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12 Days Everest Base Camp Trek Itinerary and Cost For 2024

- Duration: 12 Days Days
- Max Altitude: 5,545 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights Of Everest Base Camp Trek

- Experience the Lukla flight to one of the most adventurous airports in the world, Tenzing-Hillary Airport.
- Visit numerous ancient monasteries in Khumbu Valley, like Tengboche Monastery.
- Explore Sherpa villages like Namche Bazaar, Khumjung, and Thame.
- Enjoy the Mt Everest Base Camp hike and finish at the foot of the world's tallest mountain.
- Revel in the breathtaking sunrise view over the panorama of the Everest Himalayas.
- Relish the uniqueness of Sherpa culture and traditions.
- Trek across the Sagarmatha National Park, a natural UNESCO World Heritage site
- Stunning sights of the world's tallest mountains, such as Mt. Everest (8848.86m), Lhotse (8516m), Cho Oyu (8201m), and Nuptse (7861m).

Everest Base Camp Trek Overview

Everest Base Camp Trek is one of Nepal's most adventurous and popular treks. With a well-maintained path and raw beauty, this trek is mainly recognized for its awe-inspiring scenery and welcoming Sherpa people. The trek takes you to the foot of the world's highest mountain, Mount Everest.

Are you more curious about the Everest trek and planning it for your next trip? Wondering about the best travel agency and itinerary provided? [Booking the Everest Trek](#) with us can be a wise choice.

Trekking to [Everest Base Camp offers stunning views of mountains](#), glaciers, monasteries, and villages. The Everest Base Camp Trek (EBC Trek) is at the absolute pinnacle of all the Himalayan adventures in the world. Everest trekking explores the beautiful Khumbu Valley. Mountains like Mt. Everest (8849m),

Lhotse (8516m), and Cho Oyu (8201m) welcome you to the glorious land of the Sherpas.

The trek is also popularly known as a teahouse trek, as you will stay at some of the highest villages in the world and closely examine their culture and traditions. Also, this trek is perfect if you want to explore the remote villages of Nepal. Besides, the trek is also popular for the warm and welcoming hospitality of the Sherpa people. Throughout the trek, you will pass through many ancient monasteries and chortens amidst the Himalayas.

The 12-day EBC trek is a safe and comfortable option for hiking to Kalapathar and Everest Base Camp. The walk can be challenging. However, the wonderful scenery of verdant forests, farmland, hills, and mountains will inspire you to keep going. Trekking can be the finest option for experiencing the natural thrill. Just make sure you prepare well and choose the best planning along with a reputable trekking company.

Useful Trek Tips

Planning your [Everest trip](#)? Whether you book with a trekking company or have an experienced guide, it is essential for you to follow some basic rules for your safety and to make the most of the trip. Here are some useful tips to help you remain safe throughout the trek.

- Start training well in advance to build endurance and stamina for the trek.
- Carry only essential items to avoid unnecessary weight.
- Weather in the Himalayas changes rapidly, so wear clothes that are perfect for hot and cold temperatures.
- Drink plenty of water to prevent altitude sickness and dehydration.
- Take it slow and allow your body time to adjust to the altitude.
- Always follow the guide as they are well-known about the terrain and help you provide a professionalized tour experience.
- Carry snacks like bars, nuts, and dried fruits, as they instantly provide you with energy.
- Respect the environment and culture of the people.
- Carry a charged phone and let someone know about your itinerary.
- A positive mindset is important for physical fitness during the trek.

Benefits of Booking a 12-Day Trek to Everest Base Camp with Us

Planning a journey to Everest Base Camp with My Everest Trip. We are a Nepalese Travel and Trekking Agency based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide. We promise an unforgettable experience amidst the awe-inspiring Himalayas. We have crafted a 12-day itinerary that delights adventure and nature enthusiasts. So, lace up your boots, pack your bag, and prepare for the trek with us.

Here are some significant benefits you gain while making your booking with us.

- We are a government-certified company with a group of experienced teams and guides.
- We provide a carefully crafted itinerary that maximizes acclimatization and highlights the best of the Everest Region.
- Experience personalized attention with small group sizes, allowing for a more intimate trekking

experience.

- Stay in comfortable lodges and tea houses along the trek route, providing a restful environment.
- By booking with us, you also contribute to the local economy and support sustainable tourism.
- Safety is our top priority, and we offer you experienced guides who can handle any challenges that may arise.

Best time to Trek to Everest Base Camp

To have the best trekking experience, hikers must explore high-altitude parts of northern Nepal during specific seasons. From September to November, autumn is the best time to trek Everest base camp. This season offers clear skies to relish the Himalayas and moderate temperatures in the high-altitude areas.

Similarly, spring from March to May is also one of the best seasons for EBC Trek. This season is more famous for the vibrant vegetation and abundant wildlife across the Sagarmatha National Park.

