

Package	Duration	Notes
Short Everest Base Camp Trek	10 days	A faster itinerary designed for those with limited time, covering key highlights with a tighter schedule. Trek to Base Camp and fly back to Kathmandu from Lukla.
Mount Everest Base Camp Trek	12 days	A slightly shorter itinerary version of the classic 14-Day EBC Trek.
Everest Base Camp via Gokyo Lakes	15 days	Combines EBC with Gokyo Lakes for more diverse scenery and additional viewpoints. Includes the turquoise lakes and the challenging Cho La Pass.
Everest View Trek	7 days	A shorter, easier trek to Namche and Tengboche for those with limited time. No need for acclimatization days and high-altitude camping.

Ecotourism practices in the Everest region

The Khumbu region is a fragile high-altitude environment, and trekking here comes with a strong responsibility to protect it.

We follow a strict "**Carry Me Back**" policy, ensuring all waste generated by our groups is properly managed and disposed of at designated points in Namche or Lukla.

We also support the "**Sagarmatha Next**" initiative, which helps transport waste back to Kathmandu via return flights, reducing plastic burning and landfill use in the Khumbu region.

We follow responsible trekking practices:

- Choose **freshly prepared Dal Bhat** from local teahouses to support farmers and reduce imported food waste.
- Carry **used batteries back to prevent pollution** of glacier-fed water sources.
- Use **biodegradable hygiene products**(soap, toothpaste) to protect fragile high-altitude soil and water systems.
- Support **local artists in Namche Bazaar** with thangka and handicrafts instead of plastic souvenirs.
- Pass **Mani walls on the left side** as a sign of respect for Sherpa Buddhist traditions and cultural heritage.
- Promote awareness of **the rules for Sagarmatha National Park Conservation**.

Extend your stay in Nepal

After completing the Everest Base Camp trek, you can extend your stay to explore other regions of Nepal beyond the Everest area. These optional extensions are ideal for having culture, relaxation, or wildlife experiences after your trekking adventure.

- **Annapurna Circuit:** A classic Himalayan trekking route famous for crossing Thorong La Pass (5,416 m). It can be an addition to your adventure, taking you through diverse landscapes and the traditional Manang village, with a perfect blend of culture and scenery.
- **Manaslu Circuit:** Extend your trip with the trek to the remote trails of the Manaslu region for authentic Tibetan Buddhist culture, quieter trails, suspension bridges, and the challenging Larkya La Pass (5,106m).
- **Annapurna Base Camp:** Combine your adventure with a journey to Annapurna Base Camp. It is one of Nepal's most rewarding short treks into the natural amphitheater of the Annapurna Sanctuary, surrounded by peaks such as Annapurna I, Machhapuchhre, and Hiunchuli.
- **Langtang Valley Trek:** Explore a beautiful 8-day short trek near Kathmandu, known for its Tamang heritage villages, yak pastures, and panoramic mountain scenery within Langtang National Park.
- **Nagarkot Sunrise:** You can immerse yourself in a breathtaking sunrise over the Himalayas from Nagarkot, just a 1-1.5 hour drive from Kathmandu.

Everest Base Camp Trek FAQs

GENERAL INFORMATION

Why trek the Everest Base Camp with Discovery World Trekking?

Trekking with us means you can get **experienced local guides**, a **well-planned itinerary** with **proper acclimatization**, and **reliable support** throughout the Everest region. You also benefit from transparent pricing, quality service, and 24/7 assistance from arrival in Kathmandu to the completion of your Everest Base Camp trek.

How long is the Everest Base Camp Trek?

The EBC trek typically takes **10–17 days to complete**, depending on your itinerary and exact route. The trek covers approximately **130 km (81 miles) round trip** from Lukla to Everest Base Camp (5,364 m). You can expect to **walk 5–7 hours per day**, with rest days usually included in Namche Bazaar and Dingboche.

Where is Everest Base Camp?

Everest Base Camp is located in **Nepal's Khumbu region within Sagarmatha National Park**. It sits at an elevation of 5,364 meters (17,598 feet) on the southern side of Mount Everest. The Base Camp serves as the main staging area for climbers preparing to summit the world's highest mountain.

What are the age restrictions for the Everest Base Camp Trek?

There is **no official age limit for the EBC trek**. As long as you are physically fit, medically capable, and well-prepared for high-altitude conditions, you can join the journey. While trekkers of various ages have successfully completed the route, it's generally recommended for those between 16 and 70 years.

