











Bhagwan Bahal Marg, Thamel, Kathmandu, Nepal
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EVEREST BASE CAMP TREK – 14 Days

-Everest Base Camp Trek Details-

 Start/End Point Kathmandu	 Destination Everest, Nepal	 Best Time Spring Autumn
 Difficulty Level Moderate Challenging	 Meals Full Board Meal	 Accommodation Tea House/ Lodges
 Max Altitude 5,545 m	 Transportation Domestic Flight, Private Vehicle	 Group Size 2-30


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Everest Base Camp Trek Overview

Everest Base Camp Trek is without a doubt the bucket list of many backpackers around the globe. The awe-inspiring view of giants (Mount Everest 8,849m, Mount Lhotse 8,516 m, Mount Cho Oyu-8,201) is worth watching once in a lifetime. Beyond the magnificent mountain vistas, the trek takes you through a diverse landscape that includes rushing rivers, charming Sherpa villages, and enchanting alpine forests. Each step along the trail unveils new natural wonders and scenic beauty that will leave you in awe.

As you venture deeper into the trek, you will have the privilege of exploring the Sagarmatha National Park. This protected area is a sanctuary for a variety of endangered wildlife, such as the elusive red panda, the elusive snow leopard, and the graceful blue sheep. Spotting these remarkable creatures in their natural habitat adds an extra layer of excitement and wonder to your journey.

The Everest Base Camp Trip not only captivates you with its natural grandeur but also immerses you in a rich tapestry of Sherpa culture and traditions. The Sherpa people have a long and storied history, serving as expert guides and mountaineers for generations. During your trek, you will have the opportunity to interact with Sherpa communities, learn about their customs,



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and witness their enduring traditions firsthand. This cultural exchange adds depth and meaning to your experience, fostering a deeper connection with the people and the land.

Trip Highlights

- **Breathtaking Views:** Enjoy stunning panoramas of Everest and other Himalayan peaks.
- **Sherpa Culture:** Experience the warm hospitality and unique traditions of the Sherpa people.
- **Namche Bazaar:** Explore a bustling Sherpa town and its vibrant markets.
- **Tengboche Monastery:** Visit an ancient Buddhist monastery amidst majestic mountains.
- **Everest Base Camp:** Stand at the base of the world's highest peak.
- **Kala Patthar:** Hike to a viewpoint for the best views of Everest.
- **Sagarmatha National Park:** Discover diverse flora and fauna in a UNESCO World Heritage Site.
- **Thrilling Flight:** Experience a scenic flight into Lukla, the gateway to Everest.
- **Challenging Yet Rewarding:** Enjoy a physically and mentally fulfilling journey.

Outline Itinerary

Day 01: Arrival at Tribhuvan International Airport in Kathmandu (1400m/4,593ft)

Day 02: Lukla flight from Kathmandu or Ramechhap and Trek to Phakding (2610m/8,563ft)

Day 03: Trek to Namche Bazar (3440m/11,286ft) from Phakding

Day 04: Acclimatization day at Namche Bazar | Hike to Syangboche and Everest Viewpoint

Day 05: Trek to Tengboche (3867m/12,687ft) where the biggest Monastery is located

Day 06: Trek to Dingboche (4410m/14,468ft) also known as the last settlement of Sherpa in the Khumbu Region

Day 07: Acclimatization day at Dingboche and day excursion around the place | Hiking to Nangkartshang Peak

Day 08: Trek to Lobuche (4910m/16,109ft)

Day 09: Trek to Everest Base Camp (5364m/17,598ft) via Gorekshep and trek back to Gorekshep (5164m/16,942ft)



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Day 10: Hike to Kalapatthar (5545m/18,192ft) and trek back to Pheriche (4220m/13,845ft)

Day 11: Trek back to Namche Bazar (3440m/11,286ft) from Pheriche

Day 12: Trek to Lukla (2860m/9,384ft) from Namche Bazar

Day 13: Fly back to Kathmandu (1400m) or Ramechhap (1,218m)

Day 14: Departure from Kathmandu (1400m)

(Note: The detailed itinerary section is available at the bottom of the page).

Cost Details: US \$1360 per person (we offer group discount)

Cost Inclusion

- ❖ Arrival airport pick-up and transfer to your hotel on time
- ❖ Welcome dinner in a reputed restaurant with a live Nepali cultural program
- ❖ 2 Nights at star standard accommodation on the basis of twin sharing in Kathmandu with Breakfast
- ❖ Kathmandu- Lukla- Kathmandu flight / Ramechhap- Lukla- Ramechhap Flight
- ❖ Airport tax, and Domestic transfer provided
- ❖ Teahouse/Mountain Lodge accommodation during the trek | 5 nights with attached bathroom (1-night Phakding, 3 nights Namche, 1 night Lukla) | 6 Nights common room on the basis of twin sharing
- ❖ 5 Hot Shower during the trek (Phakding 1, Namche 3, Lukla 1)
- ❖ All meals (Breakfast, Lunch, and Dinner) during the trek
- ❖ Seasonal fruits during the trek after dinner
- ❖ 3 cups of coffee/tea every day during the trek on every meal
- ❖ Cost of Excellent Guide & his entire expenses (government certified experienced, fluent English speaker, first aid and eco trained).
- ❖ Porter's cost & his entire expenses (one porter for every two members in a group)
- ❖ Insurance of Guide & Porter
- ❖ Daily Oxygen level check through Oximeter



