

Overview

The **Everest base camp** is located in Khumbu region of Nepal and it is a beautiful heaven in itself. The surrounding makes feel like you are in some natural paradise. Everest base camp is renowned for its spectacular views and enchanting beauties and always has been a favorite trekking destinations. Furthermore, you view the superb Himalayan landscapes, Himalayas like Mt. Everest (8848m), Mt. Lhotse (8516m), Mt. Nuptse (7855m) and Mt. Pumori (7161m). Similarly, the Mt. Changaste (7550m), Mt. Lingterin (6679m), Mt. Amadablam (6856m), Mt. Thamserku (6723m), Mt. Kantega (6685m), Mt. Kusum Khagaru (6367m), Mt. Kongde (6011m), Mt. Khumbila (5761m) and Mt. Twache peak (6367m) are also the major Himalayas in the region. Likewise, Mt. Cholaste (6335m), Is land peak 6179m), Lobuche peak (6145m), Pokalde peak (5806m) and Honku south peak are also viewed on **Everest Base Camp Journey**.

The Everest base camp is the gateway for all the climbers that attempt to climb the highest summit of the world, the Everest. The Everest region is the most famous trekking location that holds a long history of pride, glory and tragedy too and is a brand in itself and now, a dream venture of many people in the world to accomplish once in life time. The spectacular views, loyal and friendly inhabitants (the Sherpas) make the Everest base camp trek most sought out trek destination in Nepal. Furthermore, you also spot various animals such as musk dears, leopards, jackals and mountain Thar. In addition, unique bird specimens such as the pheasant and long tails birds are seen on our 16day guided Everest base camp trek.

Outfitter Nepal Treks and Expedition fully assure that you have amazing experience in your life time. We have 16day itinerary to complete the Everest base camp trek and the 16day Base camp program includes arrival and departure days to and from Nepal, [an amazing tour of the picturesque Kathmandu valley](#) and an extra day at the end of the trek as buffer day. We have some other program in Everest region as well, which are have [Short Everest base camp trek and return by helicopter](#), [Everest Base Camp and Cho la pass- Gokyo Lake Trek](#).

You enjoy a brief morning flight to the beginning point of the trek, Lukla. The Lukla is a beautiful Sherpa village situated in the lap of Himalayas. The trek then follows a steep river valley to Namche Bazar. The Namche is official gateway to Khumbu region, surrounded by beautiful Himalayas. The beauty of Namche Bazar will surely leave you spell bound. You take one day rest in Namche to help to adapt the altitude and carry out the remaining journey in a comfortable manner. The Everest base camp trek give a chance to explore the surrounding areas and villages of Khumjung, Further more you can visit the school established by sir Edmund Hillarys Himalayan Trust and also the hospitals in these villages.

You continue the trek to Everest base camp with a stopover for the night at the magnificent Tangboche monastery. You see amazing unbelievable Himalayan views from Tengboche too. You then continue the base camp trek through Dingbuche. The Di

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ngbuche is a Sherpa settlement in this region and after another day of rest in Dingbuche for the climate adaptation. You get more remote landscapes as you tending to get closer to the base camp. With lots of enthusiasm, will power, passion and dedication you will become able to accomplish your ultimate goal of reaching the Everest base camp.

You have great feeling of accomplishment of the **Everest Base Camp Trek** at the end with intense and pleasing. You then enjoy the extra ordinary atmosphere around there. You follow it up with a hike to Kala Pathar view point next morning to enjoy the enormous beauty peacefully. You begin trekking back to Namche Bazar followed by a flight from Lukla to Kathmandu at the end. The **Everest base camp trekking** will be an unforgettable journey of your lifetime that you love to cherish forever.

Everest Base Camp Trek Permits: Yes, one need to have permits to trek to Everest Base Camp and basically, there are two permits you require for the Everest Base camp, one is Trekkers Information management System and another one is [Sagarmatha National park entry permits](#), [Please find the Trek permits detail](#).

Everest Base Camp Trek Gear Packing list:
Packing for the Everest Base camp Trek in Nepal is not easy however from our experience of long years of operating Trekking to Everest Base camp, we have given some information to pack for your [Everest Base camp Trek and we hope, this information will be helpful, find the Detail](#).

Preparation for the Everest Base Camp Trek: The Trekking to Everest Base Camp at 5364 meter above the sea level with regular trekking of 5-8 hours every day for 11-12 days is surely not easy and we always get the similar questions from all our trekkers those planning for the trek that "How fit I should be", "what training we should for the preparation of the trek" Or do we need any need any training for the trek to Everest base camp? [Find the detail information for the preparation for the trek](#).

