Everest Base Camp Trek

Description

Everest Base Camp Trek is a popular adventure in Nepal that takes trekkers to the base camp of the world's highest mountain, Mt.Everest, at 8849m (29,032 feet). The trek to Everest Base Camp or EBC is an unforgettable experience that combines physical challenges with cultural immersion and stunning natural beauty. This trek is a must-do for any avid trekker or adventurer.

The Everest Base Camp trek starts after a flight to Lukla from Kathmandu, a small town in the Everest region. Everest Base camp trek usually takes about 16 days to trek depending on the pace of the trekkers and the trails taken. Trekkers must trek for an average of about 6 hours a day. The trek to Everest Base Camp difficulty can be categorized as challenging. The best season for the trek is from March to May and from September to November (Spring and Autumn). The maximum altitude of the trek is 5,545m.

Along the trail, trekkers will follow a well-established trail that passes through several villages, including Phakding, Namche Bazaar, and Tengboche. Along the way, Trekkers pass through small villages, forests, and suspension bridges over rivers, forests, and glacial plains, and have the chance to experience the local culture and way of life of the Sherpa people. You get panoramic views of Everest (8,848.86 meters), Lhotse (8,516 meters), Nuptse (7,861 meters), and Ama Dablam (6,812 meters), among many others.

On the trek to the base camp, trekkers will also have the opportunity to visit the Tengboche Monastery, a beautiful Tibetan Buddhist monastery that sits at an altitude of 3,867 meters (12,687 feet). Once a year around the first week of November, a religious festival called "Manirimdu" is celebrated at Tengboche Monastery. The journey also takes trekkers through Sagarmatha National Park, a UNESCO World Heritage site, where they can see unique flora and fauna. The trek also allows you to understand why Sherpas are closely connected with nature. The journey resembles a pilgrimage because of Buddhist elements along the trails.

The trek is physically demanding, but the stunning mountain views and sense of accomplishment make it worth the effort similar to Annapurna Base Camp Trek. To ensure a safe and successful trek, it is important to be physically fit, have the necessary gear and equipment, trek with a guide and porter, and properly acclimatize before beginning the journey.

Highlights

- Standing at the base camp of Mount Everest, the highest mountain in the world, and gazing up at its towering peak.
- A short but thrilling flight to “The World's Most Dangerous Airport" Lukla.
- Trekking through Sagarmatha National Park, a UNESCO World Heritage site, and experiencing the unique flora and fauna of the region.
- Befriending a Sherpas known as "Tigers of Snow" for their Elite Mountaineering Skills
- Seeing the famous Tengboche Monastery, a beautiful Tibetan Buddhist monastery that sits at an altitude of 3,867 meters (12,687 feet).
- Crossing suspension bridges over fast-flowing rivers and hiking through forests and alpine meadows.
- Enjoy stunning mountain views, including those of Ama Dablam, Lhotse, and Nuptse.
- Experiencing the sense of accomplishment that comes from completing a physically demanding trek at a high altitude

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,380 meters	
02	Flight to the Lukla and Trek to Phakding	2,610 meters	3-4 hours
03	Trek from Pakhding to Namche	3,440 meters	7-8 hours
04	Hike to Khumjung	3,790 meters	5-6 hours
05	Trek to Tyangboche	3,870 meters	6-7 hours
06	Trek to Pangboche	3,985 meters	3-4 hours
07	Trek to Dingboche	4,400 meters	5-6 hours
08	Short day trek to Thukla	4600 meters	3-4 hours
09	Trek to Labuche	4,938 meters	4-5 hours
10	Trek to Gorak Shep and trek to Everest Basecamp	5,363 meters	7-8 hours
11	HIke to Kalapatthar and Back to Thukla	5,545 meters	8-9 hours
12	Trek to Phortse	3,840 meters	7-8 hours
13	Trek to Jorsalle	2,740 meters	7-8 hours
14	Trek to Lukla	2,846 meters	6-7 hours
15	Flight to Manthali/ Kathmandu from Lukla	1,380 meters	35 minutes
16	Sightseeing Kathmandu		7-8 hours
17	International Flight to Home Country		

Detailed Itinerary

Day 01: Arrival in Kathmandu.

On your arrival at the TIA, you will be greeted and guided to the designated hotel by one of our Precious Adventures representatives. He/ She will give short information about the Time zone, room, money exchange, and welcome dinner. Later you will be visiting one of the finest restaurants for a complimentary welcome dinner. You will be informed in short about the summary of your tour.

Day 17: Farewell Kathmandu.

