



Everest Base Camp Trek -14 Days



Trip Facts

Destination	Nepal
Duration	14 Days
Group Size	2-30
Trip Code	DWTK03
Grade	Challenging
Activity	Everest Treks
Region	Everest Region
Max. Altitude	5,555m at Kalapatthar
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approximately 4-6 hrs walking
Accommodation	Hotel/Lodge/ Tea House during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	All Meals (Breakfast, Lunch & Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec
Transportation	Domestic flight (KTM-Lukla-KTM) and private vehicle (Transportation)

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Everest Base Camp Trek in Nepal sits on the lap of Mt Everest, over the 29,029 ft/ 8,848.68m elevation (The World's Highest Peak), The mighty Mt Everest soars high against...

Discovery World Trekking would like to recommend all our valuable clients that they should arrive in Kathmandu a day

earlier in the afternoon before the day we departed and start our Everest Base Camp Trek the next day, To make sure that you'll attend our Official Briefing as an important Pre-meeting. The reason we do so is we want to make sure that you get proper mental guidance and necessary information just to have a recheck of equipment and goods for the journey to make sure you haven't forgotten anything and if forgotten, then make sure that you are provided with those things ASAP on that very day. This pre-meeting will give a clear idea about the necessary types of equipment and the challenges you may face in the trek, information about the climates and weather conditions, and emotional support by the officials which will be a kind of motivational seminar for you to be prepared and excited about the trek. Similarly, it is best to have at least 1 or 2 days extra cause the flight from Kathmandu to Lukla or from Lukla to Kathmandu might be canceled or delayed due to bad weather and that might make you miss your international flight back home.

About the Trip

Everest Base Camp Trek in Nepal sits on the lap of Mt Everest, over the 29,029 ft/ 8,848.68m elevation (The World's Highest Peak), The mighty Mt Everest soars high against a background of the vast deep blue sky like nature in heaven, and in its lap, "Everest Base Camp" (5,364m/17,598ft) thrives with breathtaking landscapes and snow-capped peaks around an adventurous journey full of thrills & eye-catching landscapes where you will be a part of majestic Himalayan ranges, Buddhist monasteries, Sherpa culture, and wildlife. Our experience has dialed in every detail of the trek; providing overall perspectives and supportive tips throughout the journey towards EBC & Kalla Patthar at an elevation of 5,545 m /18,192 ft). The classic EBC Trek journey begins and ends in our capital city Kathmandu. Discover the small villages dotted with fluttering prayer flags and have a closer picture of colorful Buddhist and Hindu traditions and culture.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

-  World's highest airport in Syangboche
-  Explore the culture and lifestyles of the local Sherpa people
-  The exquisiteness of the world's highest peak, Mt. Everest 8,848.68m/29,029 ft.
-  View of other peaks such as Mt. Lhotse(8,516m), Cho Oyu(8,201m) and Mt.Makalu (8,463m)
-  Explore UNESCO World Heritage Sites
-  Prayer wheels, colourful flags, Mani stones, high suspension bridges
-  The wide range of Flora and Fauna
-  Ancient monastery in Tengboche
-  Wildlife like musk deer, colourful pheasants, snow leopard and Himalayan Thar
-  Highest glacier on Earth- Khumbu Glacier (4,900 m)
-  Amazing panoramic view from Kala Patthar (5,555m)

What is Included?

- ✔ Domestic Flights (Kathmandu – Lukla – Kathmandu) Tickets and airport departure taxes
- ✔ Six nights at Lukla, Phakding and Namche room with private attached bathroom, Seven nights in standard room at Tengboche (2 N), Dingboche (2 N), Loboche, Gorakshep, and Pheriche (twin sharing room) - 13 Nights
- ✔ All Standard Meals (13 Lunches, 14 Dinners and 14 Breakfasts) during the trek.
- ✔ Government License holder English Speaking Discovery World Trekking experienced and qualified trek leader,(12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage. (2 trekkers:1 porter "9 kg per trekker max limit")
- ✔ Coverage of Guides and Porters, Their meals, insurance, salary, lodging, transportation, flight and other necessary equipment.

- ✔ Water purification tablets for safe drinking water
- ✔ Sagarmatha National Park entry permit fee
- ✔ Khumbu Pashang Lhamu Rural Municipality fees.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after the successful trek
- ✔ Farewell Dinner at the end of the trek

✖ What is Excluded?

- ❑ International flight airfare
- ❑ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ❑ Excess baggage charges (Limit is 9kg per Person)
- ❑ All Accommodation and meals in Kathmandu, before and after we start our journey
- ❑ Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek.
- ❑ Personal expense (shopping, snacks, boil bottle water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters etc
- ❑ Personal clothing and gear
- ❑ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ❑ Tips for guide and porters (Recommended by the Culture)
- ❑ Additional costs or delays caused by out of management control, for example, landslide, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes etc.
- ❑ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

🔍 Overview

We welcome you to join this adventure to reach your ultimate destination for a lifetime experience in the Himalayas of Nepal. **Visit Everest Base Camp**, heaven on earth. Nothing beats the thrill of seeing the elegance of mighty mountains up close. A journey that starts and ends with an awe-inspiring 45 minutes flight from Kathmandu to Lukla and vice versa, we will reach the starting hub of "**Everest base Camp Expedition**" - **Lukla(2,840m/9,317 ft)**.

Gearing up to walk towards **Phakding (2,610 m/ 8,562 ft)** through the Sherpa village(the entire Khumbu region is inhabited by Sherpa Community), farmland will be our first move there. Although our destination on that particular day would be Phakding, we'll cross lots of villages and suspension bridges along the way. The views will be spectacular and depending upon the season, we'll unlock many majestic views of the Himalayas which are technically the tip of the iceberg considering your final destination would be Everest Base Camp and Kalapatthar. The notable places between Lukla and Phakding are **Chaurikharka, Chheplung, Nachipang, Koshigaun**, and last but not least **Ghat**. Most of the villages mentioned here are **higher than 2,500 m/8,202 ft above sea level** and goes along with **Dudh Koshi River**, we'll cross almost 4/5 Suspension bridge on this very itinerary making the 1st days an exciting one. The next day would be quite exciting as we'll check in to Sagarmatha National park, again cross long suspension bridges, Have a glance at the Lowest possible Everest Viewpoint, walk around **Thaktul Monastery (2,860 m/9,383 ft)** and so many things. About 98% of the total houses around this area are used for local Restaurants and lodges, so one will already feel excited about the journey as we'll see so many locals and tourists having their own walk of life while we do our own. The popular stops between Phakding and **Namche Bazar (3,440 m/11,286 ft)** would be **Tok Tok, Benkar, Jorsalle, and Monjo**. All these villages have huge stones carved in Buddhist language(which is **actually called Mane & Chortens in the native Sherpa language** which is there for good luck and well wishes for locals and travelers: it is said that one should always choose to walk the **clockwise direction for good charm while crossing those carved stones** as per traditional beliefs), thousands of **prayer flags, Huge Prayer wheels (Rotating bells)**, and the **chilling cold breeze** of the river which just flows right by our trekking trails. It's really exciting to see the increase in height of the suspension bridges the more we go towards our destination. There's a place where we'll see two suspension bridges hanging between the same Hill station, one after another which looks straight out of Sci-fi movies but it's surreal as you can hear the current of the river flowing down there. we'll also pass the incredible **Hillary suspension bridge** on our way to Namche Bazar where people tie prayer flags & Khata (**a yellowish piece of cloth used in important events**). After a steep uphill trek to Namche Bazar in the dense green pine forest, which is quite a **leap from 2,600 m/8,530 ft**. so we'll acclimatize one day at Namche Bazar and viewpoints around there. While acclimatizing, we'll also visit places like the **Sherpa museum** (Which is run by a local photographer Sonam) where we'll see traditional Sherpa Households, Art galleries and get a glance at the Sherpa lifestyle throughout history. We'll also Visit fantastic places like **the Highest altitude Airport (Syangboche Airport)** Constructed in the History of Nepal (It's closed for almost a decade now but the