And please know about the [weather of Everest base camp](#) before your plan for the Everest Base Camp Trek .

Outline Itinerary

Day 01 : Arrival at Kathmandu airport and transfer to hotel (No meals):

Day 02 : Full day of sightseeing of Kathmandu valley (B):

Day 03 : Kathmandu - Lukla (2886m) - Phakding (B, L, D):

Day 04 : Phakding - Namche Bazaar (3440 m.) (B, L, D):

Day 05 : Rest day at Namche Bazaar for acclimatization (B, L, D):

Day 06 : Trek from Namche Bazaar to Tyangboche (B, L, D):

Day 07 : Trek from Tyangboche to Dingboche (B, L, D):

Day 08 : Rest day at Dingboche for acclimatization (B, L, D):

Day 09 : Trek from Dingboche to Lobuche (B, L, D):

Day 10 : Trek from Lobuche to Everest Base Camp via Gorakshep and return to Gorekshep (B, L, D):

Day 11 : Trek from Gorakshep to Kala Patthar (5545m.) and trek to Pheriche (B, L, D):

Day 12 : Trek from Pheriche to Namche Bazaar (B, L, D):

Day 13 : Trek from Namche Bazaar to Lukla (B, L, D):

Day 14 : Fly from Lukla to Kathmandu and transfer to hotel (B):

Day 15 : Leisure day in Kathmandu (B):

Day 16 : Transfer to international airport for your final flight departure (B):

Itinerary Details

Day 01 : Arrival at Kathmandu airport and transfer to hotel (No meals):

Arrive at Kathmandu airport (1345meters), you will be met by our airport representative and transferred to hotel, evening free and your first overnight in Nepal.

Day 02 : Full day of sightseeing of Kathmandu valley (B):

After having Breakfast at hotel, we will take you for the sightseeing tour in Kathmandu valley and the tour include of visit of Kathmandu Durbar Square, Monkey Temple, Pashupatinath Temple and Bouddhanath Stupa and return to hotel, and you will have some free time to shop your trekking gear around Thamel area if you need.

Day 03 : Kathmandu - Lukla (2886m) - Phakding (B, L, D):

After having early breakfast at hotel in Kathmandu, we will drive you to Kathmandu airport and take an early morning 35 minutes scenic flight to the small mountain airport Lukla, after reaching at Lukla, our trekking guide will introduce with the porters, then start trekking following then mountainside on the left bank of the Dudh Koshi river, it is easy trekking and takes about 3-4 and to reach at Phakding.

Day 04 : Phakding - Namche Bazaar (3440 m.) (B, L, D):

After having breakfast at lodge, we start our trek and the trekking follows the Dudh Koshi river and crossing it few times and enter to the park in Jorsale where we will stop for lunch and again we continue the trekking, after few hours walking, Namche Bazaar will appear ahead as we travel along the path surrounded by pines, pass the plateau where the Saturday bazaar is held and enter the village, the Namche Bazaar (3440m) is surrounded on three sides by mountain ranges and opens out only where it faces the Dudh Koshi, The village is a central hub of the area and food, Sundries and even mountain climbing equipment may be purchased here.

Day 05 : Rest day at Namche Bazaar for acclimatization (B, L, D):

The Namche Bazaar is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops as well as a magnificent outlook; It is an ideal place to spend a rest day for acclimatization to the high altitude before heading off towards Everest base camp and for the acclimatization, we walk up to Khumjung village through Everest view hotel in Syangboche and you will see the beautiful view of the Himalayas including Mt. Everest, the Khumjung is densely populated by Sherpa community and there is an old monastery as well so, we will visit that as well and then return to Namche.

Day 06 : Trek from Namche Bazaar to Tyangboche (B, L, D):

After having breakfast at lodge, we start our trek with the ridge trail and flat level mountain path that offers excellent panoramas of Thamsarku, Kantega, and Kusum Kangri, after walking few hours on flat zigzags; we descend to the river and arrive at Phunki Tenga, then climb through Rhododendron forest to the Tengboche monastery, check into the lodge and you will have time to visit around and to the Monastery as well if you are interested.

Day 07 : Trek from Tyangboche to Dingboche (B, L, D):

After having breakfast at lodge, we start our trekking with descending through Rhododendron forest to the Imja Khola and cross exciting suspension bridge on it and walk passing by a long Mani stone wall to enter the village of Pangboche, our route continues through summer pastures to Dingboche village.