With hopes that you enjoyed the experience with us, we bid you goodbye. We will be looking forward to more precious adventures together. Have a safe journey.

Day 16: Shopping and sightseeing Kathmandu, (1,380 m), 7-8 hours

Free day to relax and enjoy, enough time at your disposal today for shopping souvenirs or perhaps exploring the world heritage sites of Nepal before leaving. Witness the traditional craftsmanship in Bhaktapur, a historic city close to Kathmandu and Boudhanath, one of the prominent Buddhist pilgrimage sites. Walking around those cities brings about a beautiful impression of the tradition, culture, city life, and customs of Nepal. The choice is yours to make.

Day 15: Flight to Manthali/ Kathmandu from Lukla, (1,380 m), 35 minutes

We fly from Lukla to Kathmandu on this day. However, nowadays because of the busy airport in Kathmandu, we detour and fly to Manthali airport from where we take a short ride to Kathmandu. The long days of pursuing a new destination each day are over now, you can simply relax in your room or perhaps head out to enjoy the remaining of the day in the bustling streets of Kathmandu.

Day 14: Trek to Lukla,(2,846 m), 6-7 hours

This day we head back to Lukla. Today marks the final day of the entire journey. The trek back begins by following the same route which we took previously with a steep descent through small villages and an ultimate look at the Himalayan mountains. Walking along the Dudh Koshi river we leave behind Monjo and reach Pakhding where we have lunch. Continuing on our trail we reach Lukla after a long day's walk. Surrounded by mountains on each side, the petit town of Lukla is truly mesmerizing. Overnight at Lukla.

Day 13: Trek to Jorsalle, (2,740 m), 7-8 hours

On the 13th day after breakfast, we begin our trek. We start our trek from Phortse travelling through Mong la village before making it to Namche. Mong village is the birthplace of Lama Sange Dorje, the monastery and Chorten and mani walls can be seen along the way. After crossing Mong we walk through some stone steps and before reaching Namche we have a splendid view of the Ama Dablam, Lhotse Shar, Taboche, Kangtega and Thamserku. We have lunch at Namche. Finishing lunch we head back on the trail to Jorsale, crossing the Hillary suspension bridge. We walk along with the Bhote Kosi river and finally arrive at the Jorsale village. Overnight at Jorsale.

Day 12: Trek to Phortse, (3,840 m), 7-8 hours

On day 12 we begin our journey from Pheriche to Phortse. Pheriche has got satellite phone there and also Tokyo medical university clinic. Crossing the Labuche river and stone walls we enter into Pheriche Pass and head to Phortse travelling through Chuto, Tabuche Kharka and Changme village. along the way, we pass through several monasteries and Big Chorten. Wild animals such as the musk deer, Monal, and Blue sheep can be sighted today. Phortse village is also known as the village of climbers as most of the young people of this village work as seasonal mountain guides. If you want we can also try Phortse wall climbing. You can view the gorgeous towering Cho Oyu (8000er mountain) from here. Overnight at Phortse.

Day 11: Sunrise view to Kalapathar and back to Thukla/Pheriche, (5,545 m), 8-9 hours

On this day we ascend to the magnificent lookout point of Kala Patthar. Today's plan includes witnessing the gorgeous sunrise from Kala Patthar, so we begin early in the morning. From the top, we can observe the spectacular range of the entire mt. Everest range. After enjoying the views we head back down now, returning from the same route to Thukla. We then head back to Pheriche where we spend the night.

Day 10: Trek to Gorak shep and Everest basecamp, (5363 m),7-8 hours

Get ready for the most awaited day of the entire Everest base camp trek. On this day we pass through the Labuche pass. Moving ahead in a straight trail along with the majestic Khumbu glacier we make it to Gorak Shep. After having lunch, We will decide whether we go to Kalapathar or Everet Basecamp. In the clear weather, we recommend going to Kalapathar for a beautiful sunset view. Otherwise, we trek towards the Everest Base Camp. The trail from Gorak Shep diverges into two roads where one leads to the old Everest base camp and the other leads to Everest Base Camp. On our way to EBC, we come across a dried lake. The glacier view observed from the base camp is truly amazing. The weather at EBC is chilled so make sure you pack accordingly. Overnight at Gorakshe.

Day 09: Trek to Labuche, (4938 m), 4-5 hours.

On the 9th day, we start our journey to Labuche. We pass through the Thukla Pass. We pass through memorial stones of those who passed away in the Mountains. We cross some very windy trails surrounded by alpine scrub and yak pastures. On our way, we also meet the track of the Three-pass Trek. Labuche is one of the many small villages settled near the Khumbu glaciers. Overnight at Labuche.

