



Luxury Everest Base Camp Trek - 14 Days



Trip Facts

Destination	Nepal
Duration	13 Days
Group Size	2-12
Trip Code	DWT5
Grade	Challenging
Activity	Everest Treks
Region	Everest Region
Max. Altitude	3220 m at Dharche Danda
Nature of Trek	Tea House Trekking
Activity per Day	Approximately 4-6 hrs walking
Accommodation	Tea house Loge during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	All meals during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec
Transportation	Private vehicle

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

A classic trek with an awe-inspiring view of the highest peak in the world along with other mountains, monasteries, wildlife, and Sherpa culture and

lifestyle. This enlivening experience should be...







Discovery world Trekking would like to recommend all our valuable clients that they should arrive Kathmandu a day earlier at afternoon before the day we departed and start our Luxury Everest Base Camp Trek 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 condition 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 cancelled or delayed due to bad weather and that might make you miss your international flight back to home.

About the Trip

A classic trek with an awe-inspiring view of the highest peak in the world along with other mountains, monasteries, wildlife, and Sherpa culture and lifestyle. This enlivening experience should be experienced once in a lifetime. Get ready to immerse yourself in the wonder of the Great Everest Himalayas in Nepal. The luxury Everest Base Camp Trek is one of the most beautiful as well as famous trekking journeys of Nepal. Together with the beauty of the Himalayas, the trek is culturally enticing which makes it the trek of a lifetime for the trekkers and hikers. Experience the Khumbu's many majestic features, go through amazing mountain valleys and revel in the region's awe-inspiring hallmarks. Similarly, observe the legendary Sherpa Culture of the Khumbu region which is carved in the pages of Worlds History. Embarking a journey that was first done by Sir Edmund Hillary and Tenzing Norgay Sherpa in 1953 is a matter of immense pride and glory for any Trekkers all over the world. Brace yourself for the most exotic and beautiful journey of your lifetime!

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

Highlights

-  Luxury everest base camp trek consists ,Breathtaking flight from Kathmandu to Lukla
-  Highest glacier on Earth- Khumbu Glacier (4900 m/ 16,075 ft)
-  Prayer wheels, colourful flags, Mani stones, high suspension bridges
-  Strolling through Rhododendron and pine forests in Sagarmatha National Park
-  Explore UNESCO World Heritage Sites
-  Closest to the highest mountain peak of the world (8848 m/ 29,029 ft)
-  Visit the largest monastery of Khumbu region
-  Be acquainted with the Sherpa culture and lifestyle
-  World's highest airport in Syangboche (3780 m/ 12,400 ft)
-  Stunning panoramic view of mountains at Kalapatthar (5545m)

What is Included?

- ✔ Kathmandu – Lukla – Kathmandu flight and airport departure taxes
- ✔ Highest available standard Lodges and Guesthouses accommodation during the trek including meals Breakfast, Lunch and Dinner during the trek.
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader, (8 or above trekkers: 1 assistant guide) and porter to help trekkers luggage. (2 trekkers:1 porter)
- ✔ Coverage of guides and porter's meals, insurance, salary, lodging, transportation, flight and other necessary equipment.
- ✔ Sagarmatha National Park entry permit fee
- ✔ Trekkers Information Management System (TIMS) card fee.

- ✔ Catering extra dietary requirements
- ✔ All government and Local taxes
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)
- ✔ Discovery World Trekking's appreciation of certificate after the successful trek
- ✔ Farewell Dinner

⊗ What is Excluded?

- ⊗ International flight airfare
- ⊗ Excess baggage charges
- ⊗ Accommodation, 3 meals (breakfast, meal and dinner) in Kathmandu
- ⊗ Extra night accommodation in Kathmandu due to early arrival, late departure, early return from trekking.
- ⊗ Personal expense such as shopping, snacks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee extra porters etc.
- ⊗ Travel insurance
- ⊗ Tips for guide and porters
- ⊗ Additional costs or delays cause by out of management control for example, landscape, weather condition, itinerary modification due to safety concerns, illness, change of government policies, strikes etc.

