

Overview

Everest base camp trekking is perhaps the best way to explore the Himalayas of Nepal-up close and being one with nature. Having the highest mountain in the world, the trek takes you to the laps of Mt. Everest (Sagarmatha) and provides a 360-degree view of similar mountain ranges. From the stunning landscape covered with elegant mountains, green forests, challenging trails, rich ethnic cultures and traditions, Everest base camp trekking can easily be regarded as one of the most enticing treks here in Nepal.

Starting from Lukla, the trek takes around 13 to 15 days as per your walking speed. From Namche Bazaar to Dingboche, you reach Everest base camp and for the best views, you will walk up to Kalapatthar. Along with Mt. Everest, you will be introduced to the majestic views of Nuptse, Khumbu, and Pumori.

With enough precaution and proper understanding of the Everest region, one can avoid the risk of altitude sickness and can easily complete the trek. Following the guides and the well-drafted itinerary from the Nepal Adventure team will certainly help you to make this tour fun and memorable.

Cost Includes

- Airport pickup and drop by private car
- Welcome and farewell dinner at typical Nepalese restaurant with traditional music and dance
- 3 nightâ€™s standard hotel in Kathmandu on twin sharing and BB plan basis
- Kathmandu â€“ Lukla â€“ Kathmandu both way flight ticket
- 11 nightâ€™s teahouse lodge accommodation during the trek
- 12 days full board meals- Breakfast, Lunch, Dinner at mountain
- Tea / coffee in cup and daily seasonal fruits, salads during trek
- 4 nights attached bathroom during trek (3 nights at Namche and 1 night at Lukla)
- Fully licensed, qualified trekking guide (leader) and assistant sherpa as per the group and Porter service, 1 for 2 trekkers
- All the staffs expenses including flights, salary, food, accommodation, equipments and insurance etc.
- Sagarmatha National Park and local entrance fee
- TIMS Card (Trekking Information Management System)
- Optional supply if necessary; sleeping bag, down jacket, duffel bags (to be returned after)
- Trekking route maps
- NAT T-shirt and certificate of appreciation
- First Aid Medical Kit
- All the government and local taxes

Cost Excludes

- Nepal visa fee and international flight
- Extra drinks as alcoholic & non-alcoholic
- Personal expenses as phone bill, chocolate, bakery & cake, battery charge, laundry, hot shower and extra porter
- Extra accommodation and meals behind schedule
- Travel and rescue insurance
- Tips to guide & porters

Itinerary Details

Day 01 : Arrival in Kathmandu (1350 m)

Day 02 : Trek preparation day in Kathmandu (sightseeing optional)

Day 03 : Fly to Lukla (2820 m) and trek to Phakding (2640 m) - 04 hours

Day 04 : Trek to Namche Bazaar (3440 m) - 05 hours

Day 05 : Namche Bazaar for acclimatization and excursion

Day 06 : Trek to Thyangboche (3867 m) - 05 hours

Day 07 : Trek to Dingboche (4260 m) - 04 hours

Day 08 : Dingboche- Rest and acclimatize

Day 09 : Trek to Lobuche (4930 m) - 05 hours

Day 10 : Trek to Gorakshep (5170 m) and to Everest Base Camp (5334 m) - 6/7 hours

Day 11 : Hike to Kalapatthar (5545 m) and trek to Pheriche (4240m) - 06 hours

Day 12 : Trek to Namche (3440 m) - 6 hours

Day 13 : Trek back to Lukla (2820 m) - 06 hours

Day 14 : Fly back to Kathmandu

Day 15 : Next adventure or international flight