Day 08: Short day trek to Thukla, (4600 m), 3-4 hours

On this day we begin our hike from Dingboche to Thukla also known as Dughla for a short day hike. We initiate with a climb toward the Pheriche Valley. On this route, we can encounter the yak/ Nak station. The route is a little straight and a little up trail. On our way up we cross the small village of Dusa and then head onto Phulung Kharka. At Tholka we cross the beautiful Khumbu glacier river. In these extreme climates, it is really important to acclimatize our body so we spend another day adjusting to the increased elevation. Tonight we stay at Thukla.

Day 07: Trek to Dingboche, (4400 m), 6-8 hours

Today we begin our trek to Dingboche after breakfast. We arrive at Shomare village and have lunch. We then cross a small bridge after that we walk through a flat trail. The vegetation in this area is very sparse and the trail does not have big trees. Then Walking along with the Imja Khola, crossing

another bridge and some beautiful stone walls we arrive at the village of Dingboche. Overnight at Dingboche.

Day 06: Trek to Pangboche, (3,985 m), 3-4 hours

On the 6th day, we begin trekking to Pangboche. Today we take a short day hike for acclimatisation. Travelling through stone steps and Rhododendron forest we arrive at Deboche village. on the way, we pass through several monasteries and chortens before arriving at Pangboche. Today we visit the Pangboche village and the old Pangboche Gompa. we also visit the primary school which is the school located in the highest place in Nepal. We have lunch in Pangboche. If you are physically fit and are used to cold weather, then you can go day a day hike to the Ama Dablam Base camp. Overnight in Pangboche.

Day 05: Trek to Tyangboche, (3,870 m), 6-7 hours

On our fifth day, we begin our trek toward the Everest viewpoint. Today's viewpoint is ideal for enjoying the true beauty of Everest. After that, we continue our journey through Kanjin village. The trail today is very fine constructed going through a blue pine forest, suspension bridges and water-driven prayer wheels. we also have the opportunity to encounter Jharal (wild goat) in groups. We will have lunch at Phungi Thenga. After lunch, we will climb up the trail 750 meters to Tyangboche monastery. The Tyangboche monastery is the magnificent monastery where yeti artefacts are kept. It is a Tibetan Buddhist monastery. You can participate in a short prayer with monks in the main prayer hall. We rest overnight at Tyangboche.

Day 04: Hike to Khumjung. (3,790 m), 5-6 hours

This day we hike to Khumjung. In Khumjung we can see, Khumjung Gompa and many chortens along the way. You can also visit the Hillary School. We will have our lunch at Khumjung. It is one of the oldest villages of Khumbu valley. It is believed that the first settlement of the Sherpa people was in Khumjung. Nowadays, it is also known as the green valley of Khumbu. However, if you want you can stay and explore the Namche village which is the largest Sherpa village in the Khumbu Region. Namche Bazaar is the junction of the Everest trek where you can meet different people with the same almost similar objectives. We can also visit the Tenzing Norgay memorial stupa, Sherpa museums and monasteries. If we make it in time we can also explore the Saturday market. Facilities such as internet café, and money exchange are also available here. Overnight at Namche.