🔍 Overview

Has the Luxury Everest Base Camp trek always been on your bucket list or just a planning in your day to day busy life? For the enthusiasts who are seeking to step foot on the lap of Mount Everest, this trek presents to you the spectacular Himalayan range amidst the scenic trail, colourful prayer flags, and prayer wheels. The Himalayas are home to Sherpas and this trek provides an opportunity to understand their unique lifestyle and culture. Therefore, we welcome you to join this adventure to reach your ultimate destination because nothing beats the thrill of seeing the elegance of mighty mountains up close. After a breathtaking 45 minutes flight from Kathmandu, we will reach the starting hub of Everest base Camp- Lukla(2840m). We will gear up to walk to Phakding through the Sherpa village and farmland. The trek for the next day will start by crossing a long suspension bridge over fast flowing white rivers to Namche Bazar(3440 m). Wandering up and down the hills of Sagarmatha National Park through rhododendron and alpine forests, we'll walk along the trail of Tengboche, Dingboche, Lobuche and finally reach our destination- Everest Base Camp Trek. When the first ray of sunlight slowly kisses the snow-capped peaks in the next chilly morning, we'll be there holding a cup of coffee surrounded by those pristine and pearly white mountains. If we still thrive to have a better view of the majestic mountains, we may move to Kala Patthar with all our energy. There, we can get the panoramic view of Mount Everest, Mount Ama Dablam, Mount Lhotse, Mount Nuptse, Mount Cho-Oye, and Mount Pumori (That's why Everest Base Camp Trek is one of the most popular treks). The chilly evenings can be spent beside the campfire. Everest Trekking In Nepal is an adventurous trekking package that is preferred by the majority of trekkers coming to Nepal. This trek is for beginner trekkers with good physical health and provides enough time to acclimatize in high altitudes. In addition to this trek, there are other thrilling trekking routes for trekkers looking for greater challenges – [12 days Everest Base Camp Trek](#) or [10 days Everest Base Camp Trek](#), [15 Days Everest Base Camp and Gokyo Lake Trekking](#), [17 Days Everest High Three Passes Trekking](#).

Day to Day Itinerary

Day 1

Flight to Lukla (2,850m/9,350 ft) 40 minutes, Trek to Phakding (2,650m/8,690 ft) 3 hrs.

We'll start our journey towards Everest base camp just after breakfast, we will be heading to the domestic terminal of the Tribhuvan International Airport for an early morning flight to Lukla. After our exciting and scenic 40 minutes' flight, we will land at the Tenzing Hillary Airport at Lukla. We will meet with our crew members and begin our trek through the prosperous 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 around and prepare ourselves for the long trek the next day. Doing all these things our 1st day of the Everest base camp trek will be successful.



Overnight at the Yeti Mountain Home or similar luxury Hotel



Included standard meals (Breakfast + Lunch + Dinner)

Day 2

Trek to Namche Bazaar (3,440m/11,285 ft) 6 hrs.

On the second of our journey towards EBC, we'll be trekking the whole day. We will begin our trek early morning along the northern bank of the Dudh Koshi River. We will be crossing many suspension bridges over the Dudh Koshi River, including the Hillary Suspension Bridge. As we follow the trail, we will arrive at the Sagarmatha National Park Check Post where we will have our permits registered. The trail climbs through dense forests making it challenging for us. We will also get the first sight of Mt. Everest. Trekking further, we will finally arrive at Namche Bazaar; the gateway to Everest base camp. In this way, our 2nd day of EBC will be Successful.



