



# Mount Everest Base Camp Trek - 12 Days



## Trip Facts

Destination	Nepal
Duration	12 Days
Group Size	2-18
Trip Code	DWTK01
Grade	Challenging
Activity	Everest Trek
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.

One of the most adventurous trails on earth that rises to a height of 5,555m at Kalapatthar, and you will be setting your foot on the Base Camp (5,364m) itself....

Discovery World Trekking recommends all our clients to arrive in Kathmandu at least 24 hours earlier than the trip

departure day for trip briefing, boosting morale, and checking equipment. Since there are chances that flights to or from Lukla might run behind schedule, we also suggest our clients to add two days extra to the trip length.

## About the Trip

One of the most adventurous trails on earth that rises to a height of 5,555m at Kalapathar, and you will be setting your foot on the Base Camp (5,364m) itself. Furthermore, on your EBC trek, you will get to experience exquisite Himalayan geography, flora, fauna, and high-land Sherpa 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 (3,780m / 12,402ft)
- 📄 Chance to learn about Sherpa culture and lifestyles
- 📄 Enjoy the views of the world's highest peak, Mt. Everest (8,848.68m/29,029 ft.) up close.
- 📄 Views of other high peaks including - Mt. Lhotse(8,516m), Cho Oyu (8,201m), and Mt. Makalu (8,463m)
- 📄 Prayer wheels, colorful flags, Mani stones (prayer stones), high suspension bridges
- 📄 The wide range of flora and fauna
- 📄 Wildlife like musk deer, colorful pheasants, snow leopards, and Himalayan Thars
- 📄 The highest glacier on Earth- Khumbu Glacier (4,900m)
- 📄 Amazing panoramic views from Kala Patthar (5,555m)

### What is Included?

- ✔ Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes
- ✔ Total 11 Nights (Five nights at Lukla, Phakding, and Namche (3 Nights), room with private attached bathroom, six nights in standard room at Tengboche, Lobuche, Dingbuche (2 Nights) Gorak Shep, and Pheriche )
- ✔ All standard meals (12 lunches, 11 dinners, and 12 breakfasts) during the trek
- ✔ Government licensed English-speaking trek leader. For more than 12 trekkers, 1 assistant guide.
- ✔ Porter to help trekkers luggage. 2 trekkers will share 1 porter, Max weight limit for a porter- 18 kg (9 kg per trekker, weight limit). You can store non essential items in your hotel or at the DWT store.
- ✔ Covers guides' and porters' wages, their meals, insurance, lodging, transportation, flight, and other necessary equipment.
- ✔ Water purification tablets for safe drinking water
- ✔ Sagarmatha National Park entry permit fee
- ✔ Khumbu Pasang Lhamu Rural Municipality fees
- ✔ Snacks (cookies) and seasonal fresh fruits every day
- ✔ All government, local taxes, and official expenses
- ✔ Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- ✔ Souvenirs - company's T-shirt & Cap
- ✔ Discovery World Trekking's Appreciation Certificate after the successful trek
- ✔ Farewell dinner at the end of the trek

## What is Excluded?

- ⊖ International flight costs
- ⊖ 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 9 kg per Person) on the trek
- ⊖ All accommodation and meals in Kathmandu, before and after the journey
- ⊖ Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.
- ⊖ Personal expenses (shopping, snacks, boiled bottle water, hot (Tea / Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- ⊖ Personal clothing and gear
- ⊖ Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- ⊖ Tips for guides and porters (recommended)
- ⊖ Additional costs incurred due to causes beyond our control, for example, landslides, weather conditions, itinerary modifications due to safety concerns, illness, change of government policies, strikes, etc.
- ⊖ All other costs and expenses not listed in the - What is included in my 14 Days EBC tour package

## Overview

This is perhaps the most popular trek in the world. It takes you close to the top of the world at an elevation of **5,364m / 17,598ft**. The trek takes place in the Mt. Everest region - **Mt. Everest (8,849m/29,031ft)** is the highest mountain in the world.

The trekking area passes through breath-taking landscapes, spectacular lakes, glaciers, **traditional Sherpa villages**, and remarkable **Buddhist monasteries** that provide you with an insight into how local people adapt to these hostile terrains.

The **trek** with EBC destination starts with a scenic 40-minute flight to Lukla, followed by a short trek to **Phakding (2,610m/ 8,562ft)**. The landscapes you will be trekking will be spectacular, and exotic. On your trail, you will find yourself surrounded by gigantic mountains, and as you progress, you will reach **Namche Bazaar (3,440m/11,268ft)** - our destination for that day.

To adjust our bodies to high altitudes, we will **acclimatize one day at Namche Bazar**. But you have various options to spend the day. You can visit the Sherpa museum that provides a peek into the Sherpa lifestyle and their history, hike to Syangboche Airport for stunning views, visit yak farms, or walk up to **Hotel Everest View Hotel** (one of the highest placed hotels in the world - 13,000ft). You can also visit the famous **Khumjung Monastery**, believed to house a **yeti scalp**.