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- ❖ All permits fee (Local rural municipality permit fee/Sagarmatha National Park fee)
- ❖ All Government and Local body taxes as applicable
- ❖ Renting Down Jacket and sleeping bags (upon request)
- ❖ A duffle Bag and a T-shirt (as a souvenir)
- ❖ Trekking map
- ❖ Certificate of Trek completion
- ❖ Group First Aid Kit Box (first aid kit carried by a guide)
- ❖ The arrangement of Emergency Helicopter evacuation service will be paid for by your travel insurance company
- ❖ Farewell Dinner before your departure day in a reputed restaurant
- ❖ Final departure transfer

Cost Exclusion

- ❖ Nepal Visa
- ❖ International flight to Kathmandu and return ticket from Nepal.
- ❖ Your meal at Kathmandu besides welcome dinner, farewell dinner, and breakfast
- ❖ The entire cost of beverages (except hot drinks mentioned in the inclusion list), mineral water and beer etc. while on the treks
- ❖ Travel insurance (must include Helicopter evacuation)
- ❖ Tipping to the guide and porter
- ❖ Anything not included in trip inclusion list is your personal expenses

Why choose Nepal Peak Adventure?

Because we are one of the best Everest Base Camp Tours companies in the world. Here's why:

- Exceptional service quality with 100% client satisfaction
- Clients have access to a secure online platform for their convenience



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- We are ranked top 50 out of #1545 travel companies on TripAdvisor and still growing on
- Travelers' Choice Award from TripAdvisor
- Zero client complaints and negative reviews
- We guarantee that our service is superior to that of other companies
- Personalized itineraries are tailored to match individual preferences and interests
- Client safety and security are top priorities throughout the journey
- We promote sustainable tourism practices to minimize the environmental impact
- Responsive and reliable customer support is available to assist clients 24/7

Things to Know Beforehand

Packing List for the Everest Base Camp Trek

Preparing for Everest Base Camp Trek is most important thing and when it comes to packing gears, you need to be extra careful to choose the right material and the right gears only. A good preparation and well-thought packing contributes to the successful trek.

We do the brief packing list checkup at the Kathmandu during the briefing session and also provide you the company duffel bag. Please note that there is weight limit of 20 kg of luggage carried by our porter and one porter is assigned for two trekkers. So, per trekker luggage weight is 10 kg at max. Hence, we would like to request you to pack accordingly.

From head wears to footwear, here is the list of gear you will need to complete the Everest Base Camp Trek properly.

Basic Gears and Equipment

- Duffel Bag (Company will provide you 50-70 liters duffel bag)
- Day Pack (35-45 litres recommended) with rain cover
- Trekking Poles (1 pair)
- Four season sleeping bag (can be rented at Thamel)
- Sleeping bag liner (optional)



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- Personal first aid kit and medications (Our guides will carry first aid kit provided by the company however you can have your own with the consult of your doctor)
- Water bottle / Water bladder

Headwear

- Beanie (1 Nos)
- Sun hat or Cap (we provide free company cap) (1 Nos)
- Polarized Sunglass (1 Nos)
- Buff/Neck Gaiter (1 Nos)
- Headlight (1 Nos)

Body Wear

- Insulating layers/thermal wear (2 pair)
- T-shirt (2 pair)
- Full sleeve t-shirt (thin and thick) (1 each)
- Waterproof and windproof outer layers (1 Nos)
- Fleece jacket (1 Nos)
- Down jacket (Company provides)

Lower Body:

- Hiking Pants (2 pair)
- Comfortable pants for the teahouses (1 Nos)
- Hiking shorts (optional)
- Waterproof and windproof pant (optional)

Hand Wears:

- Fabric liner gloves (1 pair)
- Hard-shell outer glove (1 pair)



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Feet Wears:

- Fabric warm socks (2/3 pair)
- Hiking socks (2/3 pair)
- Trekking boot high ankle with good grip recommended (1 pair)
- Casual shoe for the teahouses
- Gaiters (optional)

Personal Utilities

- Undergarments (according to your needs)
- Pajamas or sleeping clothes (optional)
- Sunscreen cream
- Toothbrush and toothpaste
- Toiletries
- Snacks (chocolates, dry fruits, energy bars etc)
- Playing cards
- Power banks

Documentation:

- Valid passport and necessary permits
- Nepal visa
- Extra passport sized photos
- Travel insurance details
- Emergency contact information
- Money (local currency and small denominations)

Note: Most of the gear can be rented in Thamel, Nepal so you don't need to carry heavy luggage. Also, some of the gear will be provided to you from Nepal Peak Adventure.

Lukla Flight Information

We would like to inform you about some important changes regarding Lukla flights during the peak trek seasons (March, April, May, October, and November). Due to heavy air traffic during



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these months, Lukla flights will be operated from the Manthali airport in Ramechhap instead of Kathmandu.