How crowded is the Everest Base Camp Trek?

The Everest Base Camp Trek can be **quite busy during the peak trekking seasons** of spring (March–May) and autumn (September–November), especially in popular villages such as Namche Bazaar, Tengboche, and Gorak Shep. Outside these months, the trail is generally quieter and less crowded.

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

The Everest Base Camp Trek offers a combination of breathtaking Himalayan scenery, Sherpa culture, and iconic landmarks. Major highlights include **Namche Bazaar**, **Tengboche Monastery**, **Everest Base Camp**, **Kala Patthar**, the **Khumbu Icefall**, and **panoramic views of Mount Everest**, **Lhotse**, **Nuptse**, **Ama Dablam**, **Cho Oyu**, and **Mt. Makalu**.

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

Yes, it is possible to complete the Everest Base Camp Trek in a shorter time if you are physically fit. While the standard itinerary takes around 14 days for proper acclimatization, some trekkers complete it in as little as 10 days. If you are extremely short on time, you can also visit Everest Base Camp on a helicopter tour in a single day.

Can I see Mount Everest from the Everest Base Camp?

Mount Everest is visible from several points along the trek, including near Everest Base Camp. However, you can see the most spectacular and **unobstructed views of Everest from Kala Patthar** (5,555 m / 18,225 ft.), the highest viewpoint on the trek.

Can I customize my Everest Base Camp itinerary?

Yes, you can **modify your EBC itinerary to suit your preferences**, schedule, and fitness level. You can include extra acclimatization days, helicopter return, additional sightseeing, alternative accommodation options, or side trips to destinations such as Gokyo Lakes and Cho La Pass.

What is the total cost of the Everest Base Camp trek?

The total cost of our Everest Base Camp Trek ranges from **USD 1,180 to USD 1,330 per person**, depending on the group size and itinerary. The price generally includes permits, accommodation, guides, porters, and transportation. Final costs may vary based on the services, upgrades, and package options you choose.

TREK DIFFICULTY

How difficult is the Everest Base Camp trek?

The Everest Base Camp Trek is considered **moderately challenging**. The main difficulties come from trekking at high altitude, where oxygen levels decrease significantly, and walking for several consecutive days on varied, steep terrain.

Is the Everest Base Camp Trek harder than the Manaslu Circuit Trek?

No, most trekkers consider the **Manaslu Circuit Trek more demanding** due to the longer route, remoteness, and crossing of the high Larkya La Pass (5,106 m). In comparison, Everest Base Camp has better-developed trails, more teahouses, and easier access to support services despite its altitude challenges.

Do I need any technical climbing skills?

No. The Everest Base Camp trek is a non-technical trek following well-established trails. You do not need ropes or prior mountaineering experience to reach the Base Camp. While some sections may be snowy depending on the season, basic hiking ability and good physical fitness are generally sufficient.

How many hours do I walk each day?

You can expect to walk between **5 and 8 hours per day**, depending on the itinerary, elevation gain, and trail conditions. We include acclimatization days that include shorter side hikes to help your body adjust to the altitude.

Is EBC Trek challenging for beginners?

Yes, the Everest Base Camp trek can be demanding for beginners because of long trekking days and high-altitude rough/inclined mountain trails. However, many first-time trekkers complete it successfully with pre-trek preparation, proper pacing, and guidance from experienced guides.

Can I trek to EBC alone?

No, you cannot trek to Everest Base Camp alone. From April 1, 2023, the Government of Nepal's Department of Tourism requires trekkers on the EBC route to be accompanied by a licensed guide.

Is the Everest Base Camp trek suitable for seniors and children?

Yes, the Everest Base Camp Trek is suitable for both seniors and younger trekkers who are in good health. Success on the route depends more on physical fitness, acclimatization days, and a carefully designed itinerary than age.

Which one should I choose: Everest Base Camp trek or Annapurna Base Camp trek?

Choose Everest Base Camp if you want beautiful Himalayan scenery, Sherpa heritage villages, Buddhist monasteries, and the experience of reaching the base of the world's highest mountain.

You can opt for the Annapurna Base Camp if you prefer a comparatively easier, shorter, and lower-altitude adventure featuring traditional Gurung villages, hot springs, and the natural mountain basin surrounded by Annapurna I and Machhapuchhre.

What is the hardest day of the Everest Base Camp?