The next day we will leave Namche Bazaar and trek to **Tengboche** - the village famous for **Tengboche Monastery (3,867m / 12,687ft)**. The environment here is calm, peaceful, and spiritually rewarding. After spending the night at Tengboche, we will wake up early in the morning and continue our trek to **Dingboche (4,410m / 14,470ft)**.

From the path, you will be able to catch the awe-inspiring views of Mt. Ama Dablam. By the time you reach Dingboche, you will have gained a remarkable altitude. So we have allocated the next day for **acclimatization at Dingboche**.

While acclimatizing, we will take a short trek to **Dingboche ridge** to enjoy the panoramic views of Lhotse, **Island Peak**, and the backside of Ama Dablam. To the north, you get to see glorious mountains that rise over the **Khumbu Khola Valley**. After spending a day at Dingboche for rest and recharge, we will continue trekking towards **Lobuche** the next day.

An exciting path awaits as we ascend via Thukla Pass and reach the memorial park built to commemorate those who could not make it from this region. Our destination awaits a little further at **Lobuche (4,940m / 16,210ft)**, where we will be spending our night.

The eighth day of your **Trek** will be an extraordinary one because, on this day, you will reach the destination (**5,364m / 17,598ft**). But we start in the morning, leave Lobuche, move along the Khumbu Glacier and arrive at Gorak Shep. Here, we will be leaving our belongings and heading upwards to the destination.

Reaching this spectacular destination is a life-changing experience. Finally, your determination and willingness to endure difficulties will have triumphed, and you can count yourself among the very few people who have reached the EBC. From the destination, among other views, you will see **Khumbu Glacier** - the world's deepest glacier at **4,900m (16,100ft)**. After having some amazing time at the Base Camp, we will return to **Gorak Shep**, where we will be spending this day.

Early in the morning the next day, we will ascend to **Kala Patthar (5,555m / 18,208ft)** to catch the heavenly glances of the early sun rays hitting Mount Everest. We will descend back to Gorak Shep, have our breakfast, and head to Pheriche. Since we will have covered a long distance, we will be spending that night at Pheriche.

After spending the night at Pheriche, we will descend to Namche Bazaar the next day. Our path will move along the **Dudh Koshi river bank** and cross Tengboche village. By reaching Namche Bazaar, you have almost come to the end of the trek. We will spend the night at Namche Bazaar.

On our 11th day, we will be leaving Namche Bazaar and returning to Lukla, which marks the end of your trekking, and you will be staying at Lukla for the night. This marks the end of your **Tour Package**.

If everything goes as planned (depending upon the weather), you will be flying back to Kathmandu via Lukla Airport the next morning.

## Day to Day Itinerary

### Day 1

**Flight from Kathmandu (1,400m / 4,593ft) to Lukla (2,850m / 9,350ft). Trek to Phakding ( 2650m / 8562ft )**

#### Itinerary Facts

<b>Trek Distance</b>	6.2km / 3.8miles
<b>Flight Hours</b>	40 Minutes
<b>Highest Altitude</b>	2,850m / 9,350ft
<b>Trek Duration</b>	3 hours

Our journey starts after landing at the Lukla Airport. We will collect ourselves at **Lukla** and trek to Phakding. On the way, we will pass through **Chaurikharka Village**. This trek also helps us acclimatize. As the trek will be a short one, we will be visiting local monasteries around Phakding - specially **Rimishung Monastery**.



Overnight stay at Khumbu Travel Lodge, room with attached bathroom



Included standard meals (Breakfast + Lunch + Dinner)

### Day 2

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

#### Itinerary Facts

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

We will continue trekking along the northern bank of the **Dudh Koshi River**. The views from our path are stunning. As we cross many suspension bridges over the Dudh Koshi River, including the **Hillary Suspension Bridge**, we get a sense of wilderness and proximity to nature. The path ahead will lead us to the **Sagarmatha National Park**, where we will get our permits registered and head towards the dense forest from where we will get the **first glances of Mt. Everest**. But the destination for that day is **Namche Bazaar**, also known as the gateway to Everest.



Overnight stay at Sakura Guest House, room with attached bathroom



Included standard meals (Breakfast + Lunch + Dinner)

### Day 3

**Rest day and acclimatization at Namche Bazaar**

To make sure that your body adapts to heights, we will be staying at Namche Bazaar for acclimatization. Even though we will not be trekking, there are enough activities that can keep you busy in Namche.

Namche hosts numerous **Wi-fi connected** hotels, restaurants, and cafes. There are shops full of gear and souvenirs. We can visit other notable places such as **Hillary School**, Sherpa Settlements, **Syangboche Airport**, Yak farms, and **Everest View Hotel**, from where you can see the glorious Everest.