However, during the non-peak seasons (January, February, June, July, August, September, and December), Lukla flights will continue to operate from Kathmandu.

If you are catching a Lukla flight from Ramechhap, please be aware that you will need to leave Kathmandu early in the morning, around 12:30 to 1:00 AM. The journey from Kathmandu to Ramechhap takes approximately 4-5 hours. Your guide will arrive at your hotel at the specified time to pick you up and drive you to Ramechhap.

It's important to note that Lukla flights can be disrupted due to various factors, including bad weather conditions, airline technical problems, and other unforeseen circumstances. Therefore, we strongly recommend that you plan for an additional 2-3 days as a contingency to account for any potential delays.

We appreciate your understanding and cooperation in adapting to these changes for a smoother and more enjoyable trekking experience.

You can know more about the Lukla flight in details [here](#).

What is the weight limit for the Lukla flight?

The weight limit for Lukla flights is set at 15 kg (33 pounds), inclusive of both your duffel bag and hand carry. Should your total luggage weight exceed this limit, you have the option to pay an additional fee ranging from USD 2 to USD 5 per kilogram. It's essential to note that, despite payment, there might be instances where the excess baggage allowance is not guaranteed.

To ensure a hassle-free experience, we strongly advise you to pack within the specified 15 kg weight limit. This will not only help you avoid extra charges but also mitigate the risk of any unexpected issues related to baggage allowance during your Lukla flight.

On your Arrival

Upon your arrival at Tribhuvan International Airport in Kathmandu, a representative from our company will be there to warmly welcome you. You'll be promptly transferred to the hotel in a private vehicle.



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Upon reaching the hotel, you'll check in and relax. Take some time to unwind, and our company owner, Hom Rana, will personally greet you at the scheduled time for the trip briefing, providing all the details about the Everest Base Camp Trek. We'll conduct a thorough check of your packing list, ensuring you have everything you need. This is also the opportunity to meet your trek guide and receive the company duffel bag, t-shirt, cap, and trekking map.

In the evening, we invite you to join us for a welcome dinner hosted by the company. Following that day you will fly to Lukla.

Accommodation during the Everest Base Camp Trek

Our Everest Base Camp Trek package includes a 2-night stay in Kathmandu and an 11-night stay during the trek Lukla (1N), Phakding (1N), Namche Bazaar (3N), Tyangboche (1N), Dingboche (2N), Lobuche, Gorakshep, and Pheriche each 1-night respectively.

Accommodation in Kathmandu

Upon your arrival, you will be transported to a star-category hotel such as Hotel Blue Horizon in Thamel, a prominent tourist hub. Accommodation is arranged on a twin-sharing basis with a breakfast plan included. If you desire, you have the option to upgrade the hotel or select one based on your preferences, subject to an additional charge.

Note: Any additional nights beyond the two nights included in the package should be covered at your own expense.

Accommodation on the trek

Regarding the trek accommodations (lodge and teahouses), we strive to provide high-quality rooms tailored to your preferences and comfort. Over the course of the trek, five nights (1 night each in Lukla, Phakding, and 3 nights in Namche Bazaar) are arranged in standard rooms with attached bathrooms, based on twin sharing. These rooms also offer the convenience of a hot shower.

Beyond Namche, at Tyangboche (1 night), Dingboche (2 nights), Lobuche, Gorakshep, and Pheriche (1 night each), all accommodations are of a basic standard with twin-sharing arrangements.



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It is important to understand that the comfort and the standard of the accommodations in the mountains are limited. However, we guarantee to provide you with the best lodges/tea houses we can.

Meal option during the Everest Base Camp Trek

Nepal Peak Adventure always offers our clients high-quality lodging and dining options. Three full-board meals are provided as part of our Everest Base Camp package: breakfast, lunch, and dinner with tea or coffee on every meal.

Throughout the trek, you can select meals from the menu offered by the teahouses, featuring a range of local and international dishes. It's essential to maintain your energy levels with nourishing meals.

You have the flexibility to choose from Nepali, Western, and Indian cuisines during the entire trek. The cost of food is included in the package, allowing you to enjoy your preferred meals. We highly recommend trying Dal and Bhaat, a typical Nepali dish. During day hikes, it's beneficial to have energy bars or dried fruits while staying well-hydrated.

For health reasons, we strongly advise against consuming non-vegetarian items during the entire trek.

Typical Trekking Days

Your trek officially commences upon landing in Lukla.

From this day onward, your typical day starts with a hearty breakfast around 6:30 to 7:30 AM every day. After breakfast, you embark on your trek, heading towards the scheduled destinations. Before starting the trek, it is recommended to keep all the essentials for the day hike in your backpack, while your duffel bags will be carried by the porter at their own pace.

Throughout the journey, you will make frequent stops for short breaks to hydrate, have snacks, or capture photos. Generally, after three to four hours of trekking, a lunch break is scheduled en route.

Upon reaching the designated overnight stay, you can relax or explore the surrounding area. In the evening, around 6 to 7 PM, dinner will be served. Following dinner, you can engage in conversation with your guide, who will also brief you about the plan for the next day.