views are still amazing), **Hillary School, Yak farm, Hotel Everest View** (as they quote "**Opened in 1971, Hotel Everest View has been listed on the Guinness Book of World Records (2004) as the Highest Placed Hotel in the world at 13,000ft.**") and The Famous **Khumjung Monastery** consists of the Extinct Yeti Scalp which is not something that one can find in any part of the world. Up next we've "**Tengboche**", yet another gem of the Khumbu region - a place where the famous **Tengboche monastery 3,867 meters/12,687 ft**, with Panoramic views of the Himalayas. Tengboche monastery is also known for its calm and quiet environment as it's a holy place for meditation and prayers. It's also known as "**Incense Monastery**" where all one can hear is the echo of air struck into the Himalayas and sounds of birds and animals of that region. (especially the Danfe(Himalayan monal) and many kinds of musk deer).

The route from Tengboche to **Dingboche at an elevation of 4,410 meters/14,470 ft**, is such an enchanting place to be where we'll face the entire ranges of the Himalayas in the Khumbu region. We're sure one will literally fall in love with the spectacular creation of nature. To paint a rough picture, we'll encounter peaks such as **Lhotse** (8,516 m/27,940 ft), **Nuptse** (7,861 m/25,791 ft), **Makalu** (8,485 meters/27,838 ft), **Cho Oyu** (26,867 feet/8,189 m)), **Ama Dablam** (6,812 m/22,349 ft), **Thamserku** 6,608 m /21,680 ft, **Island Peak** (6,189 m/20,305 ft), **Mera Peak** (6,476 m/21,247 ft), **Lobuche** (4,940 meters/16,210 ft), and many more making it worth as much as 7 summits experience. Along your way, we'll find many stupas which are actually called "**Baudha**" in the Buddhist language and the most renowned "**Pangboche Monastery**" which was built in the **16th Century** making one of the oldest monasteries of modern history. Like all other monasteries, pictures are not allowed in the Pangboche monastery. We can still see the **claws and skull of Yeti** which are said to be the loyal pet of ancient monks who lived in the Himalayas of those regions. Again back to our itinerary route, from Tengboche, we'll go along the villages like **Deboche** which again is a beautiful village with frozen river streams directly from mountains and a magical view of sunrise and sunset of Mt Ama Dablam, and from Deboche we'll head to Dingboche where will give rest to our legs and again acclimatize in Dingboche. Although, we're set this day for acclimatization, we'll still visit the Imja Lake and river which flows east to the village and see all those glittery colorful skies in the night and amazing mountain peaks which we mentioned earlier. It's quite unusual that despite having **Chhukung Ri (5,550 m /18,209 ft), Imja Lake (5,004 m/16,417 ft)**, Way to Island peak; yet Dingboche is a warm place like some kind of Miracle. No wonder it's one of the wonders of nature. After a joyful acclamation and a little tour around, we'll be ready to head towards Lobuche. To make the trip even more interesting and have the taste of more pies around the Khumbu region we'll accent via Thukla Pass, We'll also see the memorial park right above the Thukla pass, an entire hill covered with Manes and stones with a Tribute to late Legends of mountains who came in Khumbu region from all corners of the world to conquer their dreams representing their Home Flags, and these are the points surrounded by mountains and just mountains. **Lobuche, at an elevation of about 4,940 m/ 16,210 ft**, is approximately 8.5 km SW of Everest Base Camp giving a rare view of Mt Everest. After a chilling night at Lobuche, the final lodging place of the entire Khumbu Region: Gorakshap. Yeah, you heard that right, few hours before the true **Everest Base Camp elevation (5,364 meters/17,598 ft)** & Famous Kalapatthar, **Gorak Sheep (at 5,164 m/16,942 ft)** just by **Khumbu Glacier**; is one of the largest glaciers of the world-Khumbu) is the final stop where lodges & Restaurants end where'll decent while leaving our footprint on "Everest Base Camp and **Kalapatthar**"(Especially to see the exquisite sunrise & Sunset at **5,550m/18,209ft** set of Mt Everest and also the up-close view of the entire peak).

It'll definitely be one of those magical moments where you'll have tears in your eyes and a sense of achievement that will encourage you your entire life. No words or pictures can describe the bliss you get while discovering yourself around the holy mountains with a blend of Nepalese Buddhist Culture. That's why it is one of the most popular treks in the world). Everest Trek In Nepal is an adventurous trek package that is preferred by the majority of trekkers coming to Nepal. After a successful trek to EBC (Many like to take their flag and wave on the Everest base camp), yet another magical picturesque valley of mountains where a pure Khumbu glacier water flows await us (**Pheriche at an elevation of 4,371 m/14,340 ft**). Interestingly, if you haven't already seen, we'll also see how turbines are used for generating electricity up in those altitudes. After a cozy night in Himalayan Valley, we'll descend via Samore Village which is just half an hour away from **Pangboche (13,074 ft/3,985 m)**. At this point, you would already recognize the route and village from where we began. We'll follow the route of **Tengboche** heading down to **Namche Bazar, Monjo, Phakding**, and finally to **Lukla** where we'll take a flight back to **Kathmandu, the final hours of our Everest Base Camp package**. Take part in the Everest base camp tour package from Kathmandu with **Discovery World Trekking**.

Day to Day Itinerary

Day 1

Flight from Kathmandu (1,400 m / 4,593 ft) to Lukla (2,850m/9,350 ft) to Phakding (2,650 m/ 8,562 ft)

Itinerary Facts

Trek Distance	6.2km/3.8miles
Flight hours	40 Mintes
Highest Altitude	2,850m/9,350 ft.
Trek Duration	3 hours

Our journey towards **EBC** after landing at **Lukla heading to Phakding** is going to very exciting as it'll be our 1st day of the trek. After our exciting and scenic 40 minutes' flight, we will land at the Tenzing Hillary Airport at Lukla. We will begin our trek through **Chaurikharka village** and descent towards **Dudhkoshi Ghat (2,530m/8,300ft)** village of Lukla till we reach Phakding. The trek today will be short and enjoyable as we'll also be acclimatizing to the weather. With spare time on our hands, we may visit the local monasteries (**Rimishung Monastery**) around and prepare ourselves for the long trek the next day. By doing all these things our 1st day of the Everest Base Camp trek will be successful.