Day 08 : Rest day at Dingboche for acclimatization (B, L, D):

Today in Dingboche is the remarkable acclimatization day and there are some breathtaking views of the North face of Ama Dablam and the Lhotse-Nuptse ridge as we explore this beautiful valley that leads up to Island Peak, The walk is short with a good chance to relax in the afternoon and we can do some side day trips around for the

acclimatization.

Day 09 : Trek from Dingboche to Lobuche (B, L, D):

After having breakfast at lodge, we start our trek and the trek leads us north for up to 50-minutes until we come to a mani-prayer Stupa then The trail is gentle looking down to Pheriche village below, today's walk offers views of the Mt. Tawache, Ama Dablam and to the north-Pokalde (5741m), Kongma-tse (5820m) and the great wall of Nuptse, after two hours of walking, the trail from Pheriche joins near Dugla (4595m) before a small wooden bridge over the river of Khumbu glacier then continue for an hour up a steep hill to the top, where there are views of Mt. Pumori and west of Everest are waiting for us and after a short break, we continue trekking up to Lobuche.

Day 10 : Trek from Lobuche to Everest Base Camp via Gorakshep and return to Gorekshep (B, L, D):

After having breakfast at lodge, we start our trekking to Base camp; following the rocky moraine path, view icy glacial pond and icebergs down below of Khumbu glacier, after the last rocky moraine dunes, a short downhill walk brings us to Gorakshep, where we will stop for lunch and we leave all our stuff there at lodge as this is the last place where there are lodge available, then we start our Himalayan journey to the Everest Base camp - WOW!!! Congratulation!!! Your dream has come true now and you have successfully reached at the base camp of Everest then after visiting sometime in the Base Camp and surroundings, we return to Gorekshep for our overnight stay.

Day 11 : Trek from Gorakshep to Kala Patthar (5545m.) and trek to Pheriche (B, L, D):

Quite Early morning, we climb to Kala Patthar (5545m.) peak to enjoy the view of sunrise, and from Kala Patthar, we can have a panoramic view of Mt. Everest and many other mountain peaks like Mt. Pumori, Mt. Lingtren, Mt. Khumbetse, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam, Mt. Thamserku and many more, after seeing the sunrise over those Himalayas, we trek down to Gorekshep and have breakfast and start trekking down to Pheriche, it is easy trekking down.

Day 12 : Trek from Pheriche to Namche Bazaar (B, L, D):

After having breakfast at lodge, we start our trek and now, we are trekking back to Namche Bazaar, an easier descent trekking passing through rhododendron forest, Tengbuche is a small village with a famous monastery offering you the splendid view of Ama Dablam, green hills and river views where we stopped for lunch then we will trek back to Namche.

Day 13 : Trek from Namche Bazaar to Lukla (B, L, D):

After having breakfast at lodge, we start our trek and today is the last day of our adventure Everest base camp trek and the trekking is pleasant, except for few short uphill climbs and then down to the Bhoté-Koshi River crossing it few time and the last uphill climb of 45 minutes will bring us to Lukla.

Day 14 : Fly from Lukla to Kathmandu and transfer to hotel (B):

We will an early breakfast and walk to Lukla airport and take flight back to Kathmandu, transfer to hotel in Kathmandu, your day is free.

Day 15 : Leisure day in Kathmandu (B):

It's also spare day in case of bad weather in Lukla if we could not fly on scheduled date and time, or we can organize you a day tour in or around Kathmandu, shopping tour etc if you want: or we can remove this extra day from the tour itinerary if you do not want so, contact us and consult about options available for the day.

Day 16 : Transfer to international airport for your final flight departure (B):

You will be transferred to the international airport for your final departure to your loving home. OUTFITTER NEPAL has taken pleasure in serving you all of these weeks; you counted on us & we didn't let you down because we know how hard you've worked to enjoy this holiday. Meeting you was an immense pleasure & we do hope you will remember us down the years with memories of the time you've spent in this amazing country that's Nepal. A safe BON VOYAGE home takes care!!!.

Cost Includes

- All the airport transfers by private vehicle.
- Four nights hotel in Kathmandu including breakfast.
- Sightseeing tour in Kathmandu as per the itinerary.
- Meals (breakfast, Lunch and Dinner) during the trek with hot tea/coffee in breakfast as per the itinerary.
- All necessary paper works, National park entry permits and TIMS permit.
- Flight fare (Kathmandu-Lukla-Kathmandu) with domestic airport tax.
- All accommodations in lodges/tea houses during the trek on twin sharing basis.
- An experienced, helpful and friendly guide and porters (1 porter for each 2 trekkers and a porter will carry maximum of 25 KG).
- Salary, food, drinks, accommodation, transportation and insurance for the guide and porters.
- Arrangement of emergency helicopter service which will be paid by your travel insurance company.
- Sleeping bag, down jackets and duffle bag and trekking map (return after the trek).
- All government taxes, VAT and service charge.