Many trekkers consider an **early-morning hike to Kala Patthar (5,555 m)** the hardest day overall due to the high altitude and long descent toward Pheriche. Meanwhile, the **Lobuche to Gorak Shep to Everest Base Camp stretch** is the most demanding trekking section, as it involves thin air and rough, narrow trails at extreme altitude.

Everest Base Camp vs Annapurna Circuit, which is the better trekking option in Nepal?

The better choice depends on your goals. Everest Base Camp offers closer views of the world's highest peak and a strong connection to Sherpa culture. Annapurna Circuit provides greater landscape diversity, varied climates, and the challenge of crossing Thorong La Pass.

PREPARATION & FITNESS

Do I need training for the EBC trek?

You **don't need mountaineering training** for the Everest Base Camp trek, but physical preparation is highly recommended. You should be reasonably fit to handle 5–7 hours of walking daily at high altitude up to 5,555 m. Basic endurance preparation will make your EBC trek more comfortable and reduce fatigue on long ascent days.

How should I train for the EBC trek?

Focus on activities that improve endurance and cardiovascular fitness, such as **hiking, running, cycling, swimming, or stair climbing**. If possible, **practicing long walks** on uneven terrain **with a loaded backpack** can also help prepare you for trail conditions in the Khumbu region. You can gradually increase your training duration over 4-8 weeks before departure to cope with steep ascents and long trekking days.

How to prepare to trek to Everest Base Camp?

Preparation involves improving your fitness, gathering suitable trekking gear, and understanding the challenges of high-altitude trekking. Breaking in your trekking boots, packing layered clothing for changing weather, and building basic endurance can improve your experience. You also need to be ready for basic accommodation and limited amenities in villages.

How to acclimate to high altitude quickly?

Proper acclimatization is necessary for a safe EBC trek, but there is no reliable way to speed it up. The best approach is to **ascend gradually, stay hydrated, eat well,** and **avoid excessive alcohol consumption**. You should maintain a steady pace and follow an itinerary that includes proper rest days like Namche Bazaar and Dingboche.

Can I do an EBC trek without training?

Yes, it is possible to do the EBC trek without formal training. However, unprepared trekkers often struggle with long walking days, steep climbs, and the effects of high altitude. Even a few weeks of regular exercise before your trip can improve stamina and reduce fatigue on the trail.

PERMITS

What permits are required for the Everest Base Camp Trek?

You need **three permits for the Everest Base Camp Trek:**

- Khumbu Pasang Lhamu Rural Municipality Permit: local government fee replacing the old TIMS card for the region.
- Sagarmatha National Park Entry Permit: pass to enter the national park that protects Mount Everest.
- Local Government Fee: a new 2026 “Green Fee” as an environmental tax for waste management

These permits are checked at various points along the trail and are mandatory for all trekkers. Skipping either means you’ll be turned back at checkpoints.

Are permits included in the trek package?

Yes, our Everest Base Camp Trek package includes all required trekking permits. We process them on your behalf before you arrive in Kathmandu, allowing you to focus on preparing for the trek.

Where can I obtain permits for the Everest Base Camp Trek?

You can obtain permits for the Everest Base Camp trek **in Kathmandu at the Nepal Tourism Board office or at entry points** in the Khumbu region. The Sagarmatha National Park permit is issued in Kathmandu or at Monjo. The Khumbu Pasang Lhamu Rural Municipality permit and local environmental fee are collected in Lukla or at checkpoints along the trail.

How much do Everest Base Camp permits cost?

Everest Base Camp trekking permits cost **approximately NPR 7,000 ($50 USD) per person** in total. It includes:

- Sagarmatha National Park Permit: NPR 3,000 + 13% VAT per foreigner (~$23 USD)
- Khumbu Pasang Lhamu Permit: NPR 3,000 per person (~$20 USD)
- Local Government Fee: ~NPR 1,000 (~$7 USD)

These costs are already included in your trekking package, so you don't need to pay extra.

Can I get permits without a guide?

Yes, you can obtain trekking permits on your own. However, independent trekking in the Everest region has been strongly discouraged by authorities since 2023. Most trekkers now choose to travel with an agency, as guides manage navigation and safety in high-altitude conditions. We manage all permit processing for you.

INSURANCE & VISA

Can I get a Nepal visa on arrival?

Yes, citizens of most countries can obtain a tourist visa on arrival at Tribhuvan International Airport in Kathmandu. You can check Nepal Airport Immigration to verify your eligibility.

For an on-arrival visa, you should have a passport valid for 6+ months, one passport-sized photo, Cash (USD or NPR), and a visa application form. To avoid delays, you can complete the online visa application before your arrival.