Although trekking is possible during the winter and summer/ monsoon, the weather conditions are worse. The tea houses at higher altitudes rarely operate due to the adverse climate. [Short Everest Trek](#) is possible throughout the year.

Autumn (September to November)

Considered the best trekking season in Nepal, the EBC offers clear skies, stable weather, and vibrant autumn colors, making it an ideal trekking month. The trails are generally dried and more stable this season, providing easier and more comfortable hiking conditions.

Spring (March to May)

Springs bring warmer temperatures, blooming rhododendrons, and the bustling atmosphere of the Everest climbing season. From March to May, you can expect clear skies. It allows for breathtaking views of the snow-capped peaks and surrounding landscapes. Although there can be occasional showers, the overall temperature is perfect for exploring this iconic destination.

Everest Trek Altitude Profile

There is a vast difference in [altitude during the EBC Trek](#). The trip starts from the capital of Nepal, Kathmandu, at 1,300 meters above sea level. A short and scenic flight takes you to the gateway to Mount Everest at Lukla (2840m). Then, it descends a bit to Phakding at 2610 meters. It climbs to Namche Bazaar at 2440 m, where you often rest to get used to the higher altitude.

Next, the trail climbs to Tegnoche at 38,70 m, Digboche at 4140 m, and Lobuche at 4910 m. Finally, you reach Gorak Shep at 5164 m, the last stop, before reaching Everest Base Cam at 5364 meters. It is important to take it slow to avoid altitude sickness and enjoy the stunning views.

Everest Base Camp Trek Cost

Many factors affect the total cost of trekking to the Everest base camp. It also depends on the season you pick for the trek. The [luxury Everest base camp trek](#) provides good accommodation, meals, and unexpected events.

Trekking to Everest Base Camp costs between \$1150 and \$3500, depending on the package chosen. This figure includes the cost of guides, porters, and entrance permits while trekking in the region. The trip costs include accommodation, meals, cross-country flights, ground transportation, and other essentials.

- International Trek Agency
- Local Nepalese Trek Agency

Package	Cost: International Trek Agency	Cost: Nepalese Trek Agency
Budget Trek Package	US\$ 1400 – US\$ 2000	US\$ 1150 – US\$ 1700
Standard Trek Package	US\$ 2100 – US\$ 3300	US\$ 1750 – US\$ 2600
Luxury Trek Package	US\$ 3300 – US\$ 4400	US\$ 2650 – US\$ 3500

Some Factors Affecting Everest Trek Costing

The cost of hiking to Everest base camp depends on the trek's standard. The most popular standards for the trek include:

- Budget EBC Trek
- Standard EBC Trek
- Luxury EBC Trek

Other factors influencing the [Everest Trek cost](#) include:

- **Season:** The time of year you choose to trek can significantly affect the cost.
- **Trekking route:** Your specific route to Everest Base Camp can impact the cost.
- **Duration:** The length of your trek will influence the overall cost. Longer treks include higher expenses.
- **Group size:** Group treks often offer lower prices per person but may offer less flexibility regarding itinerary and pace.
- **Service included:** The services included, such as transportation, accommodation, meals, permits, and a guide/porter, will impact the overall cost.
- **Travel insurance:** Adequate travel insurance is essential for [trekking in the Everest region](#), and coverage limits, duration, and the provider influence the cost.

Why Choose Nepal Trekking Agency?

Choosing a Nepal trekking agency is smart because they offer expertise, experienced guides, and a support network to ensure a safe and enjoyable trekking experience. Their regional knowledge can provide valuable insights and assistance throughout the journey.

Additionally, a trekking agency can handle permits, safety protocols, and emergency response, giving you peace of mind. They customize itineraries to fit individual preferences and support the local economy by employing local guides and staff. Overall, a Nepal trekking agency provides convenience, safety, and a chance to explore the Himalayas confidently.

EBC Trekking Route

The glorious adventure trek to Mt Everest base camp begins from Kathmandu with a flight to Lukla. The trail follows the beautiful Dudh Koshi River to Phakding. You will embrace the warm welcome of Sherpa culture. The trek heads to Monjo before reaching the entrance of the Sagarmatha National Park.

The trek's next destination is Namche Bazaar, Khumbu Valley's trade hub. Here, you spend an extra day acclimatizing and exploring the riches in and around Namche. Then, you ascend deep into [Khumbu Valley](#) alongside the Imja River. You will pass Sherpa villages like Tengboche and Pheriche in the company of Mt. Ama Dablam (6856m) and begin trekking north.

The altitude keeps increasing as you follow the lead of Khumbu Glacier past Lobuche to Gorakshep. Finally, the trip climaxes with a short hike to Everest Base Camp (5364m) and another one from Kalapatthar's viewpoint. After enjoying the glorious parade of mountains, the return trek begins. The journey back to Lukla descends past sharp stone trails and glaciers to join frequent Sherpa settlements. Further, you continue to retrace your steps to Lukla and take a flight back to Kathmandu.