Cost Excludes

- Nepal entry visa fee (you may easily issue the visa upon your arrival at Tribhuvan International Airport - Kathmandu). You will require 3 passport size photos, the Visa cost 40.00 USD for the 1 month
- Your Travel insurance, (compulsory).
- Food (lunch and dinner) while you are in Kathmandu.
- Your personal expenses, all the alcoholic, non alcoholic drinks and entrance fees when you do the tour in Kathmandu.
- Sweet things like chocolate bar and hot Shower during the trek.
- International airfare and airport departure tax.
- Tips for the guide and staffs.

Note

Hotel and Accommodation on Everest base camp trek:

We provide you **2/3 star standard hotel in Kathmandu** (4 nights) and Lodge/Teahouse during the base camp trek and the rooms are basic, normally just a bed with a pillow and blankets, A few have electric lights and all have a spacious dining room-lounge on lodges during the ~~Everest base camp trek~~ **Everest base camp trek**. We send a porter ahead of us to book the required number of rooms for the group (rooms cannot be booked in advance in all places). Please remember that some of them are very basic and a sense of adventure is necessary while you are on base camp trek and there is some **luxury 4/5 star accommodation** available in Kathmandu if you want we can book them for you for your Kathmandu stay so, do let us know if you want to upgrade your accommodation in Kathmandu

Transports used on Everest base camp trek:

We at Outfitter Nepal will provide private vehicles for the airport transfers and sightseeing tour in Kathmandu and flight from Kathmandu to Lukla and return.

Electricity and battery charges on trek:

There are electricity available in some of the villages on our **Everest base camp trek** where you can re- charges your camera batteries and there is solar power in some villages we trek through and you can recharges your batteries in those places as well if they have enough power and we suggest you to have spare batteries as well and you will have to pay some for recharging batteries.

Meals and drinks on Everest base camp trek: Â

The meals while you are on **Everest Base Camp Trek** are included on our package and

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they are taken in lodges; We will have breakfast and dinner at the lodge where we stay overnight and our guide will choose and stop for lunch on available place every day on trek and we recommend you to bring water purification pills since you will have normal water for free, then you can have the normal water and use the medicine and drink however you have options of buying bottled water or boiled water in every places as well.

Luggage/Bag pack on Everest base camp trek:

Your main luggage will be carried by porters on trek and you simply carry a day pack with water bottle, camera, sun-screen, spare jacket, and etc, during the trek, as small loads allows you for full enjoyment of the trek. A trek bag is ideal for your main luggage, plus a small lockable bag for travel clothes or anything that you do not need during trek which you can leave at hotel's locker room/safe deposit box in Kathmandu for free of charge. Weight allowance at Nepal's domestic airlines is 15 Kg including your hand bag; excess weight is chargeable at USD 1 or more which is extra on our tour cost.

Guide/Porter on trek:

We provide trained trekking guide (handles the logistics and guides you and your team on the trek) and porters, A porter for each 2 trekkers and a porter carry about 20 Kg (10 Kg from each trekkers) and if there are more than 10 people in the group then we will provide you additional guide for the group on Our **Everest Base Camp Trek**.

Group Size, guide and crew member:

We organize **Everest base camp** for single people to maximum 16 people at once or even if you have more than 16 people then we can split the group in to two or more groups (according to the number of trekkers) however you all can walk together and stay at same guest house and there are only different guide, and there are 1 guide up to 10 people and 2 guide for 11-16 people and a porter for each 2 trekkers.

Join a fixed date group trek or private departure:

The **Everest Base camp** is available on both fixed departure and private basis, If you are looking for a group to join then please check our **fixed departures dates** and ask for availability or if you would like to travel independently, or with your friends, families & colleagues then you are invited to choose any date at your convenient timeframe for any number of people.