Overnight at Khumbu Travel Lodge" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 2

Trek from Phakding (2,650 m/ 8,562 ft) to Namche Bazaar (3,440m/11,285 ft)

Itinerary Facts

Trek Distance	7.4 km/4.6 miles
Highest Altitude	3,440m/11,285 ft
Trek Duration	6 hours

We'll continue along the northern bank of the **Dudh Koshi River** with the majestic view around. We will be crossing many suspension bridges over the Dudh Koshi River, including the Hillary Suspension Bridge. Again, following the trail, we will arrive at the **Sagarmatha National Park** Check Post where we will have our permits registered. we'll again climb through dense forests which is a bit challenging for trekkers. We will also see the first sight of **Mt. Everest** there. Trekking further, we will finally arrive at Namche Bazaar; the gateway to Everest crossing the woods and stones over the slopes. In this way, our **2nd day towards Might Everest** will be Successful.



Overnight at "Sakura Guest House" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 3

Rest day and Acclimatization at Namche Bazaar

Today will be **acclimatization day** for us. Trekkers are recommended to explore Namche Bazaar, this town is comprising of numerous cafes and restaurants with Wi-Fi, souvenir and gear shops, etc (**urban area of the mountainous region**). Additionally, we also have an optional hike to visit the **Sagarmatha National Park** visitor center and a remarkable hike to Khumjung, to add some spices during the acclimatization we'll have to visit Hillary school and old monasteries on our way to **Khumjung** and hike up towards khunde. There is also a **Sherpa settlement** which is an hour away from Namche Bazaar to have a look at Shera's Culture, **Lifestyle, and traditions** which carries decades of history. To have a butterfly scope of the milk, We'll also see **Syangboche airport** and hike up to **Everest View Hotel** to have a spectacularly breathtaking view of **Mt. Everest** over there. At the end of the day, we head back to **Namche Bazaar** by visiting yak farms over there. After **relaxing acclimatization**, we'll brace ourselves for the trek the next day towards Everest base camp.



Overnight at "Sakura Guest House" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 4

Trek from Namche (3,440m/11,285 ft) to Tengboche (3,855m/12,850ft)

Itinerary Facts

Trek Distance 9.2 km/5.7 miles

Highest Altitude 3,855m/12,850ft

Trek Duration 5 hours

Tengboche is Definitely a handcrafted natural beauty, we'll enjoy the stunning views of **Mt. Everest, Nuptse, Lhotse,** and **Ama Dablam** on the way to **Tengboche**. The trail is full of up and down to make the trek challenging but we'll be getting a great view of the Himalayas. We'll be spotting wildlife on the way such as musk deer, pheasant, **Himalayan Thar** and further trek down to cross the Dudh Koshi River passing through dense alpine forests, then we will reach a small village called Phunki Thenga(the place where we can see the **Panoramic view of the village**). Continuing ahead, we'll reach **Tengboche** after a steep climb through a pine forest. We can see the biggest **Buddhist monastery** in the **Khumbu Region**; "Tengboche Monastery- a beautiful monastery on the top of the hill". With spare time, we can visit the monastery and observe their prayers in the afternoon there. Doing all these things our 4th day of the **Everest Base camp trek** will be successful.



Overnight at "Paradise lodge"



Included standard meals (Breakfast + Lunch + Dinner)

Day 5

Trek from Tengboche (3,855m/12,850ft) to Dingboche (4,360m/14,290ft)

Itinerary Facts

Trek Distance 12 km/7.45miles

Highest Altitude 4,360m/14,290ft

Trek Duration 5 hours

Today we'll be heading towards the upper trail on the way to "**Pangboche village**" passing many Chortens, mani walls, and small villages on our way. We can see the magical view of the peak **Ama Dablam** over there. the further trek becomes easier as we enter the Imja Valley following the **Lobuche River**. We will be descending into the river and trek to the steepest climb towards **Dingboche**. As we reach Dingboche, we will be seeing the **beautiful arrangement** of fields surrounded by stone walls protecting crops like barley, **buckwheat, and potatoes** by the local natives. The trek today becomes a little challenging as we'll be in the **higher elevation**. Doing all these things our **5th day of the Everest base camp trek** will be successful.



Overnight at "Hotel Good Luck"



Included standard meals (Breakfast + Lunch + Dinner)

Day 6

Rest day and Acclimatization at Dingboche

On another scheduled acclimatization day at Dingboche, we'll be at a high elevation and we should not pressurize our body but instead give it time to adjust to the thin air to avoid the pressure at higher elevations. We will not be staying idle tho, we will have our acclimatization walking up the ridge above Dingboche and will slowly enjoy the breathtaking panoramic close-up view of the snow-capped peak Lhotse, the backside of Ama Dablam, and Island peak to make the day worth as it is. Cho Oyu and Makalu is one of the six of the world's highest mountains is also worth admiring on our acclimatization. To the north, we can observe more Himalaya peaks rising over the Khumbu Khola valley and the beautiful Dingboche village something like earth untouched as God had created it. In this way, our 6th day of the EBC trek will be successful.



Overnight at "Hotel Good Luck"



Included standard meals (Breakfast + Lunch + Dinner)

Day 7

Trek from Dingboche (4,360m/14,290ft) to Lobuche (4,930m/16,175 ft)

Itinerary Facts

Trek Distance 8.5 km/5.2 miles

Highest Altitude 4,930m/16,175 ft.

Trek Duration 5 hours

The **trek to Lobuche** will be an interesting one today as we will be able to see the stupendous mountain views nearly the whole trek. The trail leads us to a short uphill near a ridge of a top shrine following the wide valley. Then we'll be crossing a glacial moraine and a small collection of **lodges**. The trek becomes higher and we start seeing a better view of the peaks as the elevation slowly increases while reaching "Thukla"- **Partial view of Lobuche** from the trail leads to wonder of dreams. On the way, there are **memorial statues of the climbers** who passed away in this region and it is absolutely awed gazing. The hike to Lobuche is very enjoyable. Upon arrival, we can see Lobuche is below our shoot. In this way, our **7th day of the Everest base camp** trek will be successful.



Overnight at "Mother Earth House"



Included standard meals (Breakfast + Lunch + Dinner)

Day 8

Trek from Lobuche (4,930m/16,175 ft) to Everest Base Camp(5,364m/17,598ft) and back to Gorak shep (5,185m/ 17,010 ft)

Itinerary Facts

Trek Distance 15 km/9.32 miles

Highest Altitude 5,364m/17,598ft

Trek Duration 6-8 hours

With much excitement built in us, we will begin our very early morning trek **heading to the Everest Base Camp!** We will be trekking through the lateral moraine of the Khumbu Glacier. We will arrive at Gorak Shep(lodges settlement ends here), where we can see **snow-capped mountains** looming all around us. Further continuing our exciting journey to the base camp, we'll see the Army Mountaineers Memorials. After much effort of trekking, we will finally reach the Everest Base Camp. This is the closest we will ever be to the highest mountain in the world where **you'll leave your footprints over the highest peaks** of the world which will definitely be a **lifetime memorial experience**. With a rush of pride in our body, we will appreciate our efforts and dedication to reach here. Spending some time here as we'll click pictures and enjoy the view. We will also see the **deepest glacier in the world; Khumbu Glacier**. With much satisfaction, we'll head **back to Gorak Shep** for the evening. In this way, our 8th day of the Everest Base Camp trek will be successful.