Overnight stay at Sakura Guest House, room with attached bathroom



Included standard meals (Breakfast, Lunch, Dinner)

### Day 4

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

#### Itinerary Facts

<b>Trek Distance</b>	9.2km / 5.7miles
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**Highest Altitude** 3,855m / 12,850ft

**Trek Duration** 5 hours

Our trek starts from Namche, and our destination is **Tengboche**. From our paths, we will be able to enjoy the stunning views of **Mt. Everest, Nuptse, Lhotse, and Ama Dablam**. The trail itself is challenging, and there are numerous ups and downs. But our efforts will be rewarded by the spectacular landscape and high-land wildlife views such as musk deer, pheasants, and Himalayan Thar. Before reaching our destination, we will be passing a small but pretty village of **Phunki Thenga**. The trails ahead will lead us to Tengboche, where we will visit the famous **Tengboche monastery**. The environment here is calm and spiritually uplifting.



Overnight stay at Hotel Good Luck



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** 12km / 7.45miles

**Highest Altitude** 4,360m / 14,290ft

**Trek Duration** 5 hours

On this day, we will leave Tengboche and head to **Dingboche**. On our path lie chortens, mani walls, and incredible small villages, but perhaps the most eye-catching view is that of the **Ama Dablam**. Our trek progresses alongside the **Lobuche River** as we enter **Imja Valley**, from where we will take a steep climb to Dingboche. At Dingboche, you will see cultivated fields surrounded by stones to protect the crops from the hostile climate.



Overnight stay at Hotel Good Luck



Included standard meals (Breakfast + Lunch + Dinner)

## Day 6

### Rest day and acclimatization at Dingboche

By reaching Dingboche, you will have gained substantial height, so it is time for acclimatization. We will mark this day by walking up the ridge above Dingboche, from where we can get panoramic close-up views of the snow-capped peaks - including **Lhotse, the backside of Ama Dablam, Island peak, Cho Oyu, and Makalu**. To the north of Dingboche, we can observe more Himalaya peaks rising over the Khumbu Khola valley. Dingboche village itself looks like a **piece of the earth untouched** since God created it.



Overnight stay at Hotel Good Luck



Included standard meals (Breakfast + Lunch + Dinner)

## Day 7

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

#### Itinerary Facts

**Trek Distance** 8.5km / 5.2miles

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

**Trek Duration** 5 hours

Our trek starts from a short uphill from Dingboche. Then, we'll be crossing a glacial moraine and a small collection of lodges. As trek elevates, you will be gaining better views of the mountains, and the trail leads to **Thukla Pass**, where there are memorial statues of the climbers who could not succeed. All in all, the trek will be quite enjoyable, and after reaching Lobuche, we will stop, take a rest and spend the night there.



Overnight stay at Mother Earth House



Included standard meals (Breakfast + Lunch + Dinner)

## Day 8

**Trek from Lobuche (4,930m / 16,175ft) to EBC (5,364m / 17,598ft) and back to Gorak Shep (5,185m / 17,010ft)**

### Itinerary Facts

**Trek Distance** 15km / 9.32miles

**Highest Altitude** 5,364m / 17,598ft

**Trek Duration** 6-8 hours

This day, you will be reaching your destination. But you will start the trek from Lobuche, through the lateral Khumbu Glacier moraine, until you reach **Gorak Shep**. Gorak Shep provides incredible views of some of the tallest mountains in the world. We will leave our belongings at Gorak Shep and head to the Base Camp. This is the highest you can trek to without using any equipment. It is a **great achievement, and in a way, you triumphed against all odds**, fueled by your courage and determination. You will probably recollect yourself and your memories of this **achievement throughout your life**.



Overnight stay at Buddha Lodge



Included standard meals (Breakfast + Lunch + Dinner)

## Day 9

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

### Itinerary Facts

**Trek Distance** 9.6km / 6miles

**Highest Altitude** 5,555m / 18,208ft

**Trek Duration** 5 hours

The ninth day marks the climax of the trip. We will wake up early in the morning and head to Kala Patthar to view the sunrise on Mt. Everest and other peaks. **Kala Patthar is a famous viewpoint** that provides a splendid panoramic view of Mt. Everest and other peaks. After spending some time at Kala Patthar, we will descend to Gorak Shep, have breakfast, and rest for a while. Then we will trek to **Pheriche**, our destination for this day.



Overnight stay at Himalayan Hotel



Included standard meals (Breakfast + Lunch + Dinner)

## Day 10

**Trek from Pheriche (4,250m / 13,945ft) to Namche Bazaar (3,440m / 11,285ft)**

### Itinerary Facts

**Trek Distance** 14.3km / 8.8miles

**Highest Altitude** 4,250m / 13,945ft

**Trek Duration** 6-7 hrs..

You have been ascending all the while, but it is time to come down. We will wake up at **Pheriche**, have breakfast, and **follow the Dudh Koshi River** to reach Namche Bazaar, where we will be spending our night.



