

Everest Base Camp Trek - 17 days



Everest Base Camp Trek is one of the most popular tourist destinations of Nepal. It is famous for its high mountain peaks Mount Everest, Lhotse, Gokyo Ri and beautiful hills. [The Everest Base Camp Trek - 12 days](#) of Nepal is extremely popular among the trekkers. This trek gives the most exotic views of Mount Everest. It also allows you to experience the friendly culture of Khumbu Valley when you visit the Sherpa villages, the Sherpa people, and also the Buddhist monasteries. In the year 2013 over 35,000 people had trekked to this region.

The amalgamation of the breathtaking beauty, amazing culture, warmth of the hospitality of the Nepalese people, along with a personal sense of achievement makes the trek to the Everest Base Camp an unforgettable one.

The Most Appropriate Time to Make the Trek

The most suitable time to make the trek to the Everest Base Camp is from March to May or from September to December. The temperature becomes hot during the month of May, just prior to the monsoon season. This means that you have to be prepared for rain. In the month of December the temperature falls below zero. However, the days are beautiful and there are fewer trekkers during this time.

In this trek you will find yourself lost in the mountain terrain that alters from lush farmlands, dense forests, to clear blue rivers. After finishing off the trek you might feel exhausted, but you also feel an immense sense of pride.

Things you Need for the Trek

When you undertake this trek, make it a point to pack pretty lightly. Make sure that you do not carry more than fifteen kilograms of weight. You also need to consider the load of the porter accompanying you. Include a fleece jacket, thermal underwear, and also a down jacket. This is because Himalaya turns cold above 3000 meter height, during any time of the year. Take a pair of long pants, another light fleece and warm jumper.

Footwear should comprise of trekking socks, broken-in boots, and sneakers or sandals to wear in the evening. Make sure you take raincoat, woolen hat, gloves, polarized sunglasses, and also sunhat. Carry a sleeping bag if necessary. When you have a thermal liner it becomes more comfortable.

You should ensure that you are opting for travel size toiletries. Make room for some good sunscreen, tissues, lip balm, and travel towel. Baby wipes are helpful during those days when you are unable to shower. Pack first aid kit and make sure that it has medicines of diarrhea, sinus and chest infection, antibiotics, and some adhesive bandages for applying on blisters.

Things to Keep in Mind

There are certain things that you need to keep in mind when you are trekking to the Everest Base Camp. Use water purification tablets for drinking water. It is much safer than buying bottled water for drinking from the lodges and the hotels.

The altitude can have an effect on anybody and make them sick. Watch out for the signs of altitude sickness which includes symptoms like dizziness, sleeplessness, breathlessness, loss of appetite and headache. Keep some medicines for this. Food becomes scanty with the increase in height, so take ample snacks along with you. Also carry enough cash, for it might come handy at any time. Last but not the least; you should stay positive during your trek.

In Everest Region Trek, there are optional trek as per the time duration. For your optional trekking in Everest Area, [Everest View Trek - 5 days](#), Dingbohe Trek, [Everest Instant View Trek - 7 days](#), Khumjung Village Trek, [Gokyo lake and Valley Trek - 11 days](#), 3 passes trek in Everest Region, [Everest Base Camp - 12 days](#), Tyangboche Trek and [Everest and Gokyo Lake Trek - 17 days](#).

Also we have tour, guide, trekking guide, Climbing Guide, Porter and Climbing Sherpa Services, for further more information click this link [Guide and Porter Services in Nepal](#).

Duration: 17 days

Price: \$1450

Rating: 5 Star

Group Size: Minimum 01 pax

Grade: Easy

Destination: Nepal

Activity: Trekking in Nepal

Region: Everest Region Trekking

Accomodation:

Bed and Breakfast in Kathmandu

Lodge, Meals 3 times breakfaste, lunch and dinner during the trekking.

Vital Information

Everest Base Camp Trekking gives you experience fo hike upto 5400 meters, beautiful Himalayan views, Sherpa Culture and world heritages sites in Kathmandu.

Itinerary:

Day 01

Kathmandu Arrival

Our representative picks you up at airport and transfer to Hotel.

Day 02

Kathmandu City Tour or Trekking preparation

Kathmandu city tour will be arranged or your trekking gear preparation for trekking

Day 03

Kathmandu to Lukla Flight and Trek to Phakding

Morning fly from Kathmandu to Lukla. After Landing at Lukla starts walking to Phakding, this trekking trail goes up to Puiyan about an hour walking which is about 2800 meters from sea level. After Puiyan Phakding will be reached and night stop there.

Day 04

Trek from Phakding to Namche Bazaar

Morning after breakfast, the trekking trail continues go up the Dudh Kosi valley to Jorsale, where the trail enters the Sagarmatha National Park. In Jorsale, trekking permit will be checked and National park entrance fee also collected there directly from trekkers. The trekking route continue along the trail, cross the Bhote Kosi River and

climb steeply to Namche Bazaar. On this trekking trail trekker will see glimpse of Mt Everest. Stay at Namche Bazaar.

Day 05

Rest day at Namche Bazaar for acclimatization day.

Namche Bazaar is main marketing place and more facilitate city in Everest region trek.

Day 06

Trek from Namche to Tengboche

This day is rest day in Namche Bazaar to acclimatize for trekker. It protects the trekker from high altitude sickness if take a rest on higher place. If the keep continue walking, it can effect for health. Also Namche Bazaar is the hub of Sherpa society and community where we will have an opportunity to familiar with Sherpa culture, tradition and its society. Here is available all touristic equipments, police check post, health post, Banks etc. This day trekker is able to explore this Sherpa town with hiking around there. Night stay at Namche Bazaar.