How long is a Nepal tourist visa valid?

Nepal Tourist Visa validity depends on the duration you select based on your travel plans. The visa period starts from your entry date, not the issue date. You can choose three options to get a tourist visa:

- **15-day visa:** 15 consecutive days from arrival
- **30-day visa:** 30 consecutive days from arrival (recommended for EBC)
- **90-day visa:** 90 consecutive days from arrival

If needed, you can also extend your visa at the Immigration Office in Kathmandu.

What insurance do we need for Everest Base Camp Trek?

You need complete **high-altitude travel insurance** that specifically covers trekking up to at least 5,555 meters. It should include emergency medical treatment, trip cancellation, trip interruption, lost baggage, and flight delays.

Most standard travel insurance policies often exclude altitudes above 3,000 m, which means EBC isn't covered. So you need to check your policy details carefully before purchasing.

Does insurance need to include helicopter evacuation?

Yes, without exception. At altitudes above 3,000 m, acute mountain sickness, injury, or a medical emergency can occur and may be fatal. In such cases, helicopter evacuation can be the only reliable rescue option in the Everest region. Without this coverage, the costs can be very high and must be paid out of pocket.

GUIDES & PORTERS

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

Yes, new trekking regulations since 2023 now require all trekkers in the Everest region to be accompanied by a licensed guide. If you choose to trek with us, we provide experienced, licensed guides who assist with navigation and safety throughout the journey.

Why should I hire a porter?

You should hire a porter because a porter carries your main bagpack/duffle bag, allowing you to trek with only a light daypack. This reduces physical strain and helps conserve energy, especially at higher elevations where every step requires more effort.

Are Discovery World Trekking Guides well trained?

Yes, our guides are highly trained and experienced. Each holds a **verified government tourism license**, Wilderness First Aid and CPR certifications, and altitude sickness recognition training. With 10+ years of Everest Base Camp trekking experience, they are fluent in English and well-versed in the trails, lodges, and emergency protocols.

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

You will be accompanied by at least **one licensed guide throughout the trek**. We generally assign one porter for every two trekkers, with a maximum combined luggage limit of 18 kg (9 kg per person). For groups of five or more, we provide an additional guide to ensure adequate support and supervision.

Do I need to tip my guide and porters?

Tipping is not mandatory, but it is widely appreciated in Nepal's trekking industry. It is a common way to thank your guide and porters for their hard work and support throughout the trek. Most trekkers give tips at the end of the journey during a farewell gathering, using Nepali rupees or small USD bills.

Are guides and porters insured?

Yes, all guides and porters are fully insured. We treat our team as family. Their safety is non-negotiable.

We provide comprehensive medical and accident insurance, including helicopter evacuation coverage for emergencies. Our staff also receive fair wages above government minimum standards, ensuring their safety and well-being throughout the trek.

Where can you store extra or unnecessary things during trekking?

You can leave your extra luggage in Kathmandu before starting the trek. Most hotels offer free storage for returning guests. You can also store your belongings at our office, which offers secure 24/7 storage. We confirm all storage arrangements before departure.

ACCOMMODATION

What type of accommodation is available during the EBC trek?

You will stay in **family-run mountain teahouses** throughout the trek. Rooms are basic but comfortable, typically with twin beds, mattresses, pillows, blankets, and shared bathroom facilities. Each lodge has a communal dining hall for meals and socializing. Bedrooms are unheated, so you'll need a warm sleeping bag. As you gain altitude, rooms become simpler and bathrooms are more basic, mainly beyond Dingboche and Lobuche.

Is Wi-Fi available during the trek?

Yes, Wi-Fi is available in many villages along the EBC route, including Lukla, Namche Bazaar, Tengboche, Dingboche, and Gorak Shep. The connection is usually slow, weather-dependent, and available for an extra cost of around NPR 500–800 ($3–$5 USD). Connectivity becomes less reliable at higher elevations.

Will I have a private room?

Yes, private rooms are available in some teahouses at lower elevations, particularly in Lukla and Namche Bazaar for an additional cost. However, availability becomes more limited at higher elevations (like Gorak Shep), and during peak season (October–November). If you prefer a private room throughout the trek, we recommend booking at least 1–2 months in advance.

How clean are teahouses along the Everest Base Camp route?

Most teahouses along the Everest Base Camp route are clean and well-maintained despite their mountain locations. Floors, rooms, dining areas, and bathrooms are cleaned regularly, although facilities become more basic at higher elevations. You can carry your own toilet paper, wet wipes, and hand sanitizer for added comfort.