Overnight stay at Sakura Guest House, room with attached bathroom



Included standard meals (Breakfast + Lunch + Dinner)

## Day 11

## Trek from Namche Bazaar (3,440m / 11,285ft) to Lukla (2,850m / 9,350ft.)

### Itinerary Facts

**Trek Distance** 13.5km / 8.3 miles

**Highest Altitude** 3,440m / 11,285ft

**Trek Duration** 6-7 hrs

Our final day of trekking will take us back to Lukla. We will be returning back to the Dudh Kosi valley. From this direction, the views will be entirely different. Soon enough, we will reach Lukla. We will stay **overnight at Lukla** looking forward to a flight back to Kathmandu the next day.



Overnight stay at Comfort Inn, room with attached bathroom



Included standard meals (Breakfast + Lunch + Dinner)

## Day 12

### Fly back to Kathmandu (1,400m / 4,593ft) from Lukla (2,850m / 9,350ft)

### Itinerary Facts

**Flight Hours** 40 Minutes

If everything goes according to the schedule, on this day, we will be flying back to Kathmandu in the early morning after breakfast. We assume that your **40-minute flight back to Kathmandu** will indeed be relaxing. You will probably be recollecting the memories that you made during this trip.

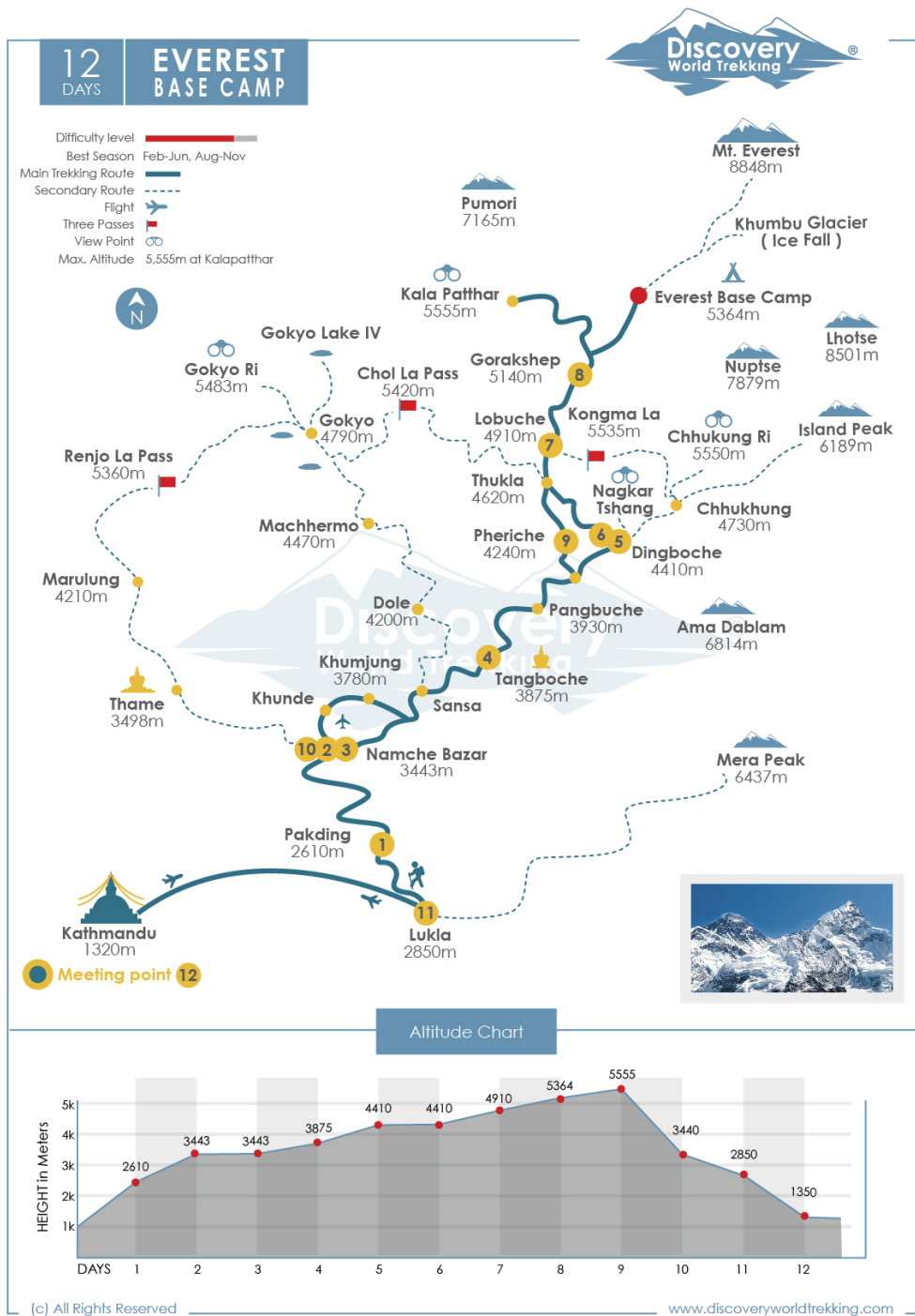
On this day, DWT will be organizing the **farewell dinner**.