Overnight at the Yeti Mountain Home or similar luxury Hotel



Included standard meals (Breakfast + Lunch + Dinner)

Day 3

Rest day and Acclimatization at Namche Bazaar

The Third day of our Everest base camp trek, Today is the scheduled acclimatization day for us. Trekkers may wish to explore Namche Bazaar as it is a famous town comprising of numerous cafes and restaurants with Wi-Fi, souvenir and gear shops etc. Additionally, we have an optional hike to visit the Sagarmatha National Park visitor center and a remarkable hike to Khunde and Khumjung. It is also a Sherpa settlement which is an hour away from Namche Bazaar. We will also be hiking up to Everest View Hotel, where we'll get a spectacular view of Mt. Everest. We will then head back to Namche Bazaar. After a relaxing acclimatization, we'll brace ourselves for the trek next day. In this way, our 3rd day of Everest base camp trek will be successful.



Overnight at the Yeti Mountain Home or similar luxury Hotel



Included standard meals (Breakfast + Lunch + Dinner)

Day 4

Trek from Namche Bazaar to Deboche (3820m/1253ft) 5 - 6 hrs

After our early morning breakfast, we will begin our trek to pangboche. On the way, we will enjoy the stunning views of Mt. Everest, Nuptse, Lhotse and Ama Dablam. The trail leads us up and down as it becomes challenging but we'll be getting a great view of the Himalaya. We can also spot wild life on the way such as musk deer, pheasant, Himalayan Thar. We will further trek down to cross the Dudh Koshi river. Passing through dense alpine forests we will reach a small settlement called Phunki Thenga. Continuing ahead, we will eventually reach Deboche after a steep climb through a pine forest. We will see the biggest Buddhist monastery in the Khumbu Region; Tengboche Monastery. With spare time, we can visit the monastery and observe their prayers in the afternoon. Doing all these things our 4th day of the Everest base camp trek will be successful.

Tent

Overnight at Culture Home
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Tent

Included standard meals (Breakfast + Lunch + Dinner)
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Day 5

Trek to Dingboche (4,360m/14,290ft) 5 hrs.

We will be heading towards the upper trail on the way to Pangboche village. We will pass many Chortens, mani walls and small villages. We will be getting a great view of the peak Ama Dablam. The trek becomes easier as we enter the Imja Valley following the Lobuche river. We will descend into the river and trek the steepest climb to Dingboche. As we reach Dingboche, we will see the beautiful arrangement of fields surrounded by stone walls protecting crops like barley, buckwheat and potatoes. The trek today becomes a little challenging as we are in a higher elevation. Doing all these things our 5th day of the Everest base camp trek will be successful.



Overnight stay in Good Luck



Included meals (breakfast, lunch, dinner)

Day 6

Rest day and Acclimatization at Dingboche

Another scheduled acclimatization day is at Dingboche. We are at a high elevation and we should not pressurize our body but instead give it time to adjust to the thin air. We will not be staying idle. We will have our acclimatization walk up the ridge above Dingboche and we will slowly enjoy the breath taking panoramic close up view of the snow-capped peak Lhotse, back side of Ama Dablam and Island peak. Cho Oyu, and Makalu being one of the six of the world's highest mountains are also worth admiring. To the north, we observe more Himalaya peaks rising over the Khumbu Khola valley and the beautiful Dingboche village. Overnight at the lodge with included meals (Breakfast + Lunch + Dinner). In this way, our 6th day of Everest base camp trek will be successful.

Tent

Overnight stay at Good Luck
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Tent

Included meals (breakfast, lunch, dinner)
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Day 7

Trek to Lobuche (4,930m/16,175 ft) 5 hrs.

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. We will then 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. 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 will see that Lobuche has a large settlement with many hotels and shops. In this way, our 7th day of Everest base camp trek will be successful.



Overnight at Eco Lodge



Included standard meals (Breakfast + Lunch + Dinner)

Day 8

Trek to Everest Base Camp (5,364m/17,598ft) and back to Gorak Shep (5,185m/17,010 ft) 6-8 hrs.

With much excitement built in us, we will begin our early morning trek heading to the Everest Base Camp! We will be trekking through the lateral moraine of the Khumbu Galceir. We will arrive at Gorak Shep, where we will see snow-capped mountains looming all around us. Further continuing our exciting journey to the base camp, we will see the Indian 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. With a rush of pride in our body, we will appreciate our efforts and dedication to reach here. We will spend 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 will head back to Gorak Shep for the evening. In this way, our 8th day of Everest base camp trek will be successful.