Do teahouses provide electricity for charging devices?

Yes, most teahouses provide charging facilities for phones, cameras, and power banks. Charging is usually available for an additional fee of NPR 800–1,100 ($5–$7) per item, which tends to increase in villages above Namche Bazaar. Since power often comes from solar or micro-hydro systems, bring a two-pin adapter and a power bank to charge your devices.

Are hot showers available along the route?

Yes, hot showers are available in many teahouses at lower elevations for an additional charge of NPR 800–1,250 ($5–$8) per shower. Above Dingboche, they are rarely available due to cold temperatures and limited fuel supplies. You may have an option of bucket showers in some places. But in winter, we suggest using wet wipes instead of showering.

What are the communication facilities during the trek?

You can stay connected through mobile networks and Wi-Fi services in many parts of the Everest region. Nepal Telecom (NTC) generally has 3G/4G coverage up to Gorak Shep, while Ncell works only in lower regions like Namche Bazaar. You can expect frequent loss of connection as signals drop between villages/ridges.

What sort of accommodation can I expect in Kathmandu?

Kathmandu offers a wide range of accommodation options, from budget guesthouses to luxury hotels. In Thamel, you can stay in a 3 or 4-star hotel with a private room, an attached bathroom, hot showers, free Wi-Fi, and breakfast. These centrally located hotels are close to restaurants and souvenir shops, and offer secure luggage storage and 24/7 reception.

FOOD & DRINKS

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

Yes, vegetarian food is widely available throughout the trail. You can find dal bhat (rice with lentil soup and vegetables), vegetable fried rice, noodles, soups, potatoes, pancakes, porridge, and egg-based dishes at every teahouse. We recommend Dal Bhat for your meal because it is fresh and comes with refills.

Can Vegan or gluten-free diets be accommodated?

Yes, but your choices become more limited at higher elevations. If you follow a vegan or gluten-free diet, please inform us before the trek so we can advise you on suitable meal choices and preparation.

Vegan trekkers should avoid ghee, butter, or dairy products, while gluten-free diets require avoiding wheat bread, pasta, and noodles. You can bring protein bars and snacks from Kathmandu for backup.

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

You can get a mix of Nepali, Tibetan, and international dishes in teahouses. Common meals include dal bhat, fried rice, pasta, noodles, momos, soups, bread, eggs, and seasonal vegetables. Safe drinking water usually comes from boiled, filtered, or treated sources and is available throughout the route.

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

Boiled drinking water is available in all teahouses at an additional cost. You can also purchase bottled water in lower regions, but in higher regions, teahouses provide refill services.

Yes, you are advised to carry water purifiers, as even the boiled water should be treated before drinking.

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

At high altitudes, water should be your primary drink; aim for 2–3 litres a day. Also, you can maintain hydration with herbal tea, ginger tea, hot lemon, and warm garlic soups. Avoid alcohol and limit caffeine at higher altitudes, as they dehydrate you.

Can I buy snacks during the trek?

Yes, snacks are available in villages throughout the route. You can find chocolate bars, biscuits, chips, energy bars, and nuts. Prices generally increase (doubles) as you move higher due to transportation costs, and popular items may occasionally run out. It is best to buy your preferred snacks in Kathmandu, Lukla, or Namche Bazaar.

WEATHER

What is the best season for trekking to EBC?

Spring (March–May) and autumn (September–November) are the best seasons for the Everest Base Camp trek. Spring offers blooming rhododendrons and clear mountain views, while autumn brings dry trails, excellent visibility, and stable weather.

October and November are peak months with a higher chance of successful Lukla flights. April and May offer balanced environmental conditions with fewer crowds.

How cold does Everest Base Camp get?

Temperatures at Everest Base Camp can drop to -10°C to -15°C during spring nights and range from 0°C to 5°C in daytime. In winter, daytime temperatures are usually between -5°C and 0°C, while nights can fall as low as -20°C to -25°C. The coldest places on the trek are Gorak Shep and Kala Patthar, where temperatures often remain below freezing after sunset.

Is trekking possible during the monsoon and winter season?

Yes, the trek is possible year-round, but both seasons are more challenging. Monsoon (June–August) brings rain, cloudy views, slippery trails, and frequent Lukla flight delays. Winter (December–February) offers quieter trails and clear mountain views, but temperatures can fall below -20°C at higher elevations. These are not recommended for first-time trekkers.