Included standard meals ( Breakfast + Farewell Dinner)



# Route Map



## Trips Notes

### Things to know about the Package

The word Everest conjures up **feelings of bravery and inspiration** for all generations. Legends -**Tenzing Norgay & Sir Edmund Hillary** - first summited Everest more than half a century ago in 1953, and since then, thousands of people have been coming to this region - some just for sightseeing, some for trekking, and very few for climbing.

The legendary EBC trek start from Lukla, which has a population of less than 1,500 and is located at the height of 2,860m.

This area is very **thinly populated**, most likely because of the harsh terrain and frigid climate. So, as you trek on this route, you will be traveling in the high-altitude wilderness. However, you need not worry as **you will be in good hands**.

### Trek Package

When you arrive at **Tribhuvan International Airport**, **we'll welcome you** and take you to your hotel.

A day before your trip departure date, we will be organizing a **briefing** to encourage you, let you know what to expect, and check the equipment you will need.

We will begin our **EBC Trek early in the morning** with a scheduled 40-minute flight to Lukla.

Kathmandu to Lukla and Lukla to Kathmandu flight costs are included in the Tour package!

### Welcoming you to Nepal

We provide you **free transfer service from Tribhuvan International Airport (TIA)** to your hotel when you arrive and from your hotel to the TIA when you depart. When you arrive at TIA, our DWT representative will be holding a pamphlet with your name on it. As a gesture of welcome, they will present you with a **marigold garland or khada**.

### Accommodation during Trek

This package covers an **11 nights stay** at the best accommodation hotels/lodges that lie on the way to our destination. We will be staying **five nights** at Lukla, Phakding, and Namche (3 Nights) in **rooms with private attached bathroom**, and six nights at Tengboche, Lobuche, Dingboche (2 Nights) Gorakshep, and Pheriche in **standard rooms**.

Two nights of Hotels in Kathmandu before and after the trek is expected but not included in the package.

Hot showers, Wi-Fi will be available at some places for extra costs.

### Food during the Trek

Some of the popular menu items are -

**Twelve 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 - varieties of Teas, Coffees, Hot Chocolates, etc.

**Twelve lunches** - Dhal, Bhat & Tarkari, Tibetan Bread, Various Soup Items, Sherpa Stew Steaks, Sandwiches, Momo (Dumplings) Macaroni Dishes, Tenduk, Spaghetti Noodles, Thukpa, Pasta, Vegetable Curry, Potatoes, Salad, Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Dessert Items (Rice Pudding, Apple pie, etc)

**Eleven dinners** - Dal (lentils), Bhat (Rice) & Tarkari (Curry), Tibetan Bread, Various Soup Items, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni Dishes, Tenduk, Spaghetti Noodles, Thukpa, Pasta, Vegetable Curry, Potato Items, Vegetables, Salads, Pizza (Tomato, Mushroom, Mixed), Snacks, Papad, Prawn, Korean Raman, Dessert Items (Rice Pudding, Apple Pie), Steaks are available on the menu.

We handpick the lodges/restaurants that provide fresh, hygienic, delicious, and nutritious food. The menu is a blend of local (traditional), Asian, and Western cuisine, but as we climb higher, the menu gets shorter.

We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea, fresh vegetable items, and garlic soup(must) at high altitudes.

Though plenty of non-veg items will be available, we recommend avoiding them for quality concerns. We highly suggest you avoid dairy, cheese items, alcoholic drinks, caffeinated items, or hot chocolates.

All personal bills (alcoholic drinks, hot (tea, coffee) drinks, and cold drinks) in tea houses/ lodges or cafes except standard meals (breakfast, lunch, dinner with seasonal fruits) are excluded from the package.

### Best time to trek

The climate is the determining factor that hugely influences the success of the trek. But, it is difficult to predict the weather in the Everest Region accurately.

Though **professionals, locals, and thrill-seekers trek to the Base Camp throughout the year**, the best time to trek to EBC is either **Spring or Autumn** for warmth and a higher possibility of clear skies.

The trek during winter and monsoon becomes a bit challenging but doable. DWT organizes trek during these seasons as well.

The weather in the Himalayas is unpredictable and the temperature may change quickly.

### EBC : The season of the cold (January and February)

This is the **coldest season** with heavy snowfall and low temperatures. Daytime is mostly warm, but nights are frigid. Though DWT conducts the Trek during these times, we do not recommend you to trek during these two months, especially if you have cold allergies. However, if you decide to trek during these months, our team will ensure that you are safe, secure, and comfortable.

Temperature: 15°C to -15°C.

