



Everest Base Camp Trek

Trek Overview

- Duration: 16 days
- Activity: Trekking /Tour
- Max. Altitude: 5500 meters.
- Average walking: 8km (Per day)
- Accommodation: Tea House
- Trekking days: 11 days
- Transport: Road and Air
- Group size: 1-12 person
- Difficulty: Moderate-Difficult
- Region: Sagarmatha National Park.

Introduction

The Everest base camp trek is one of the renowned destinations for adventure seekers. Experience a lifetime adventure and explore the Himalayas by following in the footsteps of legendary mountain climbers and Sherpa. Besides the close view of the world's highest mountain and the magnificent Himalayas, this trek offers a unique lifestyle and culture of Buddhist Sherpa. From the alarming airstrip of Lukla to the highest viewpoint of Kala Patter, you will encounter different amazing landscapes, diverse climates, and natural beauty.

Namche, known as the capital of Sherpa, is always on standby to welcome you and provide world-class hospitality to their guests. Following the ever-standing Buddhist stupas and monasteries led the way to the famous Tengboche monastery of this region. Encounters with wildlife and climbers back from the top always inspire you to climb further. Panoramic views of high-standing mountains and the natural beauty beyond limits in the Himalayas pursue you to achieve your goal of standing in front of Mount Everest, where you will feel a sense of achievement in your adventure journey.



Image: Mt. Everest.

important Note

This itinerary may change at any time due to bad weather, natural disaster, authority rules and regulation and other circumstances beyond our control.



TRIP ITINERARY

Day: 1	Arrive in Kathmandu: <p>Schedule your flight as your itinerary of Trek. Our Guide or Driver will pick you up and drop in hotel. He will brief about your next day schedule.</p>
Day: 2	Kathmandu sightseeing and trek Preparation. <p>As per the plan, our guide will pick up for city sightseeing. Three major Kathmandu heritage sites, Baudhanath, Pashupatinath, and Kathmandu Durbar-Square are scheduled for this day. After sightseeing trekking guide check your trekking equipment recommend necessary gear items to add on list and brief about the next day activities.</p>
Day: 3	Flight to Lukla (2840m) and Trek to Phakding (2610m): 8 KM. <p>As per the briefing trekking guide will pick you up from the hotel and drive to the airport. If the flight takes up as per schedule, Lukla's flight is around 20-30 minutes. In Lukla, we have tea and meet with our other trekking Sherpa (guide assistant) and porter. After a short tea break, we start our trek toward Phakding. We pass through beautiful sherpa villages and tea houses of Choplung, Thado Koshi, and Ghat. A few large prayer wheels and stupa are found at the trail's end. Phakding is not far now.</p> <p><i>(Note: if a flight cancels due to weather or any causes, we will prepare for the next day. If the flight can't take within a couple of days, we will try by helicopter, which adds an extra cost of around <u>\$500 per person</u>. It's slightly changed in the trek itinerary and escape a couple of days when returning from Everest Base camp.)</i></p>
Day: 4	Check -in National Park and Trek to Namche (3440m). <p>From Phakding, the trails climb on the west side of the river through pine forests. Crossing the few bridges over Dudh Koshi, the check-in national park trail drops steeply down, and crossing the suspension bridge now, we are in Jorsale (2740m) last tea house before Namche. Here we stop to fuel up and then continue upstream. Larja Dobhan is best for short rest and a view of the high bridge of the day. From here, the trail climbs up through a pine forest for around 3 hours and climbs the capital of Sherpa Namche, waiting to welcome you. Here we spend a couple of days acclimatizing.</p>