Namche Bazaar to Tenboche trekking starts with steep up to Syangboche about an hour walking which is 3750 meters high. On the way to Tengboche this trekking trail provides excellent views of EVEREST and Ama Dablam. Sometimes the trail descend to Punki Thanka via Khumjung, then the trail steep ups through forests where sometimes one can see spot musk deer too. Tengboche is located in the altitude of 3870m which is surrounded by dwarf fires and rhododendrons. There is a largest monastery in Khumbu region. From Tengboche trekker can see a nice view of Mountains which called Kwangde (6187m,) Tawachhe (6542m)EVEREST (8848 m) Nuptse (7855m,) Lhotse (8618m,) Ama Dablam (6856m) Thamserku (6608m).

Day 07

Trek from Tengboche to Dingboche

Tengboche to Dingboche trekking trail goes through Deboche which route is steep down. This trekking route is along with forests and big trees like as birches, conifers and rhododendrons. After crossing the bridge, trekking route ascends through forest and route is paved with stones. Also this route touch Pangboche before reached to Dingboche. After crossing Pangboche, the route enters alpine meadows above the tree line and get to Dingboche which is locate at the height of 4240m.

Day 08

Trek from Dingboche to Lobuche

Trekking trail from Dingboche to Lobuche is steep up with broad and gently sloping valley and climbs up the

terminal moraine of the Khumbu glaciers. After crossing the bridge and goes up higher on the moraine to a row of stone monuments erected in memory of many Sherpas and foreign mountaineers who have died on the way of climbing Everest before reaching Lobuche (4930m.)

Day 09

Trek from Lobuche to Gorak Shep to Kala Pattar to Gorkshep.

Trekking trail from Lobuche to Gorakshep, it follows the grassy land valley with great views of Mt. Pumori. Then this trekking trail crosses a tributary glacier to reach the dry lake bed of Gorak Shep. After reaching Gorkshep, ascend to Everest Base Camp and back to goes up Kala Pathar which is highest point of Everest region which has altitude of 5545m. From Kala Pattar, trekker can see incredible views of Mt. Everest and Everest Base Camp. After hike up to Kala pathar, back to Gorakshep and overnight stay.

Day 10

Trek from Gorkshep to Pheriche

After complete the Everest Base camp and kala Pathar Trek, trekking trail is mostly descending. So trekking route from Gorakshep to Pheriche is steep down and walking is easy.

Day 11

Trek from Pheriche to Tengboche

Trekking trail from Pheriche to Tengboche also steep down and route is along with some Sherpa villages and some nice view of mountains with forest on they way back to Tengboche.

Day 12

Trek from Tengboche to Namche

Trekking trail from Tenboche to Namche is same trekking route as before steep up from Namche Bazaar. Trekker feels no different.

Day 13

Trek from Namche to Phakding

Trekking trail from Namche Bazaar to Phakding is easier than climbing up to Namche Bazaar. This route is mostly steep down and it doesn't feel tiring the trekker.

Day 14

Trek from Phakding to Lukla.

This day, trekking from Phakding to Lukla is same way as before trekker walks up to Phakding. There is no difference of route. Trekking route is shorter too. This day one has to stay at Lukla even they arrive earlier, because client has to wait their flight from Lukla to Kathmandu. The flight from Lukla to Kathmandu is possible only in the morning.

Day 15

Lukla to Kathmandu Flight.

Flight from Lukla to Kathmandu is operated in the morning time. Airlines Company does not operate their flight in afternoon because of high windy. After fly from Lukla to Kathmandu, you will be free for your shopping or rest at Hotel.

Day 16

Rest day in Kathmandu

After long day trekking, trekker will be tired, so we provide free day or shopping in Kathmandu.

Day 17

Departure from Kathmandu

We see you off this day for your onward destination.

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Highlights:

- Trek to Everest Base Camp Trek goes up to 5555 meters high
- Kalapathar - best view of whole Mount Everest from Kalapather
- Shepra Culture, Tradition and Lifestyle
- Buddhist Monasteries on the way to Everest Base Camp on Tyangboche
- NamNamche Bazaar - Main trekking market where all kinds of trekking equipment and food can be bought.
- Sagarmatha National Park
- Fly to from Kathmandu to Lukla can be seen Everest and other many high mountains views
- Mount Everest, Gauri Shanker Himal, Mount Lhotse, Mount Makalu, Mount Cho oyu and Nuptse
- Everest trekking route goes Peak climbing like Lobuche peak, Mera Peak, Ama Dablam and many more.

Cost Include:

- Airport Transfers - Car/Van/Bus/Jeep
- Accommodation on B/B basis in Kathmandu
- All entrance Fees of Temple, Monastery, Museum, Durbar Square and Monuments
- Arrangements and transportation expenses during the tour/trekking
- Arrangements and fees for trekking/hiking permits and national park
- Arrangements and expenses for local Tour Guide/Trekking Guide / Trekking Porter
- Insurance, meals, daily wages, during the trekking for guide or porter
- Arrangements of TIMS (Trekking information management system) Card.

Cost exclude:

- Any unexpected costs that occur due to: Weather, Trail, Road Blockage, River conditions
- Due to circumstances such as: Sickness, Government action, flight delays
- Insurance and Emergency Rescue.
- Major changes in the itinerary
- Personal and free-time expenses
- Cold drinks or alcohol
- Extra hotel expenses
- Laundry
- Excess baggage charges
- Airport taxes
- Entry visas to Nepal