Day 01

Fly to Lukla and Trek to Phakding (2652 m/8699 ft). Walking Distance - 8 km, Duration: 3 hours.

Note: We offer [last-minute bookings](#) for Everest base Camp Trek.

Today, the Base Camp Trek begins after a short flight to Lukla. The day starts as you wake up around five and prepare to depart for the airport. If you miss your breakfast, you can have it at Lukla. You'll embark on a domestic flight after a short drive to the airport. Enjoy a scenic 25-minute long flight from Kathmandu to Lukla. This brief flight offers a view of the stunning Himalayan panorama.

Once at Lukla, you can enjoy your breakfast in one of the restaurants. The trek destination for today is Phakding, a small Sherpa village located 11 km north of Lukla. The trail climbs alongside the beautiful Dudh Koshi River. Catch a brief glimpse of the triple-peaked summit of Kusum Kanguru along the way. Phakding village lies on the bank of the Dudh Koshi River, overnight in Phakding.

Day 02

Phakding to Namche Bazaar (3440 m / 11283 ft) Walking Distance - 10 to 12 km, Duration: 6 hours

Please Read Our Blog: [How to reach Namche Bazaar from Kathmandu.](#)

Enjoy your breakfast overlooking the beautiful Kusum Kanguru. After breakfast, you'll leave Phakding behind and continue climbing on your path to Monjo village. The small town serves as the gateway to the UNESCO-designed Sagarmatha National Park. Established in 1976, the Himalayan National Park remains home to two of the highest mountains on Earth: Mount Everest (8848.86m) and Mt. Lhotse (8516m).

It is also home to the Himalayan wildlife of Himalayan Pheasant and Red Panda. After entering the park, you'll continue trekking alongside lush pine forests toward Tok Tok. Enjoy your lunch at Jorsale village before crossing the final suspension bridge towards Namche Bazaar at the junction of Dudh Koshi and Bhote Koshi rivers. A 2-hour-long hike brings you to Namche, the largest Sherpa village in the region.

Day 03

Acclimatization Day - Hike to Everest View Hotel (3,962 m / 12995 ft) Walking Distance - 3 to 4 km, Duration: 3 to 4 hours

Please Read Our Blog: [Explore Namche Bazaar](#)

The day is for acclimatization. It's essential to rest your body before ascending further. The first acclimatization takes place at 3,440 meters at Namche. Enjoy touring the commercial hub of Namche Bazaar. A vantage point at Namche offers an unobstructed view of Mount Everest itself. You can catch a beautiful view of the neighboring mountains of Thamserku and Kongde Ri.

You can visit the Sherpa Cultural Museum for more insights into the Sherpa lifestyle, history, culture, and cuisines. From here, you can see the nearby Everest Photo Gallery. Embark on a short hike to Syangboche Airport, from where you can ascend to Everest View Hotel. Considered the highest hotel in the world, the vantage point in the hotel offers a beautiful view of Mount Everest. Overnight in Namche.

Day 04

Namche to Tengboche (3860 m/12660 ft) Walking Distance - 10 to 11 km, Duration: 5 hours

You can go on the [Gokyo Lake Trek](#) from here.

Leaving Namche Bazaar, you'll begin a 5-hour-long journey toward Tengboche village. At 3,860 meters, Tengboche remains home to Tengboche Monastery, the highest Buddhist monastery in the entire region. Enjoy hiking leisurely along the Dudh Koshi River and walk past fragrant rhododendron woodlands towards Phungi Thanga.

The valleys open towards the open ground that offers a magnificent view of Everest, Ama Dablam, Lhotse, and Nuptse Peaks. The trail leaves Dudh Koshi and follows the Imja Khola. Tengboche village is where the two mighty rivers of Dudh Koshi and Imja Khola meet. You can catch the magnificent view of Ama Dablam just opposite Tengboche Monastery. You can enter the monastery and explore the exquisite murals and sculptures. Overnight in Tengboche.

Day 05

Tengboche to Dingboche (4410 m/14464 ft) Walking Distance - 11 to 12 km, Duration: 5 hours

Enjoy a delicious breakfast, and embark on a tour of Tengboche Monastery. The 100-year-old monastery remains home to thousands of Buddhist monks. After exploring the beautiful site, you'll trek to Dingboche village. The trail begins to climb and descend towards Deboche village. Cross a few suspension bridges over the mighty Imja Khola before approaching the beautiful Sherpa village of Pangboche.

You can enjoy your lunch at Pangboche and later visit the equally beautiful Pangboche Monastery. From here, the trail begins to climb along the Mani walls decorated with Buddhist prayer flags. The trail continues to rise through Orsho village before arriving at Dingboche. Also known as the “summer valley,” Dingboche experiences annual summer rain. Overnight in Dingboche.