<p>Day: 5</p>	<p>Acclimatization walks to Everest View, Khumjung, and back to Namche.</p> <p>Today is an easy day, and best to explore the Namche and sherpa villages. If you miss some equipment while departing, you can find the necessary trekking equipment here. After breakfast, take only your day backpack and leave the other stuff in the hotel. First, we climb up 20-30mins to the museums and viewpoint. Usually, the view is clear in the morning. Everest, Thamserku, Ama Dablam, Taboche, and other peaks are attractions of viewpoint. Everest View Hotel (3800m) is best for a tea break and a close-up mountain view. Khumjung (the green valley) is just 20mins down from the hotel.</p>
<p>Day: 6</p>	<p>Trek Namche to Tengboche (3860): 10 KM.</p> <p>The walk until the Khyangjuma is straight through the hill and descends steeply down to Phunki Tenga (3250m) is an easy walk. Phunki Tenga where we stop for an hour for lunch and tea. Cross the Dudh Koshi after lunch the trails climb steeply through the juniper and rhododendron forest which takes around 2 hours to Tengboche. Tengboche Monastery faces everybody's favorite peak, Ama Dablam will be worth visiting once you are there.</p>
<p>Day: 7</p>	<p>Trek Tengboche to Dingboche (4410m).</p> <p>Slightly descending to Deboche, we follow northeast Imja Khola, crossing a small suspension bridge with a magnificent view of Ama Dablam. Pangboche (small sherpa village), located in the lap of Ama Dablam, presents you with a spectacular view of Tengboche monastery and Peaks. Following the route led you to Somare, best for lunch and rest. After lunch, make your move slowly towards Dingboche. You are more than 4000m high, where altitude problems are most likely to occur. Crossing a small river and another 30 mins reasonably steep climb, you can see the Imja Valley.</p>
<p>Day: 8</p>	<p>Acclimatization Day and climb up Nang Tshang (5616):</p> <p>Steep climb up Nang Tshang to Acclimatize genuinely helps you push forward the next day. After breakfast, Pick up your day pack with the necessary snack and water. Climbing Nang Tshang hill takes around 3 hours with energetic step moving. Once you reach the top, reward yourself with a magnificent view of the Himalayas peak and Imja Valley. Short sightseeing at the top and back to the hotel for lunch and rest make you familiar with the high altitude.</p>

<p>Day: 9</p>	<p>Trek to Dingboche to Lobuche (4910): 8 KM.</p> <p>Start the day with a short climb northwest of Dingboche and pass through a couple of stupas. The vertical hill edge between Dingboche and Pheriche is perfect for a view of Imja Valley and the high mountains of Khumbu. Following the straight trail above Pheriche to Thukla (Dughla), take 2 hours easy walk. Thukla is perfect for lunch and tea breaks making your body comfortable for further climbing. Leaving Thukla behind, we climb around 45mins straight up to Thukla pass (4830m), where you can see various memorials in tribute to the climber who lost their lives on Everest. The Sunset on Mt. Nuptse (7861m) is waiting for you, and beware of Acute Mountain Sickness (AMS).</p>
<p>Day: 10</p>	<p>Trek Lobuche to Everest Base Camp and back Gorakshep (5140m).</p> <p>Bringing us close to our ultimate destination Everest Base Camp (5364m), and last day in high altitude. This is the big day, and it depends on your mind and body to push you forward. Initially, the trail climbs gently after 1 hour of straight walking. The path is difficult underfoot, with large boulders and irregular stones. Around a total of 3 hours take to reach Gorakshep. Check in at the lodge and take lunch and short rest. We continue to walk to Everest Base camp. A total of 4-5 hours is enough to check in at EBC and back to Gorakshep for an overnight stay. Reserve your necessary snack, water, energy, and gear to climb up Kala Patthar the following day. We start our walk early morning at four clocks.</p>
<p>Day: 11</p>	<p>Climb up Kala Patthar (5550m) and back to Pheriche (4240m): 18 Km.</p> <p>As per the guide briefing, set your alarm or ask for a wake-up call to guide. We start our walk early morning, before 4:30 morning. Take your headlight and put on warm clothes. From Gorakshep, cross the dried-up lake and start climbing steeply up the trail, leading you to the grassy ground. From there, you can see Everest. Continuing to climb north for around 1 hour, Kala Patthar summit is waiting for you with a stupendous 360 degrees of a mountain peak, including Everest. Looking to the east, the world's roof of Mt. Everest is just standing in front of you between Khumbutse (6665m) and Nuptse (7861m). capture your lifetime memory in the picture and share the happiness of success at the Kala Patthar summit. Then we returned to Gorakshep for breakfast and tea and continued to retrace to Pheriche.</p>

Day: 12	<p>Trek Pheriche to Namche(3440m) – 20 km -6-7 hours:</p> <p>Leaving behind Imja valley, we go back to our exact route. Following southwards of the Imja river and catching a last sight of Tengboche monastery, we descend off the ridge of Phunki Tenga and cross the Dudh Koshi river. Slightly climb to Khyangjuma, then we follow the main route to Namche. Catch the last sight of the magnificent Khumbu mountain, and we return to our comfort zone in Namche.</p>
Day: 13	<p>Check out National Park and Continue to Lukla – 19 km.</p> <p>After breakfast and necessary backpacking, we continue to descend to Monjo. The check-out national park, and following the southwards of Dudh Koshi river, we stop in Phakding for Lunch. Around 3 hour's walk from Phakding, we check in at Lukla and join dinner with porters in the evening.</p>
Day: 14	<p>Fly back to Kathmandu:</p> <p>Early morning short flight Lukla to Kathmandu approximately 20-30 mins. Check-in hotel, rest, and shop. Your guide will update you about the next day's schedule.</p>
Day: 15	<p>Free Day in Kathmandu.</p> <p>Today is a rest day in Kathmandu after your long adventure in the Himalayas. You can spend time in Hotel or walk around Thamel streets for shopping. You can ask your guide if you want to visit some other place.</p>
Day: 16	<p>Final Departure.</p> <p>Your guide or driver will drop you at the airport 3 hours before the flight schedule.</p>