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Afterwards, you can choose to retire to bed or spend your time playing cards, reading books, or simply relaxing at your own pace.

Safe Drinking Water

During the Everest Base Camp Trek, it is essential to consume at least 3-4 liters of water daily to maintain hydration.

Tap water is readily available along the trek, but it is not recommended to drink directly. Using water purification tablets or sterilizing it before consumption is advisable. Additionally, bottled water can be purchased along the way, with prices ranging from NRS 100-500 as you ascend to higher elevations. However, bring the water bottle and fill the water to avoid the use of plastic bottle.

Hot water is also accessible at teahouses for an additional charge.

As for beverages during the trek, a variety of tea and coffee options are available.

Internet, Wifi, Charging facilities and Electricity

Upon arrival at the airport, it is advisable to obtain a Nepali SIM card (Ncell is recommended) that can be used throughout the entire trek. You can purchase a tourist data pack that is accessible for most of the trek, including Lukla, Namche, Phakding, and Gorakshep. While teahouses generally offer WiFi facilities, there are additional charges ranging from around 300-500 per device. Therefore, having a data pack will prove beneficial in these regions.

In Tyangboche or Deboche, Dingboche, and Lobuche, you can acquire a WiFi card from Airlink. They provide an unlimited internet package at the cost of NRS 700 for 24 hours and NRS 1200 for 48 hours. This Airlink WiFi is accessible in almost all the teahouses along the way, but it can only be logged in on one device.

For charging, an extra fee is required, depending on the devices and duration. Free charging is available until Namche, where there is an electricity supply. However, after Namche, particularly from Dingboche onward, all teahouses rely on solar energy, and charging your devices is not free. The pricing for charging varies from place to place. Note that charging may be slow and challenging at times due to low solar energy.



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Additional Information about the EBC Trek

Trek Route to Everest Base Camp

The Everest Base Camp Trek is an awe-inspiring journey that takes you through some of the most breathtaking landscapes in the Khumbu region of Nepal. Starting with a thrilling flight to Lukla from Kathmandu or Ramechhap, the adventure begins. From Lukla, the trek leads to Phakding (2610m), a quaint village nestled alongside the meandering Dudh Koshi River.

Continuing onwards, the trail ascends to Namche Bazaar (3440m), a vibrant Sherpa town bustling with trade and cultural exchange. Here, you'll have the chance to acclimatize while soaking in the mesmerizing vistas of Everest and its neighboring peaks.

After a much-needed rest day in Namche, the journey continues to Tengboche (3867m), where the region's largest and most significant monastery is situated. The spiritual ambiance, coupled with the panoramic mountain backdrop, makes it an enchanting experience.

Pushing further, the trek reaches Dingboche (4410m), the last settlement of Sherpas in the Khumbu region. Another acclimatization day allows for exploration and hiking amidst the spectacular surroundings.

The trail then ascends to Lobuche (4940m), offering stunning views of the rugged Himalayan landscape. From here, the journey culminates with an unforgettable visit to Everest Base Camp (5364m) via Gorakshep.

The moment of standing at the base of the world's highest mountain is truly awe-inspiring. But the adventure doesn't end there. The following day includes a hike to Kala Patthar (5545m), providing an unparalleled vantage point to witness a breathtaking sunrise over Everest and its neighboring giants.

Retracing the path, the trek heads back to Pheriche (4220m), where you can once again immerse yourself in the tranquility of the mountains. From Pheriche, the route takes you back to Namche Bazaar, allowing you to relish the final moments of Sherpa culture and hospitality.

As the journey draws to a close, you'll trek back to Lukla, traversing through lush forests, charming villages, and iconic suspension bridges.

Finally, a scenic flight takes you back to Kathmandu (1400m) or Ramechhap (1218m), where you'll reflect on the incredible experiences and memories of this extraordinary Himalayan adventure.



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Trek Difficulty

The Everest Base Camp trek stands as one of the most sought-after trekking destinations globally, despite its inherent challenges. The high elevations and cold temperatures contribute to the difficulty of the EBC trek. The rugged trails and cold winds further add to the challenging nature of the journey. On average, participants are required to hike for 5-7 hours daily for 12 consecutive days.

Nevertheless, with adequate preparation and fitness, anyone can undertake and complete this trek with relative ease. For more detailed information, please refer to our blog on the difficulty of the Everest Base Camp Trek.

Everest Base Camp Trek Distance

The entire distance covered during the Everest Base Camp Trek from Lukla to the Base Camp is 65 kilometers or 40 miles, and the round trip totals 130 kilometers or 80 miles. The trek spans a total of 11 days, inclusive of two days set aside for acclimatization.

During this trek, you'll be treated to breathtaking views of majestic mountains and experience the enchanting flora and fauna of the Khumbu region. For more detailed information, please consult our blog on the Everest Base Camp Trek Distance.

Acclimatization during the Everest Base Camp Trek

At Nepal Peak Adventure, we prioritize your safety and comfort throughout your Everest Base Camp Trek. That's why our package includes two crucial acclimatization days. These days are like mini-breaks during your journey that help your body adjust to the increasing altitudes.