Overnight at Everest Inn



Included meals (Breakfast + Lunch + Dinner).

Day 9

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

Today is definitely the climax of the trip. We will be hiking to Kala Patthar at dawn to view the sunrise on Mt. Everest and other peaks. Kala Patthar being 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 view point we will trek to Gorak Shep for breakfast and rest for a bit. Then we will be trekking to Pheriche, the small beautiful village. Reflecting an unforgettable view of the Mt. Everest, the trek will definitely be enjoyable. The trail to Pheriche has forests and meadows along the way.



Overnight at the lodge



Included meals (Breakfast + Lunch + Dinner).

Day 10

Trek to Tengboche (3,855m/12,850ft) 4-5 hrs.

We will be trekking down the trails of the hillside covered by rhododendron trees. During spring, the surroundings would be so colorful. Our trek will cross the bridge over the Imja Khola and heads into the forest of Juniper. As we walk along a level of path of ground through the forest, we reach Dingboche. After a final steep climb, we will reach the famous monastery of Tengboche



Overnight at the lodge



Included meals (Breakfast + Lunch + Dinner).

Day 11

Trek to Namche Bazaar (3,440m/11,285 ft) 4-5 hrs.

The trail to Namche Bazaar takes us through forests where we may eye a wild life 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 tip of Everest and back side of Lhotse. After finally arriving to Namche Bazaar, we will head to our lodges and rest.



Overnight at the Yeti Mountain Home or similar luxury Hotel



Included standard meals (Breakfast + Lunch + Dinner)

Day 12

Trek to Phakding (2,650m/8,690 ft) 4-5 hrs.

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.



Overnight at the Yeti Mountain Home or similar luxury Hotel



Included standard meals (Breakfast + Lunch + Dinner)

Day 13

Trek to Lukla (2,850m/9,350 ft) 3-4 hrs.

Our last day on the trekking trails will be rewarding day as we make a return down the DudhKoshi 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 airport where tomorrow we will have a flight back to Kathmandu.