Will I see snow during the trek?

Yes, you can see snow above Dingboche, Lobuche, and Gorak Shep during winter, early spring or late autumn on the EBC route. Winter brings heavy snowfall, leaving trails around Everest Base Camp completely snow-covered. Spring has light snow that gradually melts by April, while Autumn usually sees little to no snowfall.

HEALTH & SAFETY

Does the EBC trek require an immunization certificate?

No, an immunization certificate is not required for the Everest Base Camp trek. However, it is advisable to ensure you are up to date with routine vaccinations, including measles and influenza. If you're arriving from a country at risk of yellow fever, vaccinations for Hepatitis A and B, Typhoid, Tetanus, Meningitis, and Rabies are recommended. Consult your doctor 6–8 weeks before departure for personalized advice.

How to avoid altitude sickness during the trek?

The best way to reduce altitude sickness on the Everest Base Camp trek is to **ascend slowly, stay well hydrated, and give your body time to adapt.**

Our itinerary includes acclimatization days in places like Namche Bazaar and Dingboche to support a safer ascent. You should drink plenty of water, avoid alcohol and sleeping pills, and monitor symptoms like headache, nausea or dizziness. If symptoms worsen, you should not continue ascending.

Should I take Diamox to the Base Camp?

Diamox (acetazolamide) can help **reduce the risk of altitude sickness** but isn't a replacement for proper acclimatization. You should consult a doctor or follow professional medical advice regarding dosage and suitability. It may cause side effects such as tingling in the fingers, frequent urination, or a metallic taste.

If you feel uneasy or unwell at altitude, you should descend immediately regardless of medication.

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

Yes, you should bring all personal prescription medications along with a basic first-aid kit. Common items include pain relievers (ibuprofen or paracetamol), anti-diarrheal medication (loperamide), antibiotics (prescription only), blister treatment (Moleskin and Band-Aids), and Diamox (if prescribed) or dexamethasone for emergency altitude sickness.

Do we get altitude sickness during the EBC Trek?

Yes, altitude sickness is common on the Everest Base Camp trek. About 30–40% of trekkers experience mild symptoms like headache, nausea, dizziness, and fatigue. Severe cases (HAPE or HACE) are rare (1–5%) but serious, with symptoms such as difficulty breathing at rest, confusion, and coughing up pink, frothy sputum. You should rest, hydrate, and descend immediately if the symptoms worsen and do not improve within 24 hours.

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

You need good cardiovascular fitness to walk 5–7 hours daily for 12–14 days. No serious heart or lung conditions, as high altitude stresses these systems. If you're over 50, have chronic conditions, or take regular medication, consult your doctor before booking the trek.

Are there medical facilities along the way?

Medical facilities along the EBC route are **limited**.

- Lukla has a basic clinic for minor injuries.
- Namche Bazaar has the Sherpa Hospital for primary care, altitude sickness treatment, and X-rays.
- Pheriche has the Himalayan Rescue Association clinic (seasonal, April–May and September–November), treating altitude sickness only.

Above Pheriche, there are no medical facilities and for serious emergencies, helicopter evacuation to Kathmandu may be the fastest option (3–4 hours).

CULTURE & LIFESTYLE

Are there monasteries or sacred places on the Everest Base Camp trek route?

Yes, the route has many Buddhist monasteries and sacred sites. You pass through famous landmarks such as **Tengboche Monastery (the largest in Khumbu, 3,860m)**, **Pangboche Monastery**, the **monastery in Lukla**, mani walls, shrines, prayer wheels, and chortens. These landmarks reflect the rich spiritual heritage of the Sherpa people.

Which local festivals are commonly seen in the Everest region?

Depending on your trekking season, you may experience local festivals such as **Mani Rimdu** (November, Sherpa Buddhist festival held at Tengboche), **Losar** (February, Tibetan New Year), and **Yartung** (August, horse racing in Namche). Trekkers visiting during autumn may also witness Nepal's biggest festivals, **Dashain and Tihar**. These celebrations showcase Sherpa culture through traditional dances, religious ceremonies, and monastery gatherings.

Who are the Sherpa people?

The Sherpa people are an ethnic group **native to the Everest region** of Nepal. They are known for their mountaineering expertise and deep-rooted Buddhist traditions. Sherpa communities are spread across the Khumbu region, including Namche, Dingboche, and Gokyo. Tibetan Buddhism shaped their culture, and they are widely respected for their hospitality, strength, endurance, and strong connection to the Himalayas.