The first acclimatization stop is at Namche Bazaar (3440m), a charming hub nestled in the mountains. Here, you'll have the chance to explore the local culture, enjoy the scenic beauty, and give your body some time to adapt to the higher elevation. It's like giving yourself a breather to ensure a smoother climb ahead.

The second acclimatization halt occurs in Dingboche (4410m), another picturesque village along the route. This pause is equally essential as it allows your body to gradually get used to the thinning air. Your well-being is our priority, and these acclimatization days significantly decrease the risk of altitude-related issues.



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So, rest assured that our package takes care of you not just by taking you to incredible destinations, but also by ensuring that your body adjusts comfortably to the increasing heights. Your safety and enjoyment are what matter most to us.

Kalapatthar Hike: The Highest Viewpoint

Our Everest Base Camp Trek package includes an awe-inspiring journey to Kalapatthar, the pinnacle of viewpoints along this remarkable adventure. Nestled amidst the Himalayan giants, Kalapatthar offers a breathtaking 360-degree panoramic view that will undoubtedly be the best part of this entire trekking experience.

Upon reaching its summit, you'll be rewarded with an unparalleled panoramic spectacle. The towering peaks of Everest, Lhotse, Nuptse, and countless others, stand before you in all their majestic grandeur. The rising sun casts its golden hues upon these giants, painting a picture of unparalleled beauty that words can hardly capture. As you stand at this lofty vantage point, you will realize the immense magnitude of your accomplishment and the privilege of witnessing the grandeur of the Everest region from such an elevated standpoint.

EBC Trek Insurance

Insurance coverage is strongly recommended for the Everest Base Camp trek due to the challenging nature of the journey. It's crucial to have comprehensive travel insurance that includes emergency medical evacuation, coverage for high-altitude trekking, trip cancellation/interruption, and medical expenses. Adequate insurance ensures financial protection against unforeseen events, altitude sickness, injuries, or any other emergencies that may arise during the trek. It's advisable to thoroughly review and understand the coverage provided by the insurance policy before embarking on the EBC trek.

Please check our blog Everest Base Camp Trek Insurance for the complete info.

Cost & Booking Process

Our 14-day Everest Base Camp Trek package cost is available at just USD 1360 per person. We've carefully crafted this package to give you the best experience at an affordable price.

Moreover, we also provide a group discount which is as follows:



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No of Pax	Trip Cost US\$ Per Person
5 - 12 Pax	US\$ 1250 Per Person
13 - 15 Pax	US\$ 1200 Per Person
15 - 20 Pax	US\$ 1175 Per Person 1 Leader free
21+ Pax	US\$ 1130 Per Person 2 Leader free

Booking your trek is a breeze. Simply head to our website and use our secure online payment gateway. It's designed for your convenience, making the booking process smooth and hassle-free. To confirm your spot, we require an initial deposit of around 20-30% of the total package cost. This way, you can secure your place on the trek and start looking forward to the journey ahead.

As part of the booking process, we kindly request a copy of your passport. This is essential for arranging your Lukla flight ticket, a vital aspect of your trek. Rest assured, your personal information is handled with the utmost care and security.

Frequently Asked Questions

Can I get on arrival Nepal visa?

Yes, you can obtain a visa on arrival in Nepal at the airport. Nepal offers on-arrival visa services to citizens of many countries. Upon arriving at Tribhuvan International Airport in Kathmandu or other entry points, you can fill out a visa application form, provide the required documents, and pay the visa fee in the designated currency. It's recommended to check the official website of the Department of Immigration of Nepal or contact the Nepalese embassy in your home country for the most up-to-date information on visa requirements and fees.

How many days of visa should I get for the EBC trek?

For the Everest Base Camp (EBC) trek, it's advisable to obtain a tourist visa that covers the entire duration of your stay in Nepal, including the trekking period. The EBC trek typically takes around 12 to 14 days, depending on the specific itinerary and any rest or acclimatization days included. You might want to get a tourist visa that allows you to stay in Nepal for at least the total duration of your trek, plus some additional days for flexibility. Therefore we recommend you to get 30 days of Nepal Visa which cost USD 50.



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Is there a pick-up and drop-off facility?

Yes, Nepal Peak Adventure will arrange both of your pick-up on arrival and drop-off at departure by private vehicle. One of our company representative will be assigned for all your airport transfers.

What kind of accommodation will I get in Kathmandu?

At Nepal Peak Adventure, we offer high-quality accommodations in Kathmandu at a top-notch or star-category hotel located in Thamel, a popular tourist hub. Rooms are arranged on a twin-sharing basis and include a breakfast plan.

Can I choose the accommodation in Kathmandu?

Typically, we have pre-arranged accommodations at high-standard hotels in Thamel. However, if you wish to make a change or choose your own accommodation, we can certainly accommodate that preference. Our aim is to ensure that your stay is comfortable and enjoyable.

What happens about the accommodation in Kathmandu in case of early return or extra nights?

Our package covers a two-night stay in Kathmandu. In the event of an early return or if you require additional nights, we can make arrangements for that as well, with an additional cost.