Overnight at the Yeti Mountain Home or similar luxury Hotel

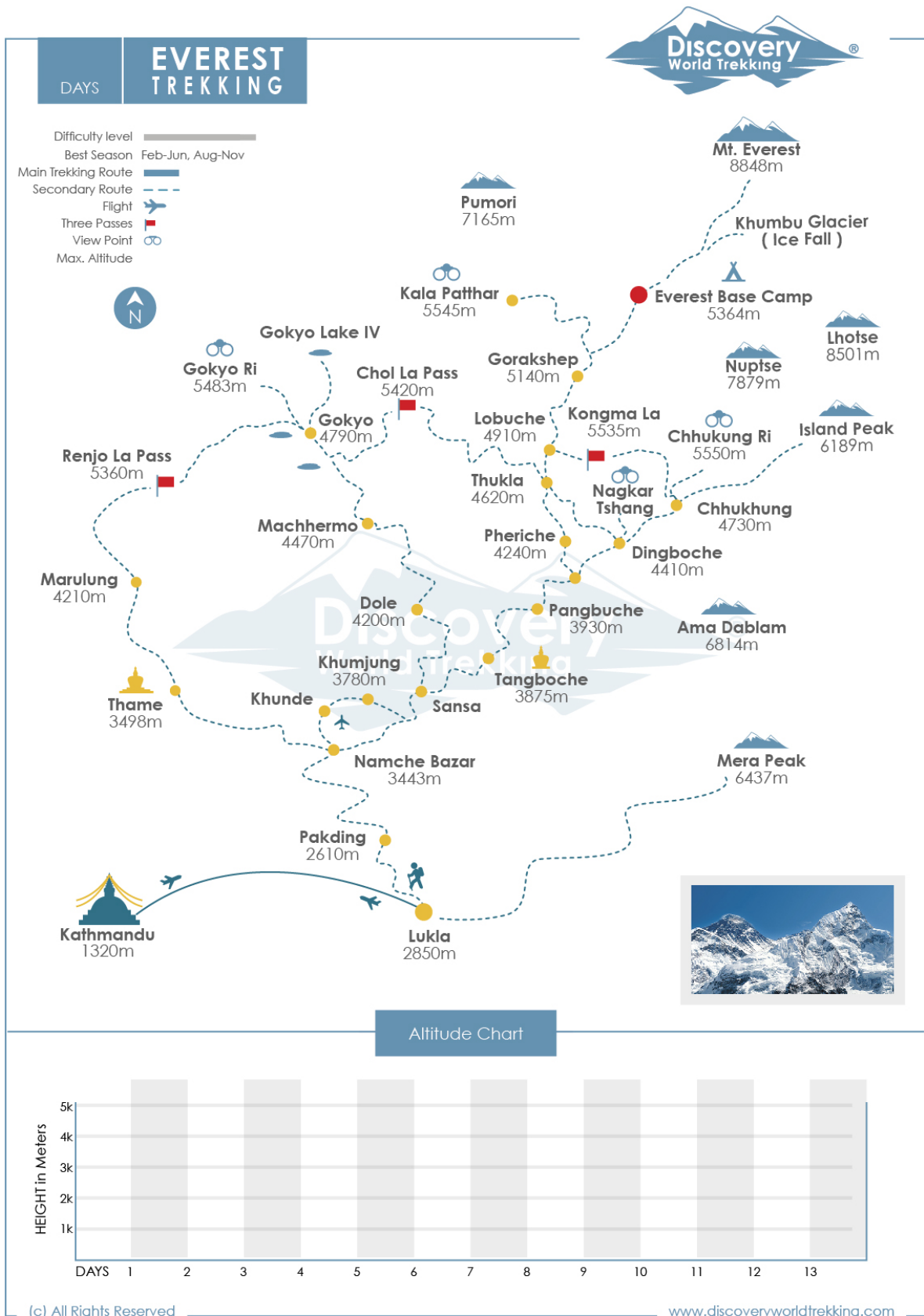


Included standard meals (Breakfast + Lunch + Dinner)

Day 14

Fly back to Kathmandu

If everything goes according to the schedule, we will be flying back to Kathmandu 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 a successful journey to the Everest Base Camp. Upon the arrival to Kathmandu, we will head to our hotels respectively and then it is entirely up to the 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.



Trips Notes

The beginning of the journey towards Luxury Everest Base Camp

You will arrive in Nepal, Kathmandu at Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon the arrival. Then the next day, in the early morning we will take a domestic flight to Lukla, approximately 40 minutes.

Don't Worry, We'll Pick You!

When you're new to any place, it's really hard to find places and many tourists have complained about the expensive taxi fare so, Discovery World Trekking provides free airport arrival and departure transfer on any flight for Everest Base Camp Trek 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.

Accommodation Details During The Trek

The Everest Base Camp Trek is a 14 days long trek with 13 nights at a mountain local lodges that provide basic facility and will make you feel homely with the warm hospitality of the local people. Two nights in Kathmandu is required as you would want to rest before and after the trek and is not included in the package. There is the excellent range of hotels for all kind of budgets. The accommodation is almost twin sharing basis- bed with mattresses, blanket and pillows. Hot showers will be available at an extra cost. Discovery World Trekking has good public relation with local service providers in the Himalaya region.

About The Meals

The meal package in this trek is very convenient. Three meal items of fourteen breakfasts, fourteen lunch and thirteen dinners are included in the package. The meals will be 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. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must) etc. at high altitude for health benefit.

Best Time To Trek

The weather is one of the most important factors to look at when deciding to trek to Everest Base camp. It is best suited to trek during the spring and the autumn. During the winters and monsoon, it becomes difficult to trek due to heavy snowfall, cold temperature and slippery trails. The average Everest Base Camp Temperature can range as high as -36° C (about -33° F) and can drop as low as -60° C (-76° F).