### EBC : The best season (March to April)

March to April is also **a fabulous season to hike** the Base Camp. This season provides stunning views of the Himalayas and fascinating glaciers. From March, the weather starts to warm up, and by the mid of March, the skies are clear, and the snow mountains will look at their best.

Temperature: 18 °C to -12 °C.

### EBC : The good season (May to June)

May to June is also **a great time to trek**, as it is a pre-monsoon period. Normally, it starts to rain in Nepal from June and lasts till mid-August. So if you want to avoid the rain and trek while the temperature is warm, this is the perfect time for you. The views during this time are exciting and beautiful.

Temperature: 25°C to -5°C.

### EBC: The season of rainfall (July to August)

During this time, the **rainfall in Nepal** is in its full swing, and flights to Lukla may get canceled. Trekking starts to get challenging but not impossible. If you decide to trek during this period, DWT will ensure your safety, security, and comfort. One advantage of trekking during this season is that the trails are less crowded, and the waterfalls look lovely.

Temperature: 27°C to 5°C.

### EBC: The perfect season (September to October)

September to October is also **one of the perfect seasons for the EBC Trek**. As the monsoon slowly retracts, the weather looks very inviting, and a swarm of trekkers will be on their way to the Base Camp. Because of the weather, views, and comfort level, we recommend you to trek during this time.

One additional advantage- this is also the **festive season in Nepal**, and if you trek during this time, you will get to enjoy the festive celebrations.

Temperature: 20°C to 5°C.

### **EBC : The fine season (November to December)**

The month of **November provides a great time** to trek, the skies are clear, and the views of mountains are breathtaking. The daytime temperatures are very stable. As November progresses, the winter slowly appears, snowfalls begin, and trekking starts to get tougher. By December, the temperature falls to yearly lows.

Temperature: 18°C to -10°C

### **How long does it take in order to acclimatize to reach EBC?**

The highest altitude we will be reaching is **Kala Patthar at 5,555m**. Our trip itinerary consists of two days of rest and acclimatization at Namche and Dingboche. Altitude sickness is quite common but preventable. However, if you ignore the symptoms, it might get serious.

Discovery World Trekking **guides and trek leaders** have completed **extensive First Aid Training** and use oximeters to **monitor your oxygen level** for early altitude sickness detection. Moreover, we have designed our itinerary to prevent altitude sickness. However, for severe mountain sickness cases, the only cure is to descend immediately. Your group leader has the authority to stop ascent, keeping in mind the conditions of vulnerable people.

### **EBC Trip Grade: Fitness level | Health info**

Exercising regularly for a couple of weeks before the trip departure enhances your stamina. Anyone with normal fitness can accomplish the trek. However, the fitter you are, the more enjoyable your experience will be. We recommend you **conduct stamina developing exercises** a few weeks before your trip departure.

**Past hiking experience** would be an added advantage, but no technical experience and skills are necessary.

**Participants who can hike 5 to 6 hours a day**, at a reasonable pace, with a light day pack can complete this trip.

Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us or consult their physician before booking the trek.

### **EBC Trekking in group | single**

We organize groups as well as private treks. Group discounts are available based on your team size. The **bigger your team is, the more discount you will get**. Please view our price list for details. Just click on the - **we offer group discount** -on your right.

However, if Discovery World Trekking assembles the group, you will not be eligible for discounts.

**We can handle all group sizes**. Your group will consist of a group leader, a porter for every two trekkers, and an assistant guide for a group of 12 or more.

### **A typical day during the Trek**

Every day brings a **unique experience of trekking, climbing, enjoying the scenery, taking photos, and exploring the local villages**. Qualified expert Sherpas will be sharing information and historical facts about the places as you trek.

The day starts with **breakfast**, and then we set off on that day's walk around **7 AM to 8 AM**, depending on the duration and nature of the walk. After trekking for three to four hours, we will have lunch and take some rest, then continue forward to that day's destination.

Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. You will have some free time to explore nearby places.

You will have **dinner between 6 PM to 7 PM**, and after dinner, we will have time to socialize. Your trek leader will brief you about the next day's plan. After the briefing and before going to bed, you will have time to enjoy yourself by reading, playing monopoly, cards, or watching mountaineering documentaries.

## Communication during the Trek

You can enjoy **wi-fi at lodges/restaurants/hotels for an extra cost**, but at high altitudes, communication will be through phones. Our DWT office in Kathmandu will be in contact with each team through the trek leaders at least once a day. The mobile signal at high altitudes is poor. If you want, **you can buy a local sim card easily in Kathmandu**.

You can get Wi-Fi access at lodges/hotels for extra cost.

## Extra personal expenses during the trekking

Meals and accommodations in Kathmandu are excluded from our package. You can easily book **hotels/lodges (both luxury & budget)** online, or we can do it at your request.

You will need to bring some spending money for **meals and accommodations in Kathmandu, visa processing, travel insurance policy purchase, beverages, snacks, hot and cold drinks, tips to the trekking crew members, souvenirs, etc.** We recommend you to **bring cash** (dollars or other major currencies), which you can change to Rupees. You can only use Nepali currency in the Nepali market.