Can I get a direct Lukla flight from Kathmandu during the peak season?

Unfortunately, no direct Lukla flights are available from Kathmandu during the peak seasons of Autumn and Spring. Only option is to travel to Ramechhap for the Lukla flight.

How do I get to the Manthali airport, Ramechhap? Do I need to pay extra?



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Ramechhap is 4 to 5 hours away from Kathmandu by road. So, you need to wake up early in the morning at around 1 to 2 AM (depending upon the flight time).

You will then be transported to the airport by a private vehicle, accompanied by your guide or a representative provided by Nepal Peak Adventure. There are no additional charges for this service, as everything is arranged by the company.

Can I go to Ramechhap a day prior to my Lukla flight to avoid the rush schedule and morning hassle?

Certainly, yes. First we will do all the trek preparation and trip briefing. Afterwards we will travel to Ramechhap for the overnight stay. Early morning you can wake up, have breakfast (depending on the flight schedule), and catch the Lukla flight.

How long is the Lukla flight from the Ramechhap?

It is a scenic 15 minutes flight to Lukla.

What is the weight limit for the Lukla flight?

The weight limit is 15 kg only. Generally it is 10 kg for the baggage and 5 kg for the hand carry. In case of overweight you have to pay extra USD 2-4 per kg.

Can I just get the helicopter instead of flight for the Lukla?

Certainly, you have the option to choose a helicopter instead of a regular flight to Lukla. If you prefer to avoid the trip to Ramechhap or the standard Lukla plane flight, a helicopter option is available. The additional cost for the one-way flight is USD 380 per person, based on a sharing basis with five people.

Where do I meet with my guide and porter?

Generally, you will meet with your guide in Kathmandu during the trek briefing session. Most likely your guide will come to pick you up on your arrival also. But sometimes your guide will be already at Lukla so in those case you will meet your guide at the Lukla only.



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As for the porter you will meet them at the Lukla airport who will be waiting for your arrival there. You will be introduced with them by your guide at the hotel in Lukla and afterwards they will carry your duffel bags and set off at their own pace.

What is the weight limit for the porter?

At Nepal Peak Adventure we have set the weight limit to 10 kg per person. We provide one porter for two trekkers. Hence one porter will carry around 20kg only.

How many days does it takes to reach the Everest Base Camp?

It takes 8 days to reach the Everest Base Camp including the two days of acclimatization. On your eighth day you will reach to the Base Camp starting from the day one at Phakding.

Can I skip the return back down to Lukla by trek?

Yes. Our main destination is Everest Base Camp. Once you reach the Base Camp and doesn't feel like coming back down by foot you have the option to fly by down to Lukla by helicopter. You can take the heli from Gorakshp at an additional cost.

How many hours do we have to trek everyday on general?

Everest Base Trek has the short overnight camps. Hence, in a single day you have to trek around 4-6 hours only. This timeframe includes all the rest breaks and lunch break as well.

What is the average daily elevation gain on the trek?

The trek starts from Lukla at 2860m/9,383ft and reaches at the max elevation of Kalapatthar at 5,545m/18,192ft. During this period each day you will gain the average elevation of 500m/1,640ft to 700m/2,297ft. Here are the day to day elevation gains:

Lukla (2,860m) to Phakding (2,610m): -250m/820ft

Phakding (2,610) to Namche (3,440m): +830m/2,723ft

Namche (3,440m) to Tyangboche (3,867m): +427m/1,401ft



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Tyangboche (3,867m) to Dingboche (4,410m): +543m/1,781ft

Dingboche (4,410) to Lobuche (4,910m): +500m/1,640ft

Lobuche (4,910m) to Gorakshap (5,164m) to EBC (5,364m): +254m/833ft, +200m/656ft

Gorakshap (5,164m) to Kalapatthar (5,545m): +381m/1,250ft

It the EBC trek difficult?

Yes, Everest Base Camp trek is considered the challenging trek in the Himalayas. Due to its nature of high altitude the trek is not easily doable. You need a decent physical fitness and strong mental resilience. The cold temperatures, varied terrain and the rugged trails adds more to the difficulty level of the trek. However, with proper preparations, trainings and proper guidance you can comfortably do the EBC trek.

How many days of acclimatization is allotted on the trek?

Our standard 14-days Everest Base Camp Trek package includes two days of acclimatization at Namche Bazar and Dingboche respectively. We have describe it on details at the acclimatization section above.

Can I skip the acclimatization day?

Acclimatization is the process of adjusting your body with the current elevation and altitude of the region. In order to keep ascending forward acclimatization is very important on the Everest Base Camp trek. It helps your body to prevent from getting the altitude related sickness. Hence, you cannot skip the acclimatization day at Namche and Dingboche.

How much water should I drink on the trek?

We suggest you to drink at least 3-4 liters of water everyday on the trek. It is very necessary to keep your body hydrated all the time in the mountains.

Can I drink normal tap water on the trek?



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No. However you can use the water purification table or sterilize it before using the tap water.