January to February

This time is the coldest, especially from early January to early February. This when there is heavy snowfall in the mountain and can result to extreme cold temperature. Though the daytime may be warm and admirable with clear skies, the night time would be extremely cold. It would not be suggested to trek during this time because the trek is challenging itself and the snow would make it tougher.

March to April

This is the best time of the season to trek in the Everest Base Camp Trek. The weather is very favourable through the trek. Stunning views of the Himalaya ranges and glaciers will be seen. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed their expedition in this time.

May to June

This is also the perfect time for trekking right before the rainfall. Nepal starts its rainfall from the end of June till mid of August. The season of spring and summer makes the trek much more enjoyable.

July to August

The rainfall hits at its peak during this time. Due to rainfall, it would not be advisable to trek during this season as the difficulty would rise. The trails would be very slippery. Flights to Lukla may get canceled due to landslides and flooding.

September to October

This is also one of the perfect seasons for the Everest Base Camp trek. This season is the peak of tourists due to the favourable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to 20 degrees in the day time and falls down to 5 degrees during the night time. 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 end. Tourists in this season are also attracted by the main festival of Nepal; Dashain and Tihar.

November to December

As winter slowly begins, snow falls begin in the Himalaya region and it eventually tough to trek. Nights will start to get colder. November is the busy season as it is the clearest month with sparkling days. The day time 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.

The weather in the Himalaya can be unpredictable and the temperature may change quickly from day to night.

Acclimatization

Altitude sickness is commonly faced by many trekkers and will need immediate treatment and shouldn't be left ignored. In this trek, we will be acclimatizing in two places; Namche Bazaar and Dingboche. This trek is relatively at ease compared to the Everest Base Camp 10 and 12 days' trek. At Namche Bazaar, trekkers can explore the famous Sherpa town and adjust to the thin air. We will also be having a second-day acclimatization at Dingboche where we will climb the ridge behind the village to take a look at the stunning views of the peaks. Our trekking leader and guide are well trained and experienced at high altitude and they have extensive first aid training as well. Your health and safety are important to us and we guarantee that it will be our very first priority. In case you have been rigorously affected, the only cure would be to descend immediately. Also, it is important to know that your group leader has the definitive response to decide whether you can continue the trek based on your overall health conditions.

Trip Grade: Fitness level, Medical, and Health

The Everest Base Camp trek is a challenging yet rewarding trek. The hiking will be from 5 to 7 hours a day depending on the destination, taking regular breaks where we admire the mountain views. The trek routes involve long climbs, steep descents and a steep forward trail in the rocky paths and the forests as well. To go on such treks, the fitter, the more comfortable and enjoyable the journey will be. If you have an experience or enjoy trekking, this may be an advantage for you. This trek is not recommended to those who suffer from sensitive medical conditions such as heart or lungs disease.

Trekking group/single

The group is generally about 2 to 12 packs on the trek. A group of 8 will be accompanied by a leader, assistant guide, and porters. We are also happy to organize a single private trek with your own family time frame.

A typical day on the 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 information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage's. 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 on board games like monopoly, cards and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

Communication on trek

On the Everest Base Camp Trek, the use of internet service will be available at the lodges with the service charge. You can contact your family and friends via the lodges, but once we reach high altitudes the connection may not work. Also, depending on the kind of network you use, there will be the signal but not very strong. On your request, we can provide you with a separate local sim card for good access to contacting your family and friends through your cell phone.

Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu will have to be arranged by self. Trekkers will have to bring personal spending money with them to cover costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, tips to the trekking crew members, souvenirs etc. We recommend bringing cash (dollars) which can be changed to rupees here.

Electricity and battery recharge, water on trekking

Throughout the lodges at Everest base camp trekking, electricity for the camera and mobile battery recharge is available by paying in price at all lodges. Most of the lodges have hydroelectricity and some of them have used the 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 suggested as drinking water.

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 the 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 at high altitude for trekking members.