## Electricity and battery recharge, water on the EBC trek

At our trekking paths in lodges/hotels, electricity for the camera and mobile battery recharge is available at an extra cost. You can either **buy packed mineral water** from the lodges or **fill your water bottle with boiled water** there. We can provide you with a water purification pill to make water drinkable.

You shouldn't drink water from the rivers, taps, or wells on the path as it might not be drinkable as it seems.

## Travel insurance for the Trek

Travel insurance is **compulsory specifically for this Trek**. All the trekkers must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation - including **helicopter rescue and evacuation expenses** at high altitudes (**up to 6000m**).

We can recommend insurance companies based on the recommendation of our previous clients, but we do not sell insurance policies.

Trekking members are kindly requested to send their details - including insurance information, once they book for the trekking. In case of emergencies, **we will be using your insurance policy and the informational documents** you send us. It will help us arrange a quick and effective rescue operation and transfer to a medical facility if required.

Before buying travel insurance, call the company and recheck if they have heli-rescue and evacuation at altitudes up to 6000m.

## On-arrival Tourist Visa

**All foreigners except Indians require a visa to enter Nepal.** You can get an **on-arrival visa at Tribhuvan International Airport**, and you can extend your visa at the immigration office. You can find the details here - [www.immigration.gov.np](http://www.immigration.gov.np).

For visa application, you need the following things.

- a passport with six months validity
- a passport size photo
- the cost of the visa is USD 50 for 30 days, which has to be paid in cash on arrival at Tribhuvan International Airport

**Please note** that citizens from some countries like Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan may not receive the on-arrival visa. So, citizens from these countries need to contact the nearest Nepalese embassy.

## Money exchange in Nepal

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

(1 USD = ~ Approx Rs.110-120 NPR)

You can exchange most foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Legal currency exchanges have their ongoing rates displayed visibly on their premises. Please be advised that **only 100 and 2000 Indian Rupee notes are legal in Nepal**. If you carry other Indian notes, they might be confiscated.

**We prefer cash exchange to avoid hassles like a lengthy process and high bank commission rates.** You can withdraw cash (in Rupees only) from ATMs in Kathmandu and Thamel itself; these **ATMs are open around the clock**. If you are using a foreign card, the maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee.

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 or money exchange services. Hence, you should exchange your money in Kathmandu.

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

### How much luggage can I take during this trek?

The **luggage weight limit is 9 kg per trekker**. A porter carries luggage for two persons, and the maximum weight they carry is 18 kgs.

We never overload our porters and expect you to carry a small backpack with your valuables and essentials. You are free to store your excess baggage either in your hotel or at the Discovery World Trekking store. **DWT store facility is completely safe and free of charge.**

### Safety precautions during Trek

Discovery World Trekking pays special attention to **client safety, security, and satisfaction**. We carry all necessary gears, equipment, first aid kits, and all of our trek leaders/guides have received first aid training.

If someone in the team gets sick, your team leader might stop ascending. **In emergencies, we will perform swift helicopter evacuation.** Since we will be trekking in groups, we will remain safe together in the Himalayan wilderness.

### Equipment Checklist

As this Trek takes you to cold, remote places, you need to be extra careful while packing your things. DWT provides a checklist for gears & equipment. We advise you to carry only the basic clothing and accessories, and you can always consult us to make sure you have the essentials.

Here is a list of clothing & gear items you will need on the trek.

#### 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 a 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
08 Dec, 2022 - 19 Dec, 2022	\$4500 \$1050
10 Dec, 2022 - 21 Dec, 2022	\$4500 \$1050
13 Dec, 2022 - 24 Dec, 2022	\$4500 \$1050
15 Dec, 2022 - 26 Dec, 2022	\$4500 \$1050

Departure Dates

Price

17 Dec, 2022 - 28 Dec, 2022

\$4500 \$1050



# FAQ's

## 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 turbulence, which, though not dangerous, may be tough on passengers.

Lukla is **the country's busiest airport** that serves as the **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 or from Lukla is canceled or delayed?

We recommend you to **allocate extra 2 / 3 days** for the hike to account for unpredictable weather. In rough weather, flights from **Lukla to Kathmandu** or vice versa get canceled. In such cases, 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 schedule either for the trek or your flight back home. However, you will have to bear the helicopter cost. But, if the visibility is less than 1,500 meters, it is impossible to operate a helicopter, and Discovery World Trekking will reschedule the flight.

## What is the elevation of EBC?

The elevation of EBC is **17,600 feet (5,364m)**. You will start the trek after flying into Lukla which is 9,383 feet (or 2,845m). Most trekkers hike to **Kala Patthar (18,514ft / 5,555m)** for sunrise or sunset.