Detailed Itinerary

Day 01: Arrival at Kathmandu (1400m/4,593ft) and transfer to the hotel

Upon your arrival at Tribhuvan International Airport, our team Nepal Peak Adventure will be there to pick you up from the Airport. After your meet-up with our team, you will be escorted to the Thamel area which is the biggest tourist hub.

This day is very crucial because all the incomplete preparation for the trek will be completed today like renting gears, exchanging money, sharing information, and many other things. If enough time, you can go for a short walk to the nearest heritage site Kathmandu Durbar Square. At night, we usually throw a welcome dinner with typical Nepalese cultural dance. Also, most of the briefing about the trek will also be done during dinner.

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Arrival & Welcome by the company owner

Day 02: Lukla flight from Kathmandu or Ramechhap and Trek to Phakding (2610m/8,563ft) 3-4 hours

As per the flight details, you will be accompanied by our guide from your hotel and will be transferred to the Ramechhap airport or Kathmandu Airport for the domestic flight to Lukla. The flight will be around 25-30 min to Lukla which will be the most thrilling flight in the world.

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After reaching Lukla, you will have your breakfast there as well as you will meet your porters too who will assist you the entire trek. After you are all set to go, your actual trek begins by passing through the marketplace of Lukla and following along the Dudhkoshi river. As you reach the end gate of Lukla you will stop there at the checkpost for all the permits and administrative procedures.

The journey then continues further passing several local settlement as Cheplung, Thadokoshi, Ghat before reaching the Phakding village. After 3/4 hours of the walk, while enjoying the introductory terrain and the beauty of the Khumbu region, you will arrive at Phakding where you will stay for an overnight.



Lukla Airport

Day 03: Trek from Phakding to Namche Bazar (3440m/11,286ft) 6 hours

After having breakfast in Phakding, our destination today will be the Namche Bazar which is like the capital city of the Khumbu Region. On this day, you will cross many suspension bridges following the gushing Dudh Koshi River with green vegetation on the bank as most of the trail goes nearby this river today.



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After reaching Monjo, your guide will make the necessary administrative procedures (showing permits and check-in) in order to enter the Sagarmatha National Park. After walking 10 mins away from here you will arrive at Jhorsalle where you will stop for the lunch. Please note that there are no any stop-place after this place until you reach Namche.

After lunch and resting for a brief, your trek continues to the famous Hillary suspension bridge. Take your time to engage on the photo session and adore the beauty of the nature. After crossing the bridge the trail then ascends through a beautiful pine forest before entering a renowned Namche Bazar. As I mentioned that Namche Bazar is like the capital city of the Khumbu region, it is also the biggest trading hub and has basic facilities such as hotels, restaurants, a money exchange counter, cafe, a bakery shop, and many other shops. Also, you will have time to explore the Bazar and you be staying here for an overnight.

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Day 04: Acclimatization day at Namche Bazar | Hike to Syangboche and Everest Viewpoint

Acclimatization is very important when trekking to high altitude because it lets your body to adjust with the atmosphere. It is like preparing for the upcoming higher elevation so that you won't get AMS.

So, after a breakfast in your lodge, your guide will take you for a day excursion including to the Sherpa museum. Sherpa museum is an oldest museum which display the artworks that depict the Sherpa way of life. Also, the open space nearby the park gives you a great view of the Himalayan range. After the quick visit you will go to the Tenzing Park where you can see the statue of the legendary mountaineer Tenzing Norgay Sherpa (the first man to climb Everest with Sir Edmund Hillary).

Afterwards, you will go up a steep trail to the Everest View Hotel; from where you will be rewarded with better views of the Mt. Everest, Nuptse, Amadablam and many other with the delightful tea break. After all the day activities are done you'll head back down to the Namche and can rest or explore the town. Overnight at Namche Bazar.

Some of the mountains on view today are Kwangde (6,011m), Thamserku (6,623m), Kangtega (6,782m), Nuptse (7,861m), Lhotse (8,516m), Ama Dablam (6,812m) and, of course, Mount Everest (8,848m).

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Visiting Everest View Point

Day 05: Trek to Tengboche (3867m/12,687ft) 5 hours

After breakfast, you will head to our next destination-Tengboche which is a 4-5 hours of walk. After a short walk, a quick ascend will continue on a moderate flat surface trail till Sanasa. From here the trail descend down about an hour through a pine woods till you reach Phunki Thanga where you will stop for the lunch. You will enjoy splendid views of Khumbu mountain ranges along the route.

After having your Lunch at Phunki Thanga you will then ascend to Tengboche through a sub-tropical forest. It takes about 2 hours to climb that steep uphill part. Upon reaching the Tengboche, it has the biggest and one of the oldest monastery in Khumbu region with fluttering Buddhist flags. You can enter the monastery by getting the permit which costs NRS 300.

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Towering Ama Dablam at the background of Monastery looks superb. Overnight stay at Tengboche.



Tyangboche Monastery

Day 06: Trek to Dingboche (4410m/14,468ft) 6 hours

A sound of morning prayer and a breakfast in Tengboche, your journey will continue to Dingboche which is at 4,410m elevation. Following a quick descend, the trail continues through a forest passing the settlements like Deboche and Millinjo until you cross a stream and the suspension bridge. Thereafter, you will enter the stony barren land and one of the major settlement Pangboche. You can stop here for the short tea break or keep continue the trek.