What languages are spoken in the Everest region?

Nepali is the official language of Nepal, while **Sherpa (a Tibetan dialect)** is widely spoken in the Everest region. Guides and teahouse owners speak English fluently. At higher altitudes, English becomes less common but is still understood by lodge staff along the main trail. You can learn basic Nepali greetings, Namaste and Dhanyabad, to enhance interactions.

What cultural customs should I respect during the trek?

During the trek, you should respect Buddhist etiquette by walking clockwise around mani walls, chortens, and prayer wheels and dressing modestly when visiting monasteries. Always ask permission before photographing people or places, avoid touching religious statues or offerings, and remain quiet during prayers. Using your right hand for giving or receiving is also considered respectful in local culture. You can ask your guide for guidance on local customs if you are unsure.

How do local people dress in the Everest region?

In the Everest region, Sherpas wear **traditional dungchu (long wool robe)** in winter and **lighter cotton shirts** in summer. Men wear **patu (wool sash)** and **boots**. Women may wear **pangden (striped aprons)** over their dress and **headscarves**.

Today, many locals in villages wear modern clothing such as jackets, jeans, and T-shirts, while traditional attire is mainly seen during festivals and religious ceremonies.

PACKING & GEAR

What is the luggage weight limit for the Lukla flight?

Lukla flights generally allow a total baggage limit of **15 kg per person** for the Everest Base Camp trek, including **10 kg of checked luggage and 5 kg of hand carry**. Excess baggage may be allowed depending on space, but extra charges usually apply.

What is the luggage weight limit for a porter?

Our porters carry a maximum of **18 kg of a duffel bag shared between two trekkers**. This means your luggage should not exceed 9 kg. Keeping your luggage within the limit helps ensure porter safety and comfort, so pack only essentials and label your bag clearly.

What should I pack for the Everest Base Camp Trek?

For the EBC trek, you should pack layered clothing, a down jacket, a waterproof shell, hiking pants, waterproof boots, warm socks, gloves, thermals, sunglasses (UV400+), sunscreen (SPF 50+), a reusable water bottle (1–2 litres), a headlamp, and a power bank. Include essentials like a personal medical kit, water purification tablets, and basic toiletries (wet wipes, hand sanitizer, travel towel).

What equipment do I need for the trek?

For the trek, you need sturdy hiking boots (broken in), a 4-season sleeping bag (-15°C rating), trekking poles, a 20–30L backpack for day use, a 50–60L rucksack/duffel bag for porter, warm sleeping gloves, a thermal hat, waterproof gear, a water bottle or bladder, and a first-aid kit.

Where can I buy or rent high-altitude trekking equipment for Everest Base Camp?

Kathmandu has numerous trekking stores where you can buy or rent trekking gear including sleeping bags, trekking poles, crampons, and duffel bags. Renting is a cost-effective option for short-term use. We also provide a used sleeping bag for each trekker and one duffel bag for every two trekkers.

What size trekking backpacks are suitable for Everest Base Camp?

A daypack of approximately 20/30 litres is suitable for the Everest Base Camp trek. It provides enough space for a water bottle, extra layers, snacks, documents, electronics and other daily essentials. We recommend you keep your daypack under 5 kg for comfort.

How can I protect electronics from cold weather at EBC?

Cold temperatures at EBC can drain batteries quickly (by 30–50%). So, keep your phones, cameras, and power banks inside your sleeping bag at night and in your inner jacket pockets during the day. You can use insulated battery cases or carry extra batteries, and avoid turning devices on outside until warmed up.

BOOKING & PAYMENTS

Is there a cancellation or refund policy?

Yes, we have a cancellation and refund policy. **Refund amounts depend on the notice period before departure**. Please note that the 10% booking deposit is non-refundable.

Cancellations made 45 days or more before departure receive an 85% refund, 44–30 days receive a 70% refund, 29–15 days receive a 50% refund, and 14–7 days receive a 30% refund. No refund is available for cancellations made less than 7 days before departure. For details, please refer to our cancellation policy.

What is the booking and payment method?

You can secure your booking by paying **10% of the total cost** through the online payment system. We accept Visa, Mastercard, AMEX, bank transfers, debit cards, Wise and Western Union. The **remaining 90% balance** is typically paid during the pre-trekking briefing in Kathmandu, preferably in cash (USD or NPR).

Do I have to buy travel insurance before booking?