Personal expenses on trek:

Personal expenses depend largely on your habit and as the meals are included on our [Everest base camp trek](#) cost, so, you only need money for table drinks (alcoholic/non alcoholic beverages), snacks while walking (some smaller shops are available along the trail in the areas), tips, souvenirs, hot shower (available in some places), and meals (A

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meal cost 5-7USD in Kathmandu) for your Kathmandu stay, entrance fees (approx: 25USD) while your tour in Kathmandu, if you do not drink alcohol and sopping then 12-15USD per day should be enough for the hot drinks, shower and snacks on trek and Tips are appreciated by your support team after the trek. The amount depends on your budget and appreciation of their work. As a suggestion, we advise you to allocate **10 - 15% of the total tour cost as tips to the staff** and you can do this if you feel the services have been good.

Gears available in Kathmandu:

It's not necessary to spend a lot of money buying equipment for the **Everest Base Camp Trek** in your country as Majority of these gears can be bought at reasonable rates in Kathmandu.

A typical day on trek:

Each morning on our **Everest base camp trek**, after packing your bags and having hot breakfast at lodge, you set off on the day's walk/hike/trek and after walking for 3-4 hours, you will stop for lunch at around midday. The afternoon's walk is generally shorter and usually arrives at destination in time for afternoon tea. The remainder of the afternoon can be spent exploring the village, doing a bit of washing or simply relaxing with a good book. On some days you will arrive at our destination by lunchtime and the entire afternoon will be free then after dinner, the evening will often be spent playing cards and reliving the day's adventures, before retiring for a well-earned sleep.

Our meeting in Kathmandu:

You should to pass your International flight details to us once you confirm and book **Everest base camp trek** with us for a meeting and greeting service at the airport on your arrival, once you pass through the Customs and come out of the Terminal building where you will see someone standing with a placard with either "Outfitter Nepal" or your name written on paper then our airport representative or tour officer will greet you and transfer you to the hotel or if you have not booked your Kathmandu hotels with us and you have done it yourself and have just booked the trekking part then you should pass your hotel in Kathmandu, we fixed the date and time to meet through e mail when we communicate while booking trek.

Itinerary and changes on it:

we have 16day itinerary for the **Everest base camp trek** that includes your arrival and departure days plus a day tour in Kathmandu and a leisure day after the trek however if you do not want our accommodation in Kathmandu and tour in Kathmandu and want to book your hotel yourself in Kathmandu and just want to take our trek part then we arrange the trek on that way as well on your request, do let us know your inquiry then we will communicate and finalize the cost and itinerary that you required and The given itinerary

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for the Everest base camp trek should be taken as a guideline only. Depending on the prevailing situation, you can modify it to some extent after consulting with your guide while you are on trek as well, however, the date of trek completion should always coincide with the original itinerary where many unforeseen events may contribute to the need for a change in itinerary, In such cases, we or our guide will suggest the best alternative similar to your original program.

Insurance/Rescue/Evacuation:

In case of a serious sickness or a casualty while you are on **Everest base camp trek** (which we believe will not happen), we will do everything to transfer you to the nearest hospital to save your life (this has happened to us few times) and you are entirely liable for all the expenses incurred in evacuation/rescue, so, please make sure that these expenses are covered by your insurance policy before assigning for the trek or be prepared to pay on your own after getting back to Kathmandu. Ensure that you've insured yourself before doing the trip, Common sense dictates this, it's good for you and please visit Nepal Travel insurance page for more info about it.

Trip Extensions:

In addition of **Everest base camp trek**, we organize extensions both within Nepal and other neighboring countries like [Bhutan](#) and Tibet of you have time and want us to arrange your extensions tours, you may do water rafting or a jungle safari, Pokhara tour or Lumbini Tour in Nepal or Bhutan or Tibet tour.

Booking and payment:

You are required to make 10% (non refundable) payment in advance in order to confirm and book **Everest Base Camp** along with your passport copy and flight detail (Arrival detail, flight name, number and time) and the remaining 90% balance is payable when you arrive in Nepal and you have options of paying the advance by bank transfer or credit card, so, do let us know which modes of payment is convenient for you then we will forward the detail for payment.

Flight Delay in Kathmandu and Lukla:

The Twin Otter Plane only the mode of transport to and from Lukla on this tour, sometimes, flights to and from Lukla may be cancelled due to mountain weather conditions as the weather in mountain is really unpredictable so, we have kept one extra day in the end of the tour on our tour itinerary to use in the case of flight delay or cancel to or from Lukla so, if the flights cancel for 2 or more days, we will charter a helicopter to ensure you are on scheduled flight to your home or other destination and the cost of this extra service is payable directly to our office in Kathmandu if you have to use this service in US cash, or credit cards (Visa Cards, Master Cards only) then we will give you receipt of the payment from which you can claim the amount from your insurance and The minimum cost will be US\$500 and maximum US\$3500 depending on the number of

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people.