We can recommend insurance companies to help you but we don't directly get involved in the sale of 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.

Passport and visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival in the Tribhuvan international airport. Visa 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 visa fee is the US \$40 for 30 days which have to be paid in cash. 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.

Money exchange

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

(1 USD = ~ Rs.100 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 security advantage of traveller's cheque, we prefer cash exchange to avoid hassles like a lengthy process and 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 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. Please note that 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?

The weight limit for your luggage, Porters will be assigned to carry your luggage. Two people will be assigned 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 the essentials, You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free.

Everest Base Camp Trek Safety

Discovery World Trekking guarantees our client's safety, security, and satisfaction. Safety is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, 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 leader to decide if he/she will further continue as health is very important. During the trek, every group will be together so that everyone is safe and won't wander off alone.

Equipment Checklist

Equipment lists for Everest Base Camp Trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings are suggestions that should be brought, although we understand that our clients have their own preference for clothing. Porters will be carrying the main luggage which should not

exceed more than 20kg. Equipment can be hired in Kathmandu as well.

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
- ☞ Light weight gloves
- ☞ Heavy weight winter gloves

Body

- ☞ Hiking shirts
- ☞ Long sleeved shirt
- ☞ Hooded rain jacket
- ☞ Fleece jacket
- ☞ Light weight cotton pants
- ☞ T- Shirt (bring Light weight wool)
- ☞ Polypropylene underwear
- ☞ Down jacket (available in rent in Kathmandu)
- ☞ Sweater
- ☞ Water proof 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 the high altitude trekking)

Toiletries

- ☞ Medium size drying towel
- ☞ Tooth brush
- ☞ Tooth paste
- ☞ Deodorant floss
- ☞ Bio degradable 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
20 Dec, 2019 - 03 Jan, 2020	\$3500 \$2950
23 Dec, 2019 - 06 Jan, 2020	\$3500 \$2950
25 Dec, 2019 - 08 Jan, 2020	\$3500 \$2950
27 Dec, 2019 - 10 Jan, 2020	\$3500 \$2950
30 Dec, 2019 - 13 Jan, 2020	\$3500 \$2950

FAQ's

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

Yes, you can. No matter who you are, as long as you are reasonably fit, can walk for 5-6 hours a day and trek/hike few uphill, Discovery World Trekking will support you to the fullest to transform your dream of standing at Everest Base Camp into reality.

What is the best Season for trekking Everest Base Camp?

Spring (March to June) and Fall (September to November) are the best seasons to trek Everest Base Camp. Discovery World Trekking can make arrangements if you wish to avoid the crowds in these season, DWT can make it happen in any season you want with all the safeties and fun.

How to avoid altitude sickness in Everest Base Camp?

- ☒ Cut off caffeinated, alcoholic and smoking items.
- ☒ Drink at least 4 liters of water a day.
- ☒ Trek slow. Don't skip the acclimatization days.
- ☒ Better to continue with Diamox (if any symptoms shows up).
- ☒ Drink Garlic Soup.

How long do I need to walk per day during my trek to Everest Base Camp?

The hiking will be 5-7 hours a day depending upon the landscape and destination.

How safe is Everest Base Camp trekking?

Discovery World Trekking guarantees 3S for the clients: safety, security and satisfaction. The team members of Discovery World Trekking will be carrying all the necessary gear, equipment and first aid kits and they have extensive first aid training. If a trekker falls sick on high altitude, the leader will decide whether to continue the trek. In case of emergency, Discovery World Trekking have rescue helicopter to bring you back from the higher elevation. Moreover, Discovery World Trekking also provides oximeter to monitor oxygen level at high altitude and offers regular health check-up facilities.

How long will it take to reach Everest Base Camp?

It takes 5 to 17 days to reach Base Camp depending upon the mode of transportation and packages of Discovery World Trekking offers.

What are the mode of transportation

You can either trek on foot or by a helicopter. Discovery World Trekking offers exciting and reasonable Helicopter trek to Everest Base Camp for 5 days and 10 days. Discovery World Trekking can also customize your tour as per your necessity.