Overnight at "Buddha Lodge"



Included standard meals (Breakfast + Lunch + Dinner)

Day 9

Hike to Kala Patthar(5,555m/18,208ft) viewpoint, trek to Gorak Shep to Pheriche (4,250m/13,945ft)

Itinerary Facts

Trek Distance 9.6 km/6 miles

Highest Altitude 5,555m/18,208ft

Trek Duration 5 hours

Today is definitely the climax of the trip. We will be hiking to **Kala Patthar** at dawn very early morning to view the sunrise on Mt. Everest and other peaks. **Kala Patthar** is a famous viewpoint, gives us a splendid **panoramic view of Mt. Everest** and other peaks. There will be **prayer flags** hung along the way as we climb the rocky trails. After spending a while in the viewpoint, we'll trek to **Gorak Shep for breakfast and rest** for a bit. Then we trek to **Pheriche**, the small

beautiful village. Reflecting on an unforgettable view of **Mt. Everest**, the trek will definitely be enjoyable. The trail to Pheriche has **forests and meadows** along the way. In this way, our 9th day of **Everest Base Camp trek** will be successful



Overnight at "Himalayan Hotel"



Included standard meals (Breakfast + Lunch + Dinner)

Day 10

Trek from Pheriche (4,250m/13,945ft) to Tengboche (3,855 m/12,850 ft)

Itinerary Facts

Trek Distance 8.5 km, 5.2 miles

Highest Altitude 4,250m/13,945ft

Trek Duration 4-5 hours

We'll be trekking down the trails of the hillside covered by **rhododendron trees** towards **Tengboche**. During spring, the surroundings would be so colorful as magic in nature. Our trek will cross the bridge over the **Imja Khola** and heads into the **forest of Juniper**. As we walk along with a level of the path of ground through the forest, we reach Dingboche. After a final steep climb, we will reach the famous **monastery of Tengboche**. In this way, our **10th day of Everest Base Camp trek** will be successful.



Overnight at "Paradise lodge"



Included standard meals (Breakfast + Lunch + Dinner)

Day 11

Trek from Tengboche (3,855 m/12,850 ft) to Namche Bazaar (3,440m/11,285 ft)

Itinerary Facts

Trek Distance 9.2 km/5.7 miles

Highest Altitude 3,855 m/12,850 ft

Trek Duration 5 hours

The trail to **Namche Bazaar** takes us through forests where we may eye wildlife like pheasants, musk deer, mountain goats, or even snow leopard. We will be climbing on the steep slope and winding through several bands. We will pass prayer flags hung along the way and chortens. As we are heading back, we can click **pictures** and enjoy the view of the tip of **Everest and the backside of Lhotse**. After finally arriving at Namche Bazaar, we will head to our lodges and rest. In this way, our **11th day of Everest Base Camp trek** will be successful.



Overnight at "Sakura Guest House" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 12

Trek from Namche Bazaar (3,440m/11,285 ft) to Phakding (2,650m/8,690 ft)

Itinerary Facts

Trek Distance 7.4 km/4.5 miles

Highest Altitude 3,440m/11,285 ft

Trek Duration 4 hours

As we are trekking back, our path goes downhill. We will be returning by following the banks of the **Dudh Koshi River** and also crossing back many **suspension bridges**. Passing through forests and small villages, we will finally be **reaching Phakding** after a gentle walk through **Benkar**. In this way, our **12th day of the Everest Base Camp trek** will be successful



Overnight at Khumbu Travel Lodge" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 13

Trek from Phakding (2,650m/8,690 ft) to Lukla (2,850m/9,350 ft)

Itinerary Facts

Trek Distance 6.2 km/3.8 miles

Highest Altitude 2,850m/9,350 ft

Trek Duration 3-4 hours

Our last day on the trekking trails will be a rewarding day as we make a return down the Dudh Koshi valley. The route is generally quite gentle back uphill to Lukla from the Kusum stream. Before rushing on to Lukla, the trail heads steeply up to the west. After the first climb, the path reaches a small village. At the junction take a left turn up into trees. The trail ahead through the village leads down to the main trail joining at the side stream before Toktok. From Toktok, From this direction, the views will be entirely different. Eventually, we reach the large town of Lukla with the airport where tomorrow we will have a flight back to Kathmandu. In this way, our 13th day of the Everest Base Camp trek will be successful.



Overnight at Comfort Inn" room with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 14

Fly back to Kathmandu (1400m / 4,593 ft) from Lukla (2,850m/9,350 ft)