An hour later from this village you will reach Somare for the lunch. After a delightful lunch and a quick rest you will be all good to go to Dingboche, where you will spend your night.

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Dingboche

Day 07: Acclimatization day at Dingboche | Hiking to Nangkartshang Peak

You are now at 4,410m altitude therefore you will need to acclimatize in Dingboche to stay safe from AMS. To prepare well for AMS, today you will hike to Nangkartshang hill which is above 5,000m/16,404ft above. Along the hike you will be rewarded by the spectacular view of the Ama Dablam, Kangtega, Taboche, Cholaste, Nuptse, Everest, Makalu among many others. It will take around three hours on average to reach the top. Make sure you are walking slow.

In the afternoon, don't forget to visit a local bakery to watch movie/documentary related to the mountains while enjoying bakery items. Also you can roam around the village to learn more about the local people and traditions. Dingboche is also one of the major hub and big settlement in the Everest region.

Enjoy your dinner and have a good night rest. Overnight stay.

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Hiking to Nangkartshang Peak, Acclimatization Day

Day 08: Trek to Lobuche (4940m/16,109ft) 5 hours

After getting ready for the next challenge, you will depart from Dingboche following your breakfast early in the morning. It is a quick ascend for a while and the trail goes through a flat terrain till Thukla. Along the way you can enjoy the spectacular view of Mount Taboche and Cholaste. You will stop for refreshment or lunch at Thukla to prepare you for the short rocky uphill up to Thukla Pass. It is an hour steep uphill climb on the rugged trails till the Thukla or Everest Memorial. The memorial is all about the monuments built for the late climbers who lost their lives in the mountains. We will pay tribute to the deceased souls and continue our trek.

After about an hour of walk over rocky trail you will arrive in Lobuche where you halt for the day.

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Day 09: Trek to Everest Base Camp (5364m/17,598ft) via Gorekshep and trek back to Gorekshep (5164m/16,942ft) 7 hours

This is the major and exciting day of the entire trip as you will reach the Everest Base Camp today. After the breakfast, you will resume your treks. The first part of the trail from Lobuche is on the flat surface till Lobuche pass. It takes around one hour to reach that part. Upon reaching and crossing the Lobuche pass, the trail gets bit tricky and difficult as the trails winds through rugged path and glaciers with a frequent passing of animals (yakes, horses, jockeys) along the way. Some part of the trail are quite narrow and have to be extra careful. After two hours you will arrive at the last settlement Gorakshep where you will spend the night.

Upon reaching Gorakshep, you will have the lunch and get ready for the hike to the Everest Base Camp which will take around two hours approx.

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Finally the moment is here. Now your lifetime dream comes true, you will be there at the base camp of the world's highest mountain. Express your victory, take photos, videos because you have made the memories to be cherished forever. After spending some time on the base camp you will return back to Gorakshep for the overnight stay.



Day 10: Hike to Kalapatthar (5545m/18,192ft) and trek back to Pheriche (4220m/13,845ft) 7 hours

Yet today is another big day. You have to wake up early morning at around 4 o'clock to witness the mesmerizing sunrise view over the top of the world Mt. Everest from Kalapatthar. The hike is definitely going to be the tough one but worthwhile.

Kalapatthar, one of the highest vantage points in the world offers you a marvelous view of Mount Everest and a wide range of mountains in the region. The bright crimson color of the rising sun

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adds beauty to the Mountain range. Return back down and enjoy the hearty breakfast before heading to our today's destination Pheriche.



View from Kalapatthar

Day 11: Trek to Namche Bazar (3440m/11,286ft) 7 hours

After breakfast at Periche, the trail leads you down through mountain shrubs where you can have a click of the yaks in the pasture. You will cross a couple of settlements like Pangboche, Tengboche while enjoying the juniper and rhododendron wood. You should be happy to be back to Namche Bazaar at a moderate pace to enjoy the lively evening there.

At evening you can just relax and enjoy at the bakeries, bars or pubs. You deserve it.



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Day 12: Trek to Lukla (2860m/9,384ft) 7 hours

This is the last day of the trek. You will climb down the hills from Namche and continue the trail along the Dudhkoshi River to Lukla. You will continue walking devouring the beauty of the area that you missed while ascending. After freshening up and packing your luggage; you can explore Lukla to know a bit little about local people and their culture.

Day 13: Fly back to Kathmandu (1400m)

You will get ready with your backpacks and reach the nearby Lukla airport to take a flight back to Kathmandu. You will enjoy green hills, dense forest and have a chance to catch a glimpse topography of hilly area while on board. You will be transferred to the hotel from the Kathmandu airport. You can have some time for exploring Kathmandu valley and buying souvenirs today. You will have a farewell dinner with the company's representative.

Day 14: Departure from Kathmandu (1400m)

This is the final day in Nepal for this time. Our representative will transfer you to the Tribhuvan International Airport from the hotel as per your flight schedule. You will fly back to your sweet home with beautiful memories of Nepal.

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Departure

Trek Map

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