Day 03: Trek from Pakhding to Namche, (3440 m),7-8 hours

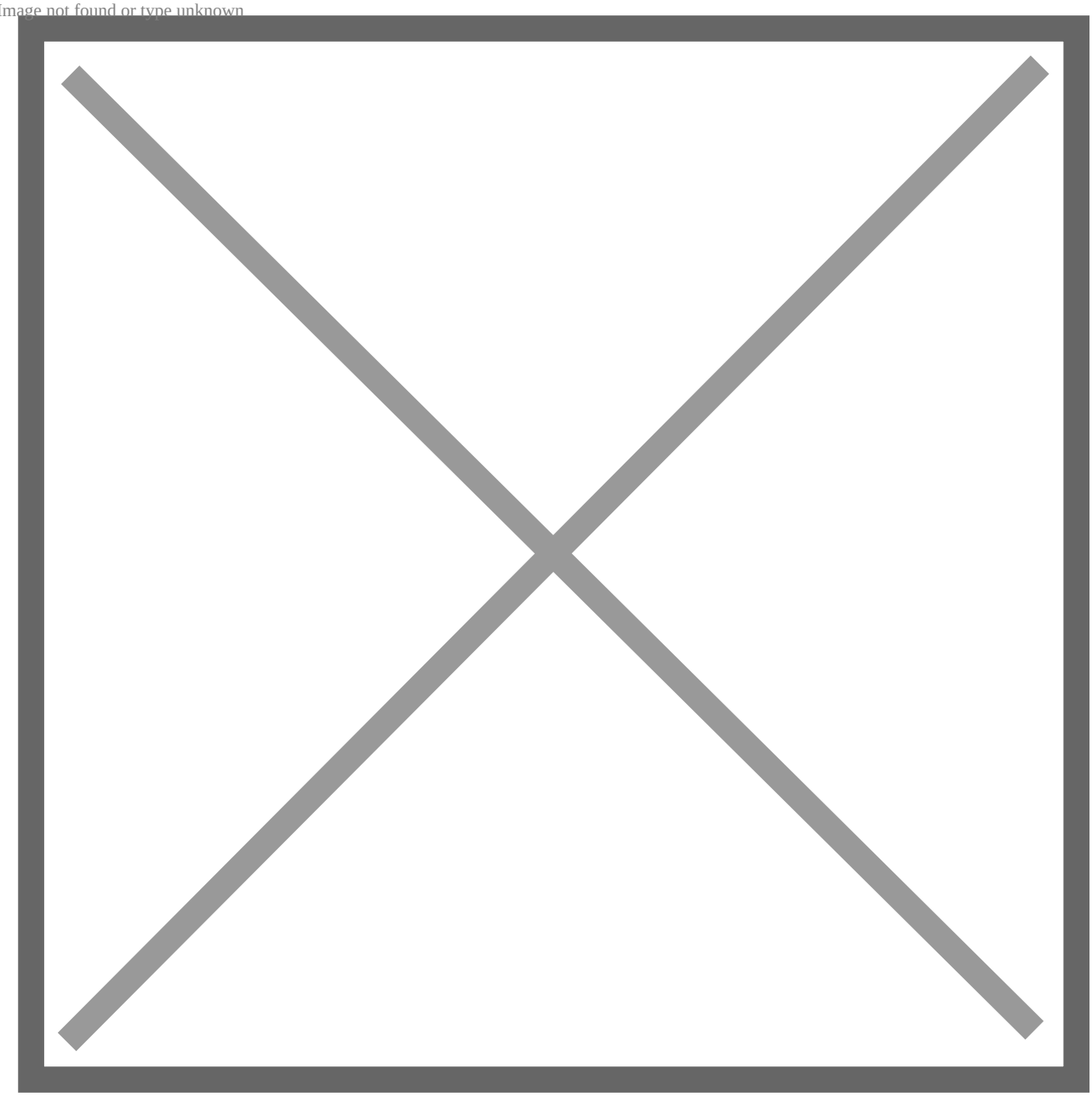
Another thrilling day to cross a suspension bridge over the Dudhkoshi river several times. We walk along the gushing Dudhkoshi river. After breakfast, we walk gradually following an up trail and catch glimpse of an attractive waterfall in Banker. Monjo (Manjo), the next village is the checkpoint for permits. Here we buy Sagarmatha National Park entry permit and continue on our journey. On the way to Namche, you can observe the grand mani stone, rolling prayer wheel and colourful prayer flags. After having lunch at Garden restaurant in Jorsalle, we will continue strong up tail to Namche. This day we cross several hanging bridges, and finally, the Hillary suspension bridge before making it into Namche. The trail takes you through pine forests and bushes. If the weather permits you will be able to sight Everest for the first time after crossing the Larja at Larja Dobhan. We follow the uphill trail until Namche bazaar which is a major city of Everest Trek. Tonight we rest at Namche.

Day 02: Flight to Lukla. Hike to Phakding, (2,610 m), 3-4 hours

Our Everest Trek starts with the domestic flight to Lukla, the gateway to Everest Short Trek. We take a short flight, about 45 minutes from Kathmandu to Lukla. Where scenic views of mountains and valleys can be seen. We will have an early flight from Kathmandu. After arriving in Lukla, we will continue our journey to Phakding. A short hike that takes 3 hours to reach. Today, we cross suspension bridges, and Sherpa villages and encounter travellers along with local Sherpa people. on our way, we can see the view of Kusum Khangkaru, prayer wheels and painted mani stones. Upon reaching, pleasant smiles and a cup of warm tea will be awaiting you in the beautiful Sherpa village, Phakding. Overnight at Pakhding.

Map

Image not found or type unknown



Practical Information

Q. Best Season for the trek
A. Nepal experiences hot and wet summers (June-September) followed by chilly and dry winters (December-February). The best seasons for this trek are autumn (October-November) and spring

(March-May). The weather is relatively steady during these months, and the temperature is perfect for long walks. No rain clouds obscure the view of the mountains, allowing you to get the most out of the trip. The start of autumn and tail end of spring is also the best time to witness the wilderness teeming with life. Dashain and Tihar festivals in the autumn and Dumji festivals in the spring also add further life to the region.