No, you can complete your booking first before purchasing the travel insurance for the EBC trek. However, you must obtain valid insurance that covers high-altitude trekking and emergency evacuation above 5,500 meters before arriving in Nepal. Please double-check your coverage in advance and share your insurance policy details with us before the trek begins.

Which currency is acceptable along the Everest Base Camp route?

Nepalese Rupees (NPR) are the primary currency accepted throughout the Everest region. Foreign currencies like USD or EUR are not accepted on the trail, so you should carry enough NPR from Kathmandu. Make sure you bring small change (NPR 50, 100, 500), as ATMs and exchange services are not available after Lukla.

How much additional money do I need per day?

There is **no fixed amount for additional expenses**, as it depends on your personal spending habits and preferences. However, we recommend an average budget of NPR 3,000–5,000 (USD 20–40) per day. This usually covers personal expenses such as Wi-Fi, showers, device charging, snacks, bottled water, souvenirs, and small tips around the trail.

Can I use an ATM and credit cards during the trip?

No, ATMs are not reliable above Namche and Lukla. The only ATM in Lukla is often out of service or out of cash. You should not depend on credit cards on the trail, as card payments are rarely accepted and may include extra fees where available. ATMs and credit cards work properly in Kathmandu, so you should withdraw enough NPR and pay all expenses in cash.

Do we find money exchanges on the EBC?

No, you will not find any money exchange services on the Everest Base Camp route. It is best to use authorized exchange offices in Thamel or Kathmandu to exchange your currency into Nepali Rupees before flying to Lukla.

Do I need to book in advance?

Yes, booking at least **1–2 months in advance** is strongly recommended, especially for peak seasons (October–November, March–May). Early booking helps you secure Lukla flights, preferred departure dates, guides, and accommodation of your choice. We also offer last-minute bookings, depending on the availability of guides and flights, especially during the off-season.

TRANSPORTATION

How do I get to Lukla?

You can reach Lukla by taking a domestic flight from either Kathmandu or Manthali (Ramechhap), depending on the season. During off-peak months, a direct flight from Kathmandu takes you to Lukla in about 40 minutes. In peak seasons, a 4-5 hour drive to Manthali is followed by a 20-minute flight to Lukla. Alternatively, you can also choose a helicopter option for flexibility.

Why do some Lukla flights operate from Manthali?

Lukla flights mainly operate in peak seasons (March, April, May, September, October, and November) from Manthali Airport due to heavy air traffic at Kathmandu. In such cases, you will first travel by road from Kathmandu to Manthali in a shared bus before boarding your flight to Lukla. Manthali (Ramechhap) offers more stable scheduling, fewer delays and generally better weather conditions for flight operations.

Can I take a helicopter to Everest Base Camp instead of a flight?

Yes, you can choose our Everest Base Camp Helicopter Tour option if you are short on time or prefer not to trek. Helicopter flights are available from Kathmandu to the Everest region, including the scenic landings and flyovers around Everest Base Camp and Kala Patthar.

A shared helicopter tour usually costs around $1,500 USD per person with 4–5 passengers sharing the flight, while a private helicopter charter ranges from $3,500 to $4,000 USD, depending on the aircraft and itinerary.

What if my flight to and from Lukla is cancelled or delayed?

Weather conditions in the mountains can occasionally affect Lukla flight operations. If your flight is delayed or cancelled, **we assist you with rebooking the earliest available flight.** If needed, helicopter transfers can also be arranged at an additional cost, subject to weather conditions and operational availability.

Is helicopter return available after completing the Everest Base Camp trek?

Yes, helicopter return is available from either Gorak Shep or Lobuche to Lukla and then onward to Kathmandu. From Gorak Shep, a heli usually carries 2 passengers, while one from Lobuche carries 3–4 passengers. The final flight from Lukla to Kathmandu is typically shared between 4–5 passengers.

It saves around 2 days of downhill trekking but requires clear weather and advance booking. A shared helicopter costs approximately $2,600–$3,000 USD depending on the route. This option is not included in our standard package and is available as an optional upgrade.

Discovery World Trekking

Quick Questions? Email Us	info@discoveryworldtrekking.com
Talk to an Expert (Paul)	+977 9840 055 491
Emergency SOS (24/7):	Landline: +977 1 5352366 +977 1 5351649 Mobile: +9779840055491 WhatsApp: +9779840055491
Email:	info@discoveryworldtrekking.com
Address:	Saat Ghumti Chowk, Thamel, Kathmandu, Nepal.

© 2026 Discovery World Trekking. All Rights Reserved.