Day 06

Acclimatization Day- Hike to Nagarjun hill and return Walking Distance - 5 to 6 km, Duration: 4 to 5 hours.

Dingboche lies above 4,000 meters. You must take a break and acclimatize before approaching the higher grounds. Enjoy this day acclimatizing and briefly hike to the neighboring Nagarjun Hill. Nagarjun lies a few kilometers south of Dingboche village. Hikers cover a moderate distance of 5-6 km within a few hours.

Enjoy a steep climb to the summit of Nagarjun Hill and catch the beautiful sight of Ama Dablam, Lhotse, Lobuche, and Taboche Peaks. Dingboche village contains many hotels and restaurants, and it is also the world’s most noted billiards parlor. You can spend the rest of the day relaxing and enjoying a delicious butter tea. Overnight in Dingboche.

Day 07

Dingboche to Lobuche (4910 m/16105 ft) Walking Distance - 11 to 12 km, Duration: 5 hours

After enjoying breakfast, you’ll trek to your next destination. Today, the trek ends at Lobuche village, almost 12 km northeast of Dingboche. Begin hiking along the windswept pastures and yak herder’s huts. The trail begins to climb along the Lobuche Glacier towards the small settlement of Lobuche.

Located at the sheer altitude of 4,910 meters, you might not find any forests. The landscape gets replaced by glaciated paths and alpine shrubs. Catch the majestic sights of Lhotse and Ama Dablam en route. Lobuche village lies below the Lobuche massif. From here, you can catch the eye of Lingtren, Pumori, Lobuche, and Khumbutse Peaks. Overnight in Lobuche.

Day 08

Lobuche to Gorakshep (5180 m/16990 ft (ca. 5 km)) - Everest Base Camp (5364 m/17594 ft (5.36 km)) and back to Gorakshep, Walking Distance - 14 to 15 km, Duration- 8 hours

Guide: [How to go from Kathmandu to Everest Base Camp?](#)



Everest Base Camp Kala Patthar Trek

Leaving Lobuche, the trail further climbs into the barren landscape. The course gets replaced with rocky boulders. Leaving Lobuche, you'll begin climbing along the Lobuche Glacier towards Khumbu Glacier. The day ends at Gorakshep village, located just below Everest Base Camp. Gorakshep is a sparsely populated village with basic lodges. Almost every club lies on the bed of a frozen lake.

After a short break, you'll continue trekking along the Khumbu Glacier and climbing through rocky boulders toward Everest Base Camp. This is the best moment of the entire trip. Once at Everest Base Camp, you can explore the camper's site, glacier lakes, and Khumbu Icefall. Spend some time enjoying the magnificent view of the nearby mountains before descending back to Gorakshep. The entire trek lasts almost 8hr. Enjoy a delicious dinner at Gorakshep.

Day 09

Gorakshep - Kala Patthar (5545 m/11283 ft), then trek back to Pheriche (4210 m/13810 ft (ca. 4 km)) Walking Distance - 13 to 14 km, Duration - 7 hours

The day begins early. Leaving Gorakshep, you'll start climbing the rocky-strewn trail toward Kala Patthar. Out of the two routes, the western route leads to Kala Patthar. An hour-and-a-half hike brings you to the top of Kala Patthar. This is the highest point of the trek. The vantage point at Kala Patthar offers an up-close view of Mount Everest's summit.

You can also catch the sunrise from Kala Patthar. After spending some time, you'll begin descending back to Gorakshep. After enjoying breakfast, you'll continue climbing downhill and making your way toward Pheriche village. Pheriche is a tiny Sherpa village populated by hardworking farmers. Overnight in Pheriche.

Day 10

Pheriche to Namche (3440 m/11283 ft) Walking Distance - 14 to 15 km, Duration- 7 hours

Leaving Pheriche, you'll begin climbing downhill. The day ends at Namche Bazaar. The easy trail begins to rise downstream along the Imja Khola. Cross a few suspension bridges to arrive at Pangboche village. The trail climbs steeply downhill towards Imja Khola and then sharply uphill to Deboche.

A short hike brings you to Tengboche village, where you can enjoy lunch. Afterward, you'll continue climbing downhill along the Dudh Koshi River and cross Phungi Thanga or Kyangjuma villages before arriving at Namche Bazaar. The entire trek may last 7hr. Spend the evening enjoying the magnificent sight of Kongde Ri Peak. Overnight in Namche Bazaar.

Day 11

Namche to Lukla (2800 m/9184 ft (2.8 km)) Walking Distance - 18 to 19 km, Duration - 7 hours

Enjoy a delicious breakfast at Namche. From here, you'll continue climbing down through the vast expanse of the Himalayan forests and head back to Lukla. After an hour of climbing down, you'll reach a suspension bridge. Cross the bridge and make your way toward Tok Tok. The trail continues alongside the Dudh Koshi River and reaches Monjo village.