Q. Food and Accomodation
A. EBC Trek offers many dishes such as Nepali dal bhat, Indian, Continental, and Chinese soups. Most tea houses also sell cookies, sweets, and other snacks. Likewise, Namche has some unique pubs, bakeries, and restaurants to explore. There is also an Irish pub there and many German bakeries. During the trek, you will stay at a tea house, the facilities and quality of which will vary depending on the altitude. Hotels in the lower altitudes typically offer comfortable accommodations with electricity, commodes, Wi-Fi, and hot showers.

Q. Best season for trek
A. The trek is most enjoyable in spring and autumn, from March-May and September - November, respectively. The temperatures are optimal and clear skies offer the best views. Trekking is possible in the winter and rainy season, but it is better not to do it because there may arise many complications. Winter is from December to February and the rainy season is from June to August. The trek is also doable in the winter and rainy seasons, but better not to undertake this trek. Winters occur between December and February, and the rainy season occurs between June and August. It is because winters have lots of snow and fog, and extreme rain makes for slippery roads in the rainy season. The rainy season also has the added risk of flight cancellation at Lukla which is already the world's most dangerous airport.

Q. Trip category
A. The EBC Trek can be started without any prior hiking experience. However, the climb is challenging; you will go up and down continuously for 5 to 6 hours daily. As we ascend to the highest altitude of 5,545 m, altitude sickness is a real chance of occurrence.

Q. Health and Safety along the trail
A. Water for personal hygiene is readily available during the walk. For drinking water, you should bring purification pills or a LifeStraw. The toilet is simple but clean, and water showers are available at a low price. As mentioned above, low oxygen levels and air pressure make altitude sickness very likely. So, avoid excessive drinking, stay hydrated, and give yourself plenty of time to acclimatize. Kunde village has a hospital, and Pheriche has a clinic.

Frequently Asked Questions

Q. How long is the trek to Everest Base Camp?
A.

The Everest Base Camp trek typically takes about 12-14 days to complete, depending on the route and pace of the trekker.

Q. How difficult is the trek?
A.

The Everest Base Camp trek difficulty can be graded as a challenging trek and requires a good level of physical fitness. The trail involves several steep ascents and descents and reaches an altitude of up to 5,500m at Kalapatthar, which can be challenging for some people. High altitude, combined with rugged terrain, can make the trek challenging, and it is important to properly acclimatize to avoid altitude sickness.

Q. What is the best month and season for Everest Base Camp trek?
A.

The best time to do Everest Base Camp Trek is during the dry seasons of September to November and March to May. These months offer the best weather conditions for trekking, with clear skies and warmer temperatures.

Q. Is it necessary to hire a guide or porter to trek to Everest Base Camp ?
A.

It is not strictly necessary to hire a guide or porter for the Everest Base Camp trek, but it is highly recommended. A guide will have local knowledge of the route and the best places to stop along the way, and can also provide information about the culture and history of the region. A porter can help to carry your gear, which can be helpful if you are not accustomed to carrying a heavy load over long distances.

Q. Is it safe to trek to Everest Base Camp?
A.

Trekking to Everest Base Camp is generally considered safe, as long as proper precautions are taken and done during the trekking season of Everest Base Camp. It is important to be in good physical shape and to acclimatize properly to the high altitude. It is also important to follow the guidance of your guide and to be prepared for the challenges of trekking in a remote mountain region.

Q. What is the altitude of the Everest base camp?
A. The altitude of the Everest Base Camp is 5,364m. The highest altitude the trekkers trek through while trekking to Everest Base Camp is in Kalapathar at 5,545m.

Q. Do you need a permit to trek to Everest Base Camp?
A.

No, the Everest Base Camp trek does not require a permit as it does not lie in the Restricted areas assigned by the Department of Immigration but Trekkers have to pay the local government to hike the trail. But trekkers must pay a permit to enter Sagarmatha National Park. The permit for the National park costs about NPR.3000 for Foreign Nationals and NPR.1500 for SAARC Nationals.

Q. Is there any beginner to intermediate trekkers alternative to the Everest Base Camp trek?
A.

Everest Short Trek is an ideal alternative to the Everest Base Camp trek for trekkers who want to enjoy most of the things that Everest Base Camp has to offer adventurously, naturally, and culturally but with Moderate difficulty.