Note: In seasonal times, March, May, October, and November Lukla flights operate from Ramechhap (Manthali Airport), 133km east of Kathmandu which takes about 4 hours' drive from Kathmandu to Manthali. Kathmandu to Lukla flight is possible by helicopter ride.



What's included

- ✓ 4 stars hotel for 4 nights' in Kathmandu and Tea houses during trek on sharing basis.
- ✓ All listed transport and activities.
- ✓ Breakfast – Lunch – Dinner during Trek.
- ✓ Trekking permit and national park fees.
- ✓ Arrival and departure transfers.
- ✓ Experienced Trekking guide and other support staff.
- ✓ Flight ticket Kathmandu-Lukla-Kathmandu.
- ✓ Proper Insurance of all local staff including porters.
- ✓ Entry fees in Heritage site in Kathmandu as per itinerary.

What's not included

- ✗ Personal Travel and Medical Insurance.
- ✗ Personal Trekking Gear and Equipment.
- ✗ International flight tickets.
- ✗ Lunch and Dinner in Kathmandu.
- ✗ Lunch and Dinner in Pokhara.
- ✗ Visa fees and vaccination
- ✗ Any other cost occurs due to unforeseen circumstance.

EVEREST BASE CAMP TREK ELEVATION (IN METER)





Essential Information

WEATHER

Nepal is mainly temperate, with four main seasons. Mostly, the tourists come in the autumn peak season (late September and late November), when the sky is clear and it is neither too cold in the mountains nor too hot in the Terai. There is the dry season from October to May and the wet season (the monsoon) from June to September. In summer (May to September), Kathmandu can get very hot, with temperatures often above 30 degrees Celsius. Even in winter (October to April), the bright sunny days usually reach 20 degrees Celsius, although at night the temperature may fall to near freezing.

From October to November, the start of the dry season, is the best time. With the monsoon finished and a clear sky, the countryside is green and lush. Usually, the temperature is low and visibility is excellent for trekking in the mountains. From December to January, the climate and visibility are good, although it's very cold. From February to April, the second-best time to visit. The weather gets warmer, so high-altitude hiking is easier. During this season, Nepal's national flower, rhododendrons, and many other flowers are in bloom, so there's plenty of color to be seen along the trekking trails.



Note: Note: This is just a sample and not for an advertisement.

Visas

All nationalities require a visa for Nepal. For nationals of most countries, multiple-entry Nepal tourist visas can be obtained on arrival at Tribhuvan International Airport (Kathmandu) for tourists. Tourists who enter by land can obtain a visa at the border check post. You are also allowed to receive a visa issued by a Nepalese Diplomatic Mission prior to your departure from home.

At the airport, while you can use different modes of payment (at the visa fee collection counter), we advise you to carry some cash to be on the safe side.

On Arrival Visa Fee

- 15 Days – 30 USD.
- 30 Days – 50 USD.
- 90 Days – 125 USD.

Note: Some countries tourist on arrival visa is not accepted by immigration authority, consult or check on Nepal immigration website for details.

Drinking Water

The most important thing is to be cautious about drinking water, particularly tap water. It's not safe to drink water from the tap or without purification. Bottled water is available everywhere and is safe to drink, but it's not eco-friendly. In trekking, you can use boiled water as an alternative, which costs an extra per liter.

The best way is to purify the tap water yourself using iodine or handheld UV filters such as a "SteriPEN". Before using these tools, make sure to check the product's performance in cold or freezing conditions and battery life (lithium batteries are best in cold conditions). For more than four people in a group, we arrange water filter bags. Our staff will fill your bottles with water before you start the trek and at each stop point to reduce plastic bottle use.



Mountain Range on the way to Everest Base Camp.