At Monjo, you'll exit the Sagarmatha National Park. Begin climbing down along many Chortens and Mani walls towards the town of Cheplung. A short downhill hike from Cheplung brings you to Lukla. Overnight in Lukla. This day marks the end of the trek. You can consider celebrating the completion of the tour with your teammates and staff.

Day 12

Flight from Lukla to Kathmandu

After completing the trek, you'll catch your flight back to Kathmandu. The day begins early. You'll see an early morning flight from Lukla to Kathmandu. The short flight offers a panoramic view of the mountains and lush green valleys.

Enjoy the beautiful aerial view. After landing in Kathmandu, you'll return to your hotel to enjoy breakfast. You can spend the day as you wish. Visit the nearby town of Thamel and enjoy shopping for souvenirs. There are some great diners and bars at Thamel where you can meet fellow tourists. Overnight in Kathmandu.

What To Expect?

What's included

- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu - Lukla - Kathmandu or Ramechhap - Lukla - Ramechhap By Flight
- An experienced Government license holder guide
- The trekking porter/Sherpa will carry your bags during the trek.

- Insurance, salary, equipment, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking
- Your travel insurance (Rescue)
- [Nepal entry visa fee.](#)
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment

Everest Base Camp Trek FAQs

General

Can you Provide Information on the Everest Trek?

The Everest Base Camp Trek is a popular trekking route in the Everest (Solu-Khumbu) region of Nepal that takes you to the base camp of Mount Everest, the highest peak in the world.

Can I Shower During the Trek?

Shower facilities are available at some teahouses along the trail, but they are essential, and the water may be cold. It's recommended to bring wet wipes and baby wipes to refresh yourself during the trek.

Is it Possible to Charge Electronic Devices During the Everest Base Camp Trek?

Yes, charging facilities are available at some teahouses along the trail for a small fee. However, it's a good idea to bring a power bank as backup, as electricity can be unreliable in the remote regions of Nepal.

Is There Internet on Everest Trek?

The entire Everest Base Camp Route has been connected to the Internet. You can get Wi-Fi in all the tea houses up to Gorakshep, the last human settlement before the Everest base camp. However, the Wi-Fi connection costs USD 3 to 5 each night, and the speed is also not good. That is why most trekkers prefer to buy an Everest card to be brought to Lukla or Namche. You can even buy an NCell sim card and use mobile data to access Everest Base Camp's internet. Although you might not be able to load a heavy

website, you can contact your friends and family back home.

It Is possible for Everest Trek Solo ?

Yes, a Solo trip to Everest base camp is possible. Since this is a top-rated trek, you meet many other trekkers in the trail. The route is also well-marked, with few chances of getting lost. The locals in the Himalayas are amiable and lovely. Although a solo Everest trek will be enjoyable, we don't encourage trekking without a guide. Even if you travel alone from your country, we highly encourage hiring a guide. Solo trek for other Short Treks on Everest are also fun.

Do I need a Guide for Base Camp Trek?

Legally, you need a trekking guide after the latest trekking rules in Nepal. Nepal has compulsorily-made guides that are required for trekking regions. So you need compulsorily a guide for Everest. However, this is a remote, unknown land where you might face many challenges. The locals and hotel owners don't understand English, and you cannot find the hotels online. Also, you are unknown to the Everest Base Camp trek amp between the forest. The unique culture of the mountains might also be hard to understand. That is why hiring a guide is always the best solution.

Where Can I Find Information about Everest Base Camp Trekking Costs?

If you're looking for information about Everest Base Camp trekking costs, you'll find plenty of resources available on our website. The cost of the EBC trek will depend on a variety of factors, such as the length of the trek, the season, the type of accommodation, the number of people in your group, and the type of guide you choose.

Everest Base Camp Trek Difficulty

How Challenging Is The Everest Trek?

The Everest Base Camp is a challenging trek requiring good physical fitness and some previous hiking experience. The trek involves hiking for several hours and high altitudes of up to 5,364 meters (17,598 feet) and facing various weather conditions.

What Are The Equipment Needed For Trekking?

Essential equipment for the trek includes good-quality hiking boots, a warm sleeping bag, a waterproof jacket, a hat and gloves, a water bottle, and a personal first-aid kit.

Can I Acclimatize Properly For The Trek?

Acclimatization is crucial for the Everest Base Camp Trek, as you will trek to high altitudes.

Is It Safe to Trek to The Everest Base Camp?

Trek is generally considered safe, but some risks include altitude sickness, frostbite, and other health problems related to high altitude. To minimize these risks, it's crucial to follow proper safety precautions and listen to the advice of your guide or local authorities.