Itinerary Facts

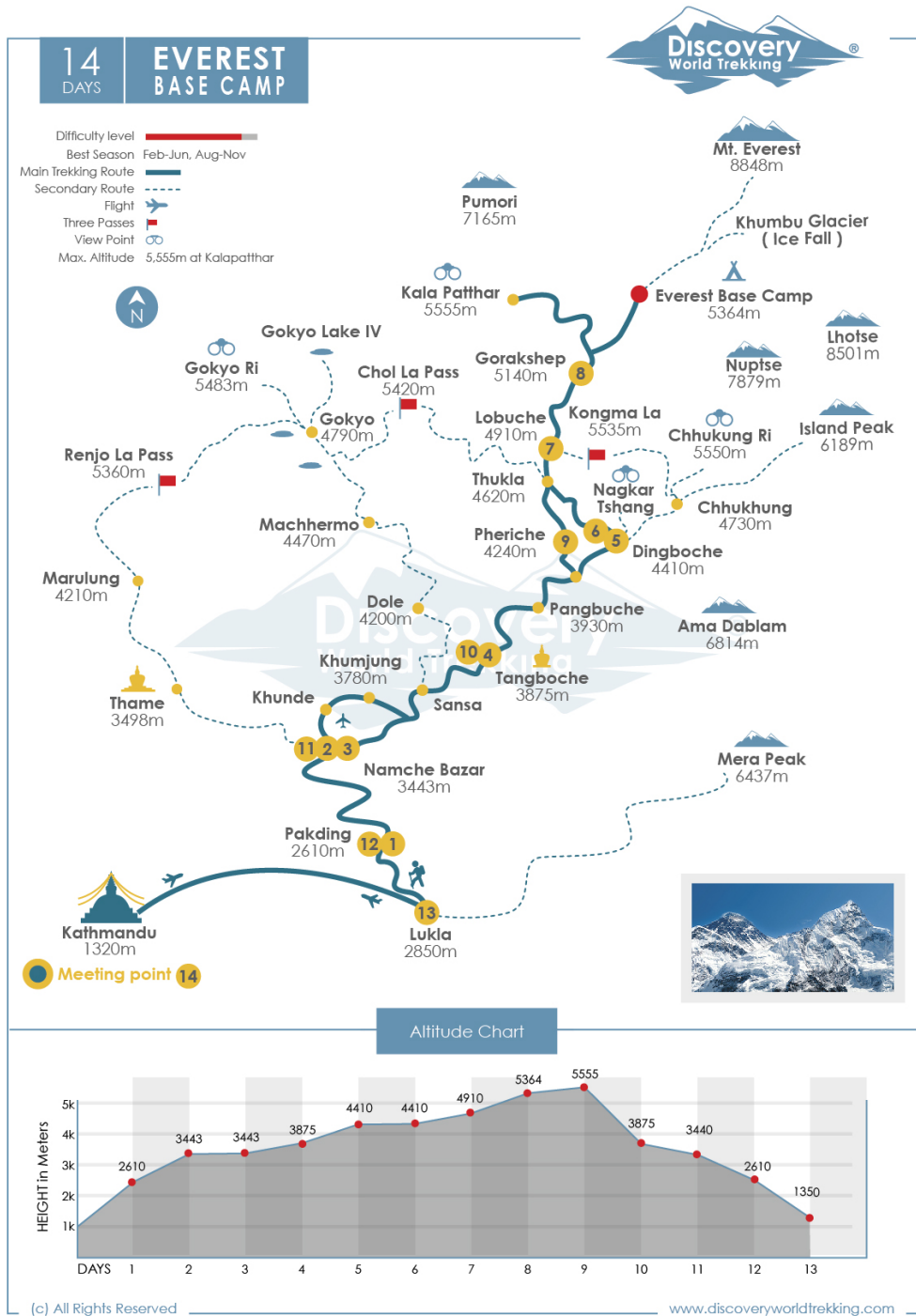
Flight Hours 40 Minutes

If everything goes according to the schedule, we will be flying back to Kathmandu in the early morning after breakfast. The 40 minutes' flight back to Kathmandu will indeed be a relaxing one as we will be carrying an unforgettable and successful journey to the EBC. Upon arrival in Kathmandu, we will head to our hotels respectively and then it is entirely up to you what you wish to do. Upon your request, we can arrange a Kathmandu city tour of UNESCO World Heritage sites, Durbar Squares, Tourist places, etc. with our well-informed and experienced guide.



Included standard meals (Breakfast)

Route Map



Trips Notes

We'll welcome you at Tribhuvan International Airport

Discovery World Trekking provides free airport arrival and departure transfer on any flight for the **Everest Base Camp hike** package. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khada or a marigold garland and you'll be escorted to your hotel with all comfort possible.

Hiking up to Everest Base Camp elevation

You will arrive in Nepal, Kathmandu at Tribhuvan International Airport as that is the only international airport. There are plenty of Hotels in Kathmandu, you can select the hotel of your choice (We could manage/recommend hotels if required or you haven't done it already) is required upon arrival which is not included in the package. Then the next day, in the early morning we will take a domestic **flight to Lukla**, approximately 40 minutes.

Is "Everest Base Camp" is safe to Travel

The answer is yes, it's safe to travel to Everest Base camp. Furthermore, in the route, you won't find many people as the long trails go for **12-14 days long maintaining your personal health** with physical challenges and a blend of **mother nature's beauty**. The route consists of notable places like Lukla, Namche Bazar, Lobuche, **Gorak sheep**, and so on where the combined population of the Area is roughly 4 thousand. You'll be completely wandering in the solace of nature along with our crew (Trek leaders and porters) who will help you along the way. We understand it's been a hard time for everyone so we have made sure you'll be surrounded by motivational and inspiring aura throughout the journey,

To normalize tourism back again as most of us are already vaccinated, here are the following measures we've taken to make travel as safe as possible.

- Our guides are well trained with **Intensive wilderness First Aid**
- Trek leaders and guides have years of trekking experience who can help you if there is any kind of uneasiness and assure happiness & satisfaction are guaranteed.
- We'll have High-quality masks & Gloves with sanitizers for everyday use throughout the journey for the DWT team assisting you.
- Encouragements and motivation will be everyday perks
- Food & Accommodation in mountains will be rechecked for extra hygiene.

Everest Base Camp Accommodation

Everest base camp trek accommodation includes a 13 nights lodge to lodge stay at a mountain where we use the best available lodge and select the best accommodation on Everest. We provide six nights twin sharing room with a private attached bathroom at Lukla, Namche(**3 N**), and Phakding(**2 N**), seven nights twin sharing accommodation at Tengboche (**2 N**), Dingboche(**2 N**), Lobuche, Gorakshep, and Pheriche.

For solo trekkers -a single private room with attached bathroom at Lukla, Namche, and Phakding, single private accommodation at Tengboche (**2 N**), Dingboche(**2 N**), Lobuche, Gorakshep, and Pheriche.

Two nights of Hotels in Kathmandu before and after the trek is required which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

Everest Base Camp Food

Our trek is all over high elevations near the world's highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such humongous Himalayan trails. The meal on this trek is very convenient but not as in cities.

There will be **14 Breakfasts, 13 Lunch and 14 Dinners** will be provided in the trek. Some of the popular menu items are -

Fourteen breakfasts - (Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

Thirteen lunch - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

Fourteen dinners -(Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.) are available on the menu during the trek. The best selected from the menu of the lodge which will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shorted. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit. Tho plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest to avoid such items during such high elevation treks.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

What is the Best time to map Everest base camp height?

The weather is one of the most important factors to look at when deciding to hike to Mt Everest Base camp. The live forecast of Mt Everest can be gained here, it's yet very hard to predict being 100% sure. **Tourists, professional Climbers, and Locals trek** 12 months of the year up to **Everest base camp trek**, of course, there are ups and downs in every season, It is best suited to trek during the spring and the autumn as the sky is crystal clear from dusk till dawn, the rainy weather stops and thick sun-blocking clouds also fade. The Magic of clear azure skies provides the most spectacular vistas.

When the rainfall hits its peak, Due to heavy rainfall, Flights to Lukla may get canceled at the beginning or end of the trek but trekkers are seen in those months too trekking towards Everest base camp, it's challenging but not impossible if you choose to trek in these months Discovery world trekking will take care of your safety at its fullest as it does in every month but as the way is not that favorable it's not **highly recommended to trek in these months** but the rainfall also provides spectacular views of the waterfall and avoid the crowds like other months.

Spring (Feb to June) is also one of the **perfect seasons for the EBC Trek**. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to 20 degrees in the daytime and falls down to 5 degrees during the nighttime. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is highly recommended as it's the best time for the Everest Base Camp trek, usually from mid-September to the end. Tourists in this season are also attracted by the main **festival of Nepal; Dashain and Tihar**.

As Autumn (Sep-Nov) slowly begins, snow falls begin in the Himalayas region and it eventually gets tough to trek. Nights get colder. November is the busy season people all over the world come at these months as it's the clearest month with sparkling days and amazing views of humongous mountains. The daytime temperatures are very stable and constant and due to this, the view of the **clear blue sky and the mountain is phenomenal**. From December, the temperature starts to get cold and begins to snow **like diamonds in the sky**.

The weather in the Himalayas is unpredictable and the temperature may change quickly from day one tonight.

Acclimatization in Everest Base Camp Trekking

Acclimatization during long treks like Everest Base Camp is very crucial. We might not care about pressure and oxygen level in a normal residential area but a trek that has altitude gains of as much as 5,000 meters requires serious attention.

