



Everest Base Camp Short Trek - 10 Days



Trip Facts

Destination	Nepal
Duration	10 Days
Group Size	2-6
Trip Code	dwt001
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 Flights (Ktm-Lukla-Ktm) and Pick up & Drop off by Private Transportation (Hotel)

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

If you are seeking a bold adventure in the Himalayas, Everest Base Camp Trekking or EBC trekking is for you. The EBC trek starts from Lukla (2,850m), passes through challenging...

We recommend all our valuable clients arrive at least one day (in the afternoon) before the trip departure date to take part in the trip briefing. At the trip briefing, you will get a chance to re-check your equipment, get trip details, and know about the weather condition. DWT strongly recommends our guests allocate one or two extra days for the trip so that you will not miss your international flight due to possible Kathmandu-Lukla - Kathmandu flight delays.

About the Trip

If you are seeking a bold adventure in the Himalayas, Everest Base Camp Trekking or EBC trekking is for you. The EBC trek starts from Lukla (2,850m), passes through challenging terrains, beautiful vistas, traditional Sherpa villages, magnificent Buddhist monasteries, and ascends to Everest Base Camp at 5,364m. However, we will be climbing further to Kala Patthar at 5,555m for better views.

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

Highlights

- 📄 Sherpa culture, their lifestyles, and peaceful monasteries -including the Tengboche monastery.
- 📄 Breath-taking views of the world's highest peak, Mt. Everest (8,848m).
- 📄 Other peaks Mt. Lhotse (8,516m), Mt. Makalu (8,463m), and Cho Yu (8,201m)
- 📄 Wide range of high-land flora and fauna.
- 📄 Stunning Khumbu Glacier
- 📄 Wildlife like snow leopards, musk deer and Himalayan Monal
- 📄 Panoramic view from Kala Pathar (5,555m)
- 📄 One of the world's highest airport at Syanboche
- 📄 The ancient monastery in Tengboche

What is Included?

- ✔ Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes
- ✔ Total 9 nights (Four nights at Lukla, Phakding, and Namche (2 Nights), rooms with private attached bathrooms. Five nights in standard rooms at Tengboche, Lobuche, Dingbuche, Gorakshep, and Pheriche)
- ✔ All standard meals (10 lunches, 9 dinners, and 10 breakfasts) during the trek
- ✔ Government licensed English-speaking trek leader. For more than 12 trekkers, 1 assistant guide.
- ✔ Porters to carry trekkers luggage. 2 trekkers will share 1 porter. Max weight limit for a porter- 18 kg (9 kg per trekker, weight limit).
- ✔ 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 (USD 50 for 30-day stay)
- ⊖ 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 10 days EBC Trek Package.

Overview

Mt. **Everest Base Camp Trek** forms a part of a to-do list for serious trekkers. This part of the world is quite secluded, peaceful, and the trails are challenging. In fact, the **Everest Base Camp hike** serves as a playground for adventure and thrill-seekers worldwide.

Mt. Everest(29,029ft / 8,848.68m), does not stand secluded, other tall peaks that lie in the same vicinity are **Lhotse** (8,516m / 27,940 ft), **Nuptse** (7,861m / 25,791ft), **Makalu** (8,485m / 27,838ft), **Cho Oyu** (8,189m / 26,867ft)), **Ama Dablam** (6,812m / 22,349ft), **Thamserku** 6,608m / 21,680ft), **Island Peak** (6,189m / 20,305ft), **Mera Peak** (6,476m / 21,247ft), **Lobuche** (4,940m / 16,210ft) . The biodiversity in this region is very rich and particularly so in **Sagarmatha National Park**, which is also a world heritage site.

The journey to the **EBC trek** begins with a 40-minute mountain flight from Kathmandu to Lukla.

On the first day, after setting foot on Lukla, we will trek to **Phakding** (2650m / 8,562ft). On the following day, we will head to **Namche Bazaar (3,440m)** - the Sherpa capital of Nepal or also known as the gateway to Everest Base Camp, on our second day.

On this day, we will be walking in some of the remotest parts of the world - walking through breathtaking terrains, passing numerous suspension bridges, and viewing changing flora and faunas, as we ascend. Alongside your trek, you can see the various **carved stones** called Mane and Chorten, which hold religious significance for Buddhists.

We will also pass through some of the most amazing places - like **Syangboche Airport** (Nepal's Highest altitude Airport), Yak Farm, Hillary School, and **Khumbu Monastery**, which is believed to house yeti scalp.

Since this is a 10-day trek, we will continue trekking forward, leaving Namche Bazaar behind and heading to Tengboche - known for **Tengboche monastery (3,855m / 12,850ft)**. The monastery looks fabulous with high mountains in the background, and the environment is calm and peaceful, just as you would expect in any spiritual setting. We will spend the night in Tengboche - an almost **spiritual refuge**.

On our fourth day of the Everest Base Camp hike, we leave Tengboche and trek towards **Dingboche (4,410m / 14470ft)** - our destination for that day. The trekking effort that we will be putting in will be handsomely rewarded by the views of glorious peaks and amazing landscapes. Dingboche Valley itself is surrounded by **ChhuKung Ri (5,550m / 18,209ft)**, and it is comparatively warmer here. The **Imja River** flows from **Imja Lake (5,004m / 16,417ft)**, which lies in this valley.

The next day we will continue our journey from Dingboche to **Lobuche (4,930m / 16,175ft)**. On the way, you will get to see spectacular views of mountain peaks like the **Mahalangur Himal, Pumori, Lingtren, and Khumbutse**. By the time you reach Lobuche, it will almost be evening, so we will spend our night at Lobuche looking forward to reaching Everest Base Camp (5,364m / 17,598ft) the next day.

On our sixth day, we will be reaching our destination Everest Base Camp, but first, we will bid goodbye to Lobuche and head to **Gorak Shep**. In the late afternoon, we will reach Gorak Shep, where we will leave our belongings, and then **ascend to the Everest Base Camp (5,364m / 17,598ft)** - our destination.

While on the EBC, you might find yourself rewinding your memories, reflecting upon the hardships you faced, your struggle with nature, and the rewards you have been able to reap. Reaching the EBC camp is **a huge achievement** by any standard. After spending some time in the Everest Base Camp, we will climb down back to Gorak Shep, where we will be spending that night.

Early in the morning of our seventh day, we wake up early in Gorak Shep and head to **Kala Patthar (5,550m / 18,208ft)** to catch the heavenly glimpses of the **dawn breaking on Everest**. It will probably be the moment you will cherish throughout your life. The view of Khumbu Glacier from Kala Patthar adds substantially to the amazing beauty that you get to enjoy. The experience you gain through **EBC Trek** will surely encourage you to face challenges and meet them in your life.

After spending some of the best moments of life in Gorak Shep, we will head back to **Pheriche (4,371 m / 14,341ft)**. The way should be easy as you will be descending. One remarkable place you will be passing is the **memorial park** dedicated to those who could not conquer the hostile terrain. We will continue our trek and reach Pheriche, where we will be spending the night.

The next day, we will wake at Pheriche, have breakfast, and start our trek to Namche Bazaar. The trails are quite gentle and pass through magnificent rhododendron trees that provide cover for highland wildlife like **mountain goats, snow leopards, pheasants, etc.** We will continue on our way until we reach Namche Bazaar, the