Is Lukla Airport convenient for the flight?

Lukla is at 9,500 feet 2,850m above sea level. The higher 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. Discovery World Trekking will try to make your flight pleasant in any circumstances.

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

The flights are usually regular between October and May. But due to high altitude, bad weather and unforeseen technical issues, you may experience a delay or cancellation of the flight. On the occurrence of such events, Discovery World Trekking charters a helicopter to make sure you are on the safe schedule either for trek or for your flight back home which would cost 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.

What is the elevation of Everest Base Camp?

The Mount Everest Base Camp elevation is 17,600 feet (or 5,364m). You will start the trek after flying into 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 permits before starting the trek to Everest Base Camp?

You need Trekkers' Information Management Systems (TIMS) card and Sagarmatha National Park Entry Permit. Discovery World Trekking will help you with all those necessary paperworks and let you enjoy your holidays to the fullest.

Do I need Travel Insurance to trek in Everest Region?

You need travel insurance prior to booking the trek which must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members, which should be provided to us before you start your trekking. Discovery World

Trekking will help you to get a travel insurance for potential altitude sickness and unforeseen events due to sudden climate change.

What about the Insurance of guides and porters?

Yes, Discovery World Trekking ensures the expenses for insurance of its guides, porters and all the crews along with meals, salary, lodging, transportation and other necessary equipment.

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 altitude as this may have severe effects on a child's health. However, you need to be in 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 extra amount per kg for the excess baggage. Discovery World Trekking pays upto 5 kgs of extra baggage making your total to 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 snow falls
April	Max 10°C in the daytime to min -5°C in a night	Moderate temperature with amazing landscape, rhododendron and wildflowers
May	Max 15°C in the daytime to min 0°C in a night	Days are still long, warm, and sunny
June	Max 16°C in the daytime to min -1°C in 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 in a night	Stable weather condition
November	Max 6°C in the daytime to min -12°C in a night	Days are sunny and bright, cold during the night, sleeping bag is most.
December	Max 4°C in the daytime to min -14°C in 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.

What are the arrangements for night stay during the trek?

For the Everest Base Camp trekking, you will be staying at teahouses/lodges, generally offering twin sharing room and healthy local foods. Generally, the toilets are outside the room or the house in a squat form. Hot showers/running water are available at extra cost in most of the places.

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 meal in special areas for its clients.

What types of liquid do I need to drink at high altitude?

Garlic soup is must while trekking. Discovery World Trekking recommend trekkers to drink green tea, lemon tea, hot lemon ginger tea and drink at least 4 liter of water a day. However, it is better to avoid alcohol and alcoholic beverages, caffeinated items and hot-chocolates at high altitude.

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 concern to avoid altitude sickness and other probable sicknesses.

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 extra amount as service fee by the bank. So, Discovery World Trekking recommends you to pay in Cash to enjoy the benefit of discount. Any currency is accepted.

Do I need to tip my porter and guide?

Your porters are a big reason why you got a chance to feel something very few can have. Apart from guiding and carrying your necessities and being mindful of your safety, they want to see you happily succeed more than anyone like family and help you successfully complete the trek safely. So, your tips reflect gratitude towards them. So, tipping is a recommended culture for porters and guides in Nepal as a gesture of thankfulness.

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

Bottled water is easily available at low cost. But you can not use plastic bottles in the Everest region. So, they do not sell plastic bottled mineral water. 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 or Pokhara. Discovery World Trekking also provides water purifier pills.

What is the level of trekking to Everest Base Camp?

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

Can I buy the gear in Nepal and sell it afterwards?

Discovery World Trekking will introduce you to dozens of shops selling knock-off gear in Kathmandu. You can also barter those gears at the knock-off places but be sure you keep the receipt safely. Moreover, you can rent the needed gears if you do not want to buy them.

Is there Wi-Fi on the trek?

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



Discovery World Trekking

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