Two days rest day in **Namche and Dingboche, and reach 5,555m** at Kalapatthar- the highest point of the trek, after spending five nights over 4,000m while hiking up. Altitude sickness in high mountain journeys is a common problem being faced by most trekkers during the trek, its symptom is preventable, needs immediate treatment. It might be a life-threatening situation if its symptom is left ignored it might be fatal. Mountain sickness may start to develop from the elevation of 3,500m. Our trekking leader and guide have extensive first aid training and well -experience in the Himalayas and use oximeters in trekking to monitor your oxygen level and help in the early detection of the symptoms.

Trek itinerary is designed for altitude sickness prevention, taking your time with regular breaks from time to time, allowing slow ascent, and suggesting to drink plenty of water each and every day. We guarantee your health will be in reliable hands. Your trek leader or guide will suggest precautions. In severe mountain sickness cases, the only cure for it is to descend immediately.

Please note that your group leader has the ultimate responsibility to decide or stop your ascent based on your overall condition. It is essential to keep in mind that some are more vulnerable than others.

The Everest base camp trek 2021 | Group Trek | Private Trek

We organize a group as well as a **private trek**. The price of **group discount** is applied with having your own taxes in your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above trekking members.

A typical day on the Everest Trek

Every day will be rewarded with a unique experience of trekking, climbing enjoying the scenery, taking photos, and exploring the local villages. During the expedition, we are accompanied by experienced, friendly, and qualified expert Sherpa's sharing of information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage. However, we will be carrying our small regular day bag pack of necessary items.

The day starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a wholesome breakfast, we set off on the day's walk around 7 AM to 8 AM, depending on the duration and nature of the day's walk. After trekking for three to four hours, lunch will be served around midday on the route to the next destination and we continue after about an hour of rest.

The afternoon walk is generally shorter; about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will have free time to explore nearby places.

Dinner is served around 6 PM to 7 PM. After dinner and before going to bed, we indulge in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing, we enjoy onboard games like monopoly, cards, and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of the Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

How high above sea level is the height of Everest Base Camp?

Everest Base Camp lies at an elevation of **5,364 meters (17,598 ft)** from sea level. The journey towards the Everest base camp height starts at 1,600 meters at Kathmandu and goes as high as 5,643 meters at Kala Patthar.

How to Communicate during Everest base Camp Trek?

On the "**Everest Trek in Nepal**", the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety purposes.

We'll communicate with all our valuable clients through our leader at least once a day via Signal, WhatsApp, phone, messenger, etc to make sure you're fine, safe, feel right, and have everything up there. You'll always be connected to **Kathmandu's DWT office** for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi service available at an extra cost) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided at an extra cost.

Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu are up to our clients themselves as all kinds of **hotels/lodges (both luxury & budget)** can be booked easily online or even we can do it on request. All our valuable clients will have to bring personal spending money with them to cover costs of **meals and accommodations** in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) which can be changed to rupees here cause during the trek only Nepalese currency is accepted.

Everest base camp trek cost

On average the Everest Base Camp Trek is 10-16 days hike, and the "cost of Everest Base Camp trek generally is somewhere between \$1200 to \$1600 which includes Domestic flights, trekking permits, (Breakfast, Lunch & Dinner), a professional trek Guide, and porter, accommodations, and certificate of completion of the journey.

Huge discounts are made if you travel in groups. The cost of the Everest base camp trek highly depends upon if you're traveling private or in a group. Traveling in Group can be cheaper as you'll share Trek leaders and porters whereas private treks are tailored as per requirements.

Electricity and battery recharge, water on trekking

Throughout the lodges at the base camp of Mt Everest, electricity for the camera and mobile battery recharge is available at an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water purification pill is will be provided to **make water drinkable**.

You shouldn't drink water from river, tap, well up there cause it might not be drinkable as it seems.

Everest base camp trek travel insurance

This trip grade is ranked the **challenging difficult** as it entails the risk of high altitude trekking, potential altitude sickness, and other unforeseen events including sudden climate changes.

Travel insurance is a significant part of our booking condition for The Everest base camp trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses a **t high altitudes (up to 6000m)** for trekking members.

We can recommend insurance companies to help you but we don't directly get involved in the sale of the insurance policy. Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy.

Trekking members are kindly requested to send their detailed insurance information once they book for the trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say in their website) make sure you call them and recheck if they have Heli-rescue and evacuation up to 6000m according to your trekking height.

How to get a visa for Nepal?

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival at the Tribhuvan international airport. Visas can be extended at the central immigration office www.immigration.gov.np.

The visa application will require at least a passport of 6 months validity, and a passport size photo. The current **cost of the visa fee is US \$50 for 30 days** which has to be paid in cash on arrival at Tribhuvan International Airport. Citizens of China and the SAARC countries will receive a free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive the visa on arrival and so you will have to contact your local Nepalese embassy.

Currency Exchange in Nepal | USd to NPR

Nepali Rupees (NPR/Rs) is the local currency.

(1 USD = ~ Rs.100-118 NPR).

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel. The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined. Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself.

There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card. If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank. During the trek, there are no banks and money exchange services so you should exchange your money in Kathmandu only, depending on how much personal expense you require as in the Himalayan region people only accept Nepalese Currency

Most of the established banks in Asia will not accept foreign currency notes that are old, torn or faded. Please ensure that you have new, clean notes

How Much Luggage can I take during Everest base camp trek itinerary?

The weight limit for your luggage is 9kg per trekker, Porters will be assigned to carry your luggage, Two people will be assigned with one porter, combined luggage should not exceed more than **18 kgs. We never overload our porters.** but a should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what is essentials, You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free and it'll be completely safe.

We'll recheck everything (Luggage, equipment, etc) in our briefing before we start our journey in our Office.

Everest Base Camp Trek Safety

Discovery World Trekking guarantees our valuable **client's safety, security, and satisfaction. Safety is** the utmost important concern for us. For the trek, we will be carrying all the necessary gear, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

Everest Base Camp Trek Difficulty

Everest Base Camp trek difficulty level is both challenging and equally rewarding. This physically demanding trip requires a bit of proactive preparedness to succeed. Exercising and jogging regularly for a couple of weeks prior to the trip departure is a good idea to enhance our stamina. Novice trekkers with normal fitness levels can accomplish the trek, however, the fitter we are, the more enjoyable experience we will have during the trekking. Past hiking experience would be an added advantage but no technical experience and skills are necessary. Participants who are able to **hike 4 to 6 hours a day** at a reasonable pace with a light day pack can take part in this trip. The trekking route involves hiking along the rocky mountain, steep ascents, descents, and straightforward. To join in trekking, all participants should be in good health condition with normal physical fitness and have a positive attitude, self-confidence, and strong




determination. It is very important to make sure you are as healthy as possible before starting the trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us or consult with their physician before booking the trek.

Equipment Checklist

Packing for the Everest Base Camp trek requires certain preparations and checklists of gears & equipment for the journey to be comfortable. It is always best to carry the basic clothing and accessories for the trek.

We understand that our clients have their own preference for the clothing we highly recommend to consult with us before packing to know what to expect in the trek, we have listed some useful clothing & gears during the trek. The **following list of items & clothing can really come in handy**










Head

-  Sun hat or scarf
-  Winter hat or insulating hat or Wide-brimmed hat
-  Headlight with extra batteries



Face

-  Sunscreen
-  Sunglass with UV protection
-  Face/body wipes
-  Hands
-  Lightweight gloves
-  Heavyweight winter gloves






Body

-  Hiking shirts
-  Long-sleeved shirt
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T-Shirt (bring Lightweight wool)
-  Polypropylene underwear
-  Down jacket (available for rent in Kathmandu)
-  Sweater
-  Waterproof jacket and pants








Footwear

-  Hiking Boots
-  Thick wool socks (Take an extra pair of thick light socks)





Essential gear

-  Backpack or daypack (Size depends on whether you take porter or not).
-  Thermal bottle
-  Water purification
-  Trekking pole
-  Sleeping bag (-15 bag is best in high altitude trekking)





Toiletries

-  Medium size drying towel
-  Toothbrush
-  Toothpaste
-  Deodorant floss
-  Biodegradable bar soap
-  Nail clippers
-  Small mirror

Personal accessories

-  Money
-  Watch
-  Cell phone
-  Camera

Extra items

-  First aid kit
-  Extra passport photos and photocopies of passport
-  Notebook and pen
-  Binoculars

Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
01 Oct, 2021 - 14 Oct, 2021	\$1800 \$1140
03 Oct, 2021 - 16 Oct, 2021	\$1800 \$1140
05 Oct, 2021 - 18 Oct, 2021	\$1800 \$1140
08 Oct, 2021 - 21 Oct, 2021	\$1800 \$1140
10 Oct, 2021 - 23 Oct, 2021	\$1800 \$1140

FAQ's

Is there any age limit or criteria for trekking to Everest Base Camp?

There is not an age limit but Discovery World Trekking does not recommend children to climb high altitudes as this may have severe effects on a child's health. However, you need to be in a good physique with a positive attitude. Discovery World Trekking does not recommend this trek to those who suffer from sensitive medical conditions such as heart or lung disease.

What is the luggage limit for porter and flight to Lukla?

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (maximum 9 kg for each trekker). Please be sure your porters are not overloaded because they do not carry only your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity can be the reason for them to work hard to take you to your destination. However, the weight limit on flights to the Everest region, basically to Lukla is a total of 10 kgs and you need to pay an extra amount per kg for the excess baggage. Discovery World Trekking pays up to 5 kgs of extra baggage making your total 15 kgs.

What is the weather condition at Everest Base Camp?

Weather on the trail to Everest Base Camp is always changing and impossible to predict. Here is a list of probable temperature and weather conditions in each month.

Month	Temperature	Weather and Nature
January	Max 4°C in the daytime to min -17°C in the nights and mornings	Blue skies, freezing weather
February	Max 4°C in the daytime to min -15°C in the nights and mornings	Mild and humid, good visibility
March	Max 7°C in the daytime to min -12°C in the nights and mornings	Days are short and the temperature starts to warm up, chances of occasional snowfalls
April	Max 10°C in the daytime to min -5°C a night	Moderate temperature with amazing landscape, rhododendron, and wildflowers
May	Max 15°C in the daytime to min 0°C a night	Days are still long, warm, and sunny
June	Max 16°C in the daytime to min -1°C a night	Rainy season
July	Max 15°C in the daytime to min 2°C in a night	Hot and humid
August	Max 16°C in the daytime to min 2°C in a night	Max 16°C in the daytime to min 2°C in a night
September	Max 15°C in the daytime to min 2°C in a night	End of monsoon, no clouds
October	Max 12°C in the daytime to min -6°C a night	Stable weather condition
November	Max 6°C in the daytime to min -12°C a night	Days are sunny and bright, cold during the night, the sleeping bag is most.
December	Max 4°C in the daytime to min -14°C a night	Foggy and cloudy weather

Does Everest Base Camp trekking require Immunization Certificate?

No, you don't and that is not mandatory. But if you have any pre-existing medical conditions, let your trip planner know about this.

Is meal easily available on the trek to Everest Base Camp?

The meal on this trek is very convenient but not as in cities. Along with Western meals, chapati, rice, local tsampa porridge, Tibetan bread, various soups like Sherpa stew steaks, Momo (dumplings), Tenduk, noodles, and thukpa are amazing Himalayan cuisines for the trekkers. Discovery World Trekking will arrange meals in special areas for its clients.

Is there pick service by the Company?

You will see personal representative of Discovery World Trekking welcoming you outside the arrival lounge of Tribhuvan International Airport with your name pamphlets on her/his hand. S/he will take you to your selected hotel on private transportation conveniently.

I am a vegetarian. Am I supposed to get enough meal on my trek?

Discovery World Trekking won't recommend non-veg items because the meat in such places may not be hygienic and healthy. Discovery World Trekking also encourages to avoid dairy and cheesy items and strongly suggests not to consume them during the trek. So, our packages are suitable for both vegan and vegetarians.

Is there a cancellation or refund policy?

Discovery World Trekking offers cancellation and refund facilities. You need to visit Discovery World Trekking's individual tour packages for more information.

What is the booking and payment method for Everest Base Camp trek?

You need to pay 10% in advance and the rest of the amount can be paid after your arrival in Nepal. We accept Credit Card, however, you will be charged an extra amount as a service fee by the bank. So, Discovery World Trekking recommends you to pay in cash to enjoy the benefit of a discount. Any currency is accepted.

What is the level of trekking to Everest Base Camp?

The level is more difficult than other trekking programs. However, Discovery World Trekking tries its best to make the journey as easy, adventurous, and joyful as possible.

Is there Wi-Fi on the trek?

Yes, most guesthouses offer Wi-Fi, for a small charge.

I have never trekked before, can I make it to Everest Base Camp?

The short answer is yes, **you can trek Everest base camp even if it's your first EBC trek**. Everest Base Camp is considered one of the **challenging trails in Nepal** but as long as you're reasonably healthy, fit, and can walk up to 5-6 hours a day up & downhill you should easily make it.

If you're signing up for Everest Base Camp you should definitely start by **jogging, running, and stamina-oriented exercise** a few weeks early of the trek.

What is the Best Season for trekking Everest Base Camp?

The best seasons for trekking Everest Base Camp are March to June & September to November due to clear skies, Amazing views, and more peaceful trails.

How to avoid altitude sickness in Everest Base Camp?

Either you come from a valley, plain or you're an experienced hiker/trekker, **Everest Base Camp is still 5,600 meters above sea level**, and the chances of getting minor altitude sickness are obvious. If you book a package from a trekking agency, generally it's optimized with an acclimatizing day along with trekking days which gives you time to adjust in certain altitudes to avoid altitude sickness. Apart from the suitable itinerary, you could also **cut off certain foods and drinks to immunize the body to perform at its best**.

Cut off caffeinated, alcoholic, and smoking items.

Drink at least 4 liters of water a day.

Trek steady, walk at your own pace & don't skip the acclimatization days.

Better to continue with Diamox (if any symptoms show up).

Drink Garlic Soup.

Avoid Non-Veg Food items

How safe is Everest Base Camp Trek?

In the 70s, safety while trekking any mountains was a big concern. Lack of communication medium and other natural forces made it almost impossible to make mountains journey back then but not in modern days.

While Everest base camp trekking is still considered a challenging trek, safety could be a concern only if you're traveling alone without any insurance as mountains trails can be tricky but **as long as you're traveling guided tours with an Experienced Trek leader, you're as safe as you're in any place in the world**. In nutshell, it can be tough trekking uphill, overall Everest Base Camp is a challenging but safe trek to be made in today's world and for years to come.

What is the mode of transportation to reach Everest Base Camp?

There are many modes of transportation to make it up to Everest Base Camp Trek. One can trek via foot starting from Phaplu/ Salleri, Generally, the popular route is Via Lukla Airport and the other option would be **Helicopter ride and horse ride**.

Discovery World Trekking offers a popular map via Lukla in its Everest Base Camp Trek package by default but if you want to customize your trek, you can always do that.

Is Lukla Airport convenient for the flight?

Lukla is at 9,500 feet 2,850m above sea level. The greater the altitude, the lower the air density. So, the planes need to land at faster speeds. The weather in this area changes constantly and the cloud cover can be extreme, leading to major turbulence, which, though not dangerous, tends to be tough for passengers to endure. However, it is actually the country's busiest airport serving as the key port of entry and exit for **trekkers hoping to ascend Everest**.

What if my flight to and from Lukla is canceled or delayed?

It's always recommended to keep 2 / 3 days extra in the **Everest Base Camp trek** due to unpredictable weather. If the weather is bad, flights from **Lukla to Kathmandu** or vice versa get canceled. In such situations, the flight is automatically rescheduled for the next possible day. If you have a very tight schedule, you can charter a helicopter to make sure you are on the safe schedule either for a trek or for your flight back home which would cost an extra charge as an **unexpected event**.

However, if the visibility is less than 1,500 meters, it is unable to operate helicopter facilities, and Discovery World Trekking will reschedule the flight and help you with every possible situation.

How high is base camp on mt everest?

The Mount Everest Base Camp elevation is 17,600 feet (or 5,364m). Starting the trek by flying toward Lukla which is 9,383 feet (or 2,845m). Most trekkers have the hike to Kala Patthar for sunrise or sunset view 18,514 feet (5,550m).

Do I need any special permits before starting the trek to Everest Base Camp?

Yes, You need **Trekkers' Information Management Systems (TIMS) card**, **Khumbu Pasang Lhamu Rural Municipality fees** & Sagarmatha National Park Entry Permit. Discovery World Trekking will help you with all the necessary paperwork and let you enjoy your holidays to the fullest.

Do I need Travel Insurance to trek for Everest Base Camp?

As everyone does his best to organize and operate the trek as safely as possible but sometimes we do get an emergency where we might need a quick helicopter ride back to Kathmandu, to avoid any emergency problems insurance is a must, it has to cover Heli rescue & medical evacuation expenses at high altitude for trekking members, which should be provided before you start your Everest Base Camp Trek.

Is there wifi on Everest base camp trek?

Yes, telecommunications has been developed rapidly in recent years. While the nationwide connection is above the global average, most of the Everest base camp trails do have internet, phone, and wifi facilities.

How hard is it to walk to Everest Base Camp?

Everest Base Camp trek is not the most challenging trail out there. Having said that, it's not always the trails that make it hard to walk, rather it's altitude and less oxygen level. So technically EBC is not a hard walk to do, it's just a long hike at a high altitude.

Should I take Diamox Everest Base Camp?

Any drug should be only taken after a proper consultation or medical advice from an expert. Diamox has a history of positive effects and helped many along the way to Everest Base Camp but it's always best to take a Professional's Advice.

Here at Discovery World Trekking, we have experts who can advise you to decide if to take Diamox or not and even when to take it.

How long should you train for Everest Base Camp?

There's no perfect duration for how long you have to train but a few weeks prior to the trek you could start preparing with normal stretching & stamina-oriented exercises like jogging running could really help your body to warm up before the trek. The more you're fit, the more you'll enjoy the hike.

How to acclimate to high altitude quickly?

Having proper rest at night, keeping your body warm, and drinking lots of water can really help your body to acclimate to a high altitude quickly.

How long to climb Everest base camp?

On Average, Everest Base Camp Trek can be completed in 10-16 days depending upon weather, itinerary plan, multiple destinations, and any change in the plan.

Do you have to buy travel insurance before booking?

Yes, you must have travel insurance prior to the booking of any trek above 4,500+ meters which covers medical evacuation and heli rescue.

How to get a visa for Nepal?

The biggest perk of Visiting Nepal is its "Visa On Arrival" to most nations which makes it very easy for travelers to make plans in Nepal. To get more information about Tourist Visa of Nepal, visit Nepal [Immigration Official Website](#)

How much does it cost to climb Everest base camp?

Everest Base Camp Trek can extend from 10 days to 16 days depending upon itinerary & the corresponding cost would be around \$990 to \$1,600 which will cover your flights, permits, lodges, guide, porter, and meals during the trek.

Are Discovery World Trekking's Guides well trained?

Discovery World Trekking is one of the leading Eco Travel Agency of Nepal, we've experienced and trained professionals as Trek Leader and Guides to provide the best possible experience and make the trek informative & adventurous simultaneously.

Why choose Discovery World Trekking for Everest Base Camp Trek?

Discovery World Trekking has been operating treks/expeditions for two decades now. We've helped more than 30,000 travelers, trekkers, and explorers to conquer Everest Base Camp who are part of the DWT family today. With more than 60% recommended clients rate & a 99.9% successful trek track record, we believe in providing quality service to all admirers of Everest adventure.

Do I need Training for Everest Base Camp Trek?

No, you don't need special training for your Everest Base camp trek but normal stretching, jogging, and hike around small hills can really help you in your upcoming EBC trek.

Can I stay at Everest Base Camp?

No, you can not stay at Everest Base Camp because there are no lodges at EBC. The nearest hotel to Everest Base Camp is in Gorak Sheep from where to reach Everest base camp & Kala Patthar splits.

Is there any age restriction to hike Everest base camp?

There is not an age limit but Discovery World Trekking does not recommend children to climb high altitudes as this may have severe effects on a child's health. However, you need to be in a good physique with a positive attitude. Discovery World Trekking does not recommend this trek to those who suffer from sensitive medical conditions such as heart or lung disease.

Do I need to bring medicines for trekking to Everest Base Camp?

If you are allergic to specific medicines, it is better to consult your doctor and bring your own. Discovery World Trekking regards its clients as its family. So, Discovery World Trekking will facilitate you with medical kits and other safety concerns to avoid altitude sickness and other probable sicknesses.

How is the drinking water in the trails to Everest Base Camp?

Bottled water is easily available at a low cost. But you can not use plastic bottles in the Everest region. So, You need to drink mineral water or boiled filtered water in those areas. It is better to use water purification drops and tablets which you can either bring from your own country or buy in Kathmandu. Discovery World Trekking also provides water purifier pills.



Discovery World Trekking

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