How Hard Is It to Trek to Everest Base Camp?

Trekking to Everest Base Camp is moderately challenging. It involves about 12 days of walking at high altitudes, ascending gradually to acclimatize. The trail passes through rugged terrain, suspension bridges, and varying weather conditions. Physical fitness and preparation are essential, but prior mountaineering experience is not required.

Trek Distance and Map

How long Does The Everest Trek Takes?

The trek length depends on the itinerary and pace, but it typically takes 12 to 16 days to complete the trek from Lukla to the Everest Base Camp and back.

When is The Best Time to Trek to The Everest Base Camp?

The best time to trek to the Everest Base Camp is from September to November and March to May. During these months, the weather and visibility are clear, making trekking and enjoying the scene easier.

Additional Information

Flights can be delayed or canceled due to bad weather, crowded airports, runway problems, and challenging terrain. To be safe, consider adding 2 extra days to your plans in case of delays so you don't miss your international flight back home.

Flight to Lukla

Peak Season (March, April, May, October, November):

- Flights to Lukla from Ramechhap/Manthali rather than Kathmandu due to peak season.
- Ramechhap / Manthali is a 5 to 6-hour drive from Kathmandu.

Non-Peak Season (January, February, June, July, August, September, December):

- Flights to Lukla from Kathmandu.

Everest Base Camp Trek Packing List

Packing for Everest Base Camp requires careful consideration. The high altitude and challenging terrain are the main reasons for it. Here is a concise 12-day packing list:

Clothing:

- Base layers (moisture-wicking)
- Insulating layers (fleece or down jacket)
- Waterproof jacket and pants
- Trekking pants/shorts

- Warm hat and gloves
- Hiking socks (wool or synthetic)
- Underwear
- Sun hat and sunglasses

Footwear:

- Sturdy, broken-in hiking boots
- Camp shoes/sandals

Gear:

- Backpack (40-50 liters)
- Sleeping bag (rated for cold temperatures)
- Sleeping pad
- Headlamp with extra batteries
- Trekking poles
- Water bottles/hydration system
- Duffle bag for porters (if applicable)
- Personal first aid kit (including altitude sickness medication)
- Sunscreen and lip balm with SPF
- Insect repellent

Miscellaneous:

- Passport and permits
- Cash (local currency and USD)
- Toiletries (biodegradable soap, wet wipes, hand sanitizer)
- Trekking towel
- Snacks/energy bars
- Camera with extra batteries/memory cards
- Trekking map/guidebook
- Portable charger/power bank
- Documents:
 - Travel Insurance
 - Emergency contact information
 - Itinerary

Trips around EBC Trek

Everest Base Camp is arguably one of the most fabulous trips in the Himalayas of Nepal. However, exploring the majestic Khumbu Valley and other nearby trekking locations is not the only option. Thus, the Everest region offers a variety of treks that cater to travelers' needs. Everest View Trek, Tengboche Monastery Trek, and Everest Panorama Trek are short and easy treks in the region.

Similarly, there are plenty of arduous ventures, including the Everest Three Passes Trek, the Jiri to EBC Trek, and the Gokyo Chola Pass Trek. Moreover, the treks that traverse the Makalu region to join the EBC trail are even more challenging. As such, Sherpani Col Pass Trek and Makalu to Everest via 3 Col span both Everest and Makalu regions. All in all, Everest Trekking is the perfect script for your thirst for

Himalayan adventure.

Everest Base Camp Difficulty

Travel experts in Nepal have graded the [difficulty](#) of the Everest Base Camp as “moderate.” This means you will need outstanding fitness for walking 6 to 7 hours daily for about a week. However, there’s no need for mountain climbing skills and gear to complete this trek. Any person with good physical and mental fitness can complete this trek with a few months of preparation.

You must engage in cardio exercises such as running, jogging, swimming, and cycling two to three months before the trek. It helps to boost your stamina before you head for the tour. It’s easier than the Everest Three Pass Trek. The significant difficulty of base camp treks is due to distance and altitude. Everest Base Camp’s distance is about 150 km, and you will cover this distance for eight days. This means you will be walking 15 to 20 km each day.

This makes 6 to 7 hours of daily walking, which demands good physical health. Along with distance, the altitude of the Everest base camp, 5300 M, and that of Kala Pathar are also significant challenges during the trek. Once you cross Namche Bazaar, you start to feel the pressure of low oxygen level, making your climb harder. Covering 500 to 1000m daily and including a rest day in the EBC Trek Itinerary dramatically helps you. However, this doesn’t mean you need oxygen for the Everest Base Camp.

Everest Base Camp Trek Guide Book

The weather and temperature of Everest can also be an enormous EBC difficulty when traveling in the off-season of summer and winter. However, with the proper preparation, MyEverestTrip will help you overcome the difficulty of Everest Best Camp. We are committed to ensuring the comfort and safety of our trekkers.

Requirement of Travel Insurance

Travel insurance for Everest Base Camp is essential for peace of mind and financial protection. It covers emergency medical expenses, including evacuation to a medical facility if needed. Insurance ensures you receive the necessary care in a remote area. Additionally, it provides coverage for trip cancellation and interruption.

Moreover, travel insurance includes baggage and personal belongings coverage, protecting you against loss, theft, or damage to your luggage during the trek. This coverage ensures you can replace essential items if you lose them or they get stolen while traveling. Furthermore, emergency assistance services are available 24/7, offering support such as medical referrals and travel assistance. Thus ensuring you have access to help whenever you need it.

Before purchasing travel insurance, carefully review the policy details to understand the coverage limits, exclusions, and any additional optional coverages available. Ensure that the policy covers trekking in high-altitude regions like Everest Base Camp. By getting travel insurance, you can confidently enjoy your trek, knowing it protects you from unexpected events that may occur during the journey.

Altitude Sickness and its Remedies

Also known as acute mountain sickness, altitude sickness can occur when ascending to high altitudes too

quickly. It results in a decrease in oxygen levels in the body. The symptoms typically include headache, nausea, dizziness, fatigue, and difficulty sleeping. To prevent and manage altitude sickness when trekking to EBC, follow these remedies:

- **Acclimatization:** Take your time to acclimate by ascending gradually. It allows your body to adjust to the reduced oxygen levels.
- **Stay Hydrated:** Drink plenty of water to stay hydrated, as dehydration can exacerbate altitude sickness.
- **Medications:** Consider taking medications such as acetazolamide to prevent altitude sickness.
- **Descend if necessary:** If you experience severe symptoms of altitude sickness, descend to a lower altitude immediately.

Accommodation in Everest Trek

Everest Trek is Nepal's most famous tea house trekking region. If you are hearing this word for the first time, let us explain it first. A tea house is a local guest house made by the Sherpa people of Everest for trekkers. These basic hotels have two twin beds, a mattress, a small blanket, and a pillow.

However, as trekkers increase, developers are still building tea houses in this region. All the owners of the local places (the amiable Sherpa people) commit to making eco-friendly and comfortable tourism on Everest, thus building a homely Everest Base Camp accommodation.

You can find luxury rooms with private bathrooms and WIFI up to Namche Bazaar. Usually, the bathroom at higher altitudes is Indian style, and guests share it during Everest Base Camp [Trek accommodations](#). Further, you must pay a few dollars more for the hot water shower. There are no plugs in the room, and you need to charge your phone in the reception by paying a few dollars for Everest accommodation.

Food During Everest Base Camp Trail



Dal Bhat (Nepalese Food) - MyEverestTrip

During the EBC, the tea houses are where you spend your night preparing dinner and breakfast. As per

the rule, you can only have your dinner in the hotels where you stay. You can get a variety of Indian, Chinese, and International cuisine for Everest food. You can order the food from the menu in the evening so they can prepare it early in the morning.

The most popular Everest food option is Dal Bhat, combining steamed rice, vegetable curry, and pulse soup. There are noodles, soups, pasta, rice, pizza, and sandwiches, and you are never out of options for food and snacks. Similarly, various options, such as coffee, chocolate, juice, and stiff drinks, are also available. Famous for over half a century, the chefs at the Hotel in Food Everest are good at preparing international food. Most vegetables grown locally are healthy, and many vegetarian options exist.

Since this is a once-in-a-lifetime journey, we highly suggest you try some of the local food prepared by the Sherpas in the Base Camp Trek. The local food includes Tibetan bread, Thukpa, Momo, and butter tea.

Permits For Everest Trek

Trekkers often ask, “Do you need a Permit for Everest Base Camp?” and the answer is yes, You Do. To enter Nepal, you initially need your visa to Nepal. All travelers except Indians need to issue a visa to enter Nepal, provided upon arrival at the airport or in Kathmandu. Along with the keys, you need two other Everest Trekking permits.

Sagarmatha National Park Entry Permit

You must show an entry permit to enter the UNESCO Old Heritage site, i.e., Sagarmatha National Park. These \$30 permits can be issued in Kathmandu, or you can publish them in one of the check posts. Most trekkers prefer to give both Everest Trek permits in Lukla. Read to know how to administer these Everest Permits.

Khumbu Pasang Lambu Rular Area Permit

The TIMS card previously used to track travelers entering the Everest base camp has now been changed into a local area permit. The Everest Base Camp permit Cost for this ruler rea permit is USD 20 and can be issued at Lukla Airport.

Note: Since MyEverestTrip takes care of all the permits and paperwork, you don't need to worry about the permit.

Other Information on the Everest Base Camp Tour

While planning the Everest Base Camp Tour, trekkers must be aware of including a few contingency days. Owing to Lukla Airport's high altitude and unique geographical location, it is a victim of abrupt weather changes. Due to this, the flights to and from Lukla are often delayed or canceled. Unforeseen weather conditions can also worsen the trekking trails, especially during winter and monsoon.

Similarly, accommodation is an integral part of any trek and even more so on the Everest tour. However, tea houses and other accommodations might be scarce in the higher regions. So, it is essential to book them beforehand or take necessary precautions. You might even have to share your room with fellow travelers during the peak trekking season.

Trekkers must also arrange their currency exchange and withdrawals before heading to the Everest

region. While few banks and ATMs are at Namche, villages in higher altitudes do not offer similar services.

Here are some [frequently asked questions](#) for the Everest base camp trek.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost.

We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

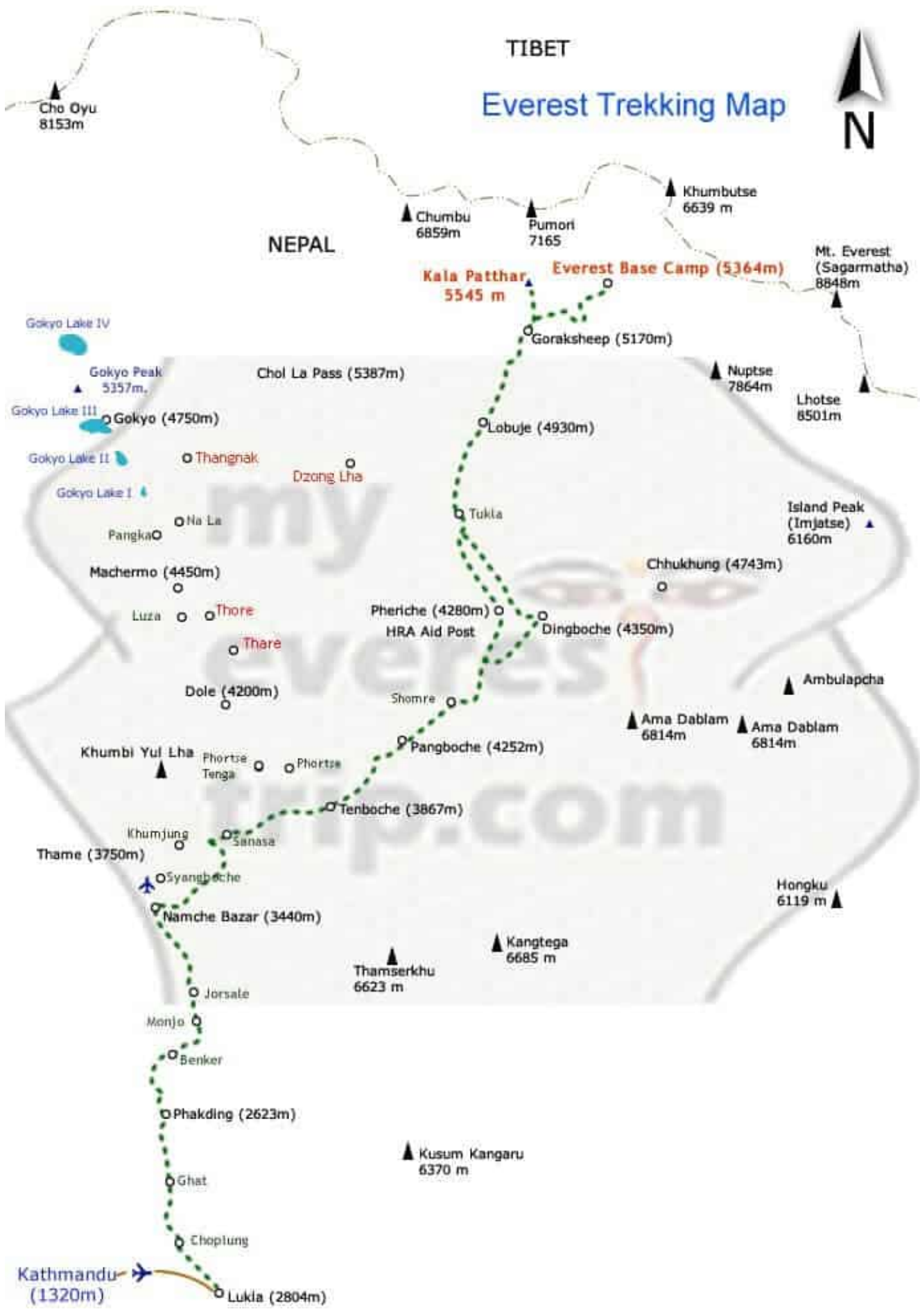
MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Everest Base Camp Trek Map

TIBET

Everest Trekking Map



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