## Do I need travel insurance to trek in the Everest Region?

There are chances that you may need a quick helicopter ride back to Kathmandu to **avoid health emergencies**, so **adequate insurance is a must**. The insurance has to cover helicopter rescue & medical evacuation expenses at high altitudes.

## What about the insurance of guides and porters?

**Our team members** - including guides and porters- **have insurance**, and the company covers their expenses.

## Do I need to bring medicines for trekking to EBC?

**If you are allergic to specific medicines, it is better to consult your doctor** and bring your own medicines. Discovery World Trekking regards its clients as family members and takes safety measures to avoid altitude and other sicknesses.

## Is there an airport pick-up service by the company?

You will see a Discovery World Trekking representative welcoming you outside the Tribhuvan International Airport arrival lounge **holding a pamphlet with your name on it**. S/he will take you to your selected hotel in a **private vehicle**.

## I am a vegetarian. Will I get enough meals during the trek?

Discovery World Trekking does not recommend non-veg items at trekking regions because the meat in such places may not be hygienic. We also strongly advise you to avoid dairy and cheese items along with alcohol. So, our packages are **suitable for all - vegans, vegetarians, and non-vegetarians**.

## Is there a cancellation or refund policy?

Discovery World Trekking **has** cancellation and refund policies. Please visit our terms and conditions page for more information.

## What is the booking and payment method for the trek?

We require a **10% advance for confirming the booking**, which you can pay by bank transfer, western union, or online through our site. You can pay the rest of the trip cost in cash, by bank transfer, western union, or using a credit card. We will email you payment details- including modes of payment available.

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

**Bottled water is easily available at a low cost**. But you cannot use plastic bottles in the Everest region. So, it is better to carry a thermos with boiled and filtered water. You may need to **use water purification drops or tablets**, which you can either bring from your own country or buy in Kathmandu. Discovery World Trekking also provides water purifier pills.

## What is the level of trekking to the EBC?

The trekking level is **challenging**. Discovery World Trekking tries its best to make your journey as safe, easy, adventurous, and joyful as possible.

### **What is the luggage weight limit for the Lukla flight?**

The weight limit on flights to the Everest region, basically to Lukla, is 10 kg. You are allowed to hand carry 5 kg making **your total 15 kg**.

### **Is Wi-Fi available during the trek?**

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

### **Can individuals of every age group hike to the Base Camp?**

There is no age limit for this Trek. However, **we do not advise children below ten years of age** to climb high altitudes. All trekkers need to be in normal shape and able to walk at a normal pace for 5 or 6 hours a day. **We do not recommend** this trek to people with sensitive medical conditions **such as heart or lung disease**.

### **What is the temperature at the base camp now?**

The climate on the way to EBC is constantly changing and difficult to predict. Here is a list of probable temperatures and weather conditions each month.

<b>Month</b>	<b>Temperature</b>
January	Max 4°C in the daytime to min -17°C in the nights and mornings
February	Max 4°C in the daytime to min -15°C in the nights and mornings
March	Max 7°C in the daytime to min -12°C in the nights and mornings
April	Max 10°C in the daytime to min -5°C a night
May	Max 15°C in the daytime to min 0°C a night
June	Max 16°C in the daytime to min -1°C a night
July	Max 15°C in the daytime to min 2°C in a night
August	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

October                Max 12°C in the daytime to min -6°C a night

November             Max 6°C in the daytime to min -12°C a night

December             Max 4°C in the daytime to min -14°C a night

### **What is the best Season for trekking EBC?**

Spring (March to June) and Fall (September to November) are the best seasons to trek. You can make arrangements if you wish to avoid the crowds in these seasons by contacting the tour operator.

Note: DWT can make it happen in any season you want with all the safeties and fun.

### **Do people get altitude sickness at EBC?**

**Altitude sickness** is common at such heights. However, with precautions, they **can be avoided**. Here are some ways to prevent altitude sickness.

- ☞ **Avoid caffeinated and alcoholic drinks.**
- ☞ **Do not smoke.**
- ☞ **Drink at least 4 liters of water a day.**
- ☞ **Trek slow. Do not skip the acclimatization days.**
- ☞ **Use Diamox (if any symptoms show up).**
- ☞ **Drink Garlic Soup.**

### **Can I rent/buy the gear in Nepal and return/sell it later?**

Discovery World Trekking can introduce you to dozens of shops selling knock-off gear around Thamel in Kathmandu. You can also **barter or rent** the needed gear/equipment at these places. Thamel is full of shops ready to sell you **new gear/equipment** you need at moderate prices.

### **What is the luggage weight limit for a porter?**

Discovery World Trekking will provide one porter for two trekkers to carry 18 kgs of luggage (**maximum 9 kg for each trekker**). Porters not only carry your equipment but also lift your spirit to reach new heights, and your love, affection, and generosity inspire them to work hard to take you to your destination.



## Discovery World Trekking

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**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

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Quick Questions? Email Us

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