What to Bring

In Kathmandu, the weather is pleasant year-round, but in winter, the temperature drops below 7 degrees Celsius at night, so it's warm clothes weather, nothing worse. During the monsoon, you'll need a raincoat or umbrella as it usually rains daily in the Kathmandu valley and Pokhara. If you are planning on trekking and hiking in the mountains, Jackets and sleeping bags are required; most tea houses provide blankets, but not enough during peak times. Walking shoes are appropriate for short and easy treks, whereas good walking boots are required for high-altitude treks such as Everest Base Camp and the Annapurna Circuit. Most clothing is readily and cheaply available in Nepal. You can also rent equipment for a particular purpose in Kathmandu or Pokhara. Money exchange centers accept major global currencies, and Indian rupees are accepted in Nepal if you enter through an Indian border post. Major international payment cards can be used in Nepal for paying bills, although you should inform your bank before entering Nepal. However, we advise you to carry some cash in an emergency.

Personal Equipment

Before starting the trek, Imperial Expedition will provide a duffle bag (kit bag) to pack your personal equipment necessary for the trek. These bags are designed to be carried comfortably by our porters or yaks, so you can leave your personal bag at the Kathmandu hotel. But you should carry your own backpack during the trek. A backpack can be used to carry your valuable items and documents and necessary items during hiking. We recommend keeping your kitbag under 14 kg (30 lb.) because it will be carried by porters on the trek.

Here is list of items to pack before start your trip:

- ✓ Couples' passport size photos
- ✓ 4-season sleeping bag
- ✓ Down or feather jacket
- ✓ water bottles
- ✓ Waterproof walking boots
- ✓ Waterproof jacket and trousers
- ✓ Gaiters for winter and spring season
- ✓ Trainers/sandals for the evening
- ✓ Warm hat Towel
- ✓ Head torch
- ✓ Plastic bags (bin liners)
- ✓ Toilet paper
- ✓ Trekking pole(s)
- ✓ Universal plug adaptor
- ✓ Scarf/Buff
- ✓ Warm gloves
- ✓ Several pairs of walking socks
- ✓ Tracksuit or thermals
- ✓ Mid layer (fleece)
- ✓ Light to mid-weight trousers
- ✓ Shirts, t-shirts, base layers
- ✓ Sunhat, sunglasses, sunscreen
- ✓ lip salve with sun protection
- ✓ Small personal first aid kit
- ✓ Hand washing gel
- ✓ Biodegradable soap/shampoo
- ✓ Solar charger/spare batteries
- ✓ power bank



Accommodation and Meals

This trip includes a standard hotel in Kathmandu as per the day's mention in the itinerary. Hotel information and details are shared after your booking confirmation. If you're staying at your private hotel, your hotel charges in Kathmandu will be deducted from your trip cost. Your trip is designed based on sharing a room in Kathmandu and during trekking. If you want a single supplement, an extra charge is applicable. Accommodation during the trek is all set by the agency.

Your guide will brief you about guesthouses and lodges. Local people run most lodges and guesthouses along the trekking route. The choice of foods is not as available as in Kathmandu city. You should eat lunch and dinner at the Lodge and guest house once you check in for an overnight stay. Outside food and drinks are mostly not allowed in local lodges. Hot water is not available regularly, but hot water or hot showers are available on request in some places. It's a good idea to bring your sleeping bag to protect against bedbugs and the cold.



Note: The products shown in the images are just examples.



Acute Mountain Sickness (AMS) information

Low oxygen levels and reduced air pressure at high altitudes are the main contributors to acute mountain sickness. Acute mountain sickness is more likely to strike the faster you ascend to a high altitude. To avoid high altitude sickness, you should descend to a lower altitude. This sickness is common at altitudes of more than 2500 meters high, the best cure for this sickness is descend to a lower altitude than taking medicine. In the event of negligence and a delay in rescue from a high elevation, this illness could be fatal.

Early Symptoms (AMS)

✗ Loss of appetite.	✗ Dizziness
✗ Nausea	✗ Fatigue
✗ Headache	✗ muscle aches

Severe Symptoms (AMS)

✗ Severe headache	✗ Vomiting.
✗ Lack of coordination	✗ Walking like drunk
✗ Altered mental State	✗ Severe Fatigue
✗ Shortness of breath	

Preventive Measure of AMS

- ✗ Slow and gradual ascent.
- ✗ should not exceed 300-500 meters per day ascent.
- ✗ Acclimatization after every 1000 meters Ascent.
- ✗ Drink plenty of water.
- ✗ Avoid flying directly to the high altitude.

If you think you have altitude sickness

- ✓ stop and rest where you are.
- ✓ do not go any higher for at least 24 to 48 hours.
- ✓ make sure you're drinking enough water.
- ✓ if you have a headache, take ibuprofen or paracetamol.
- ✓ if you feel sick, take an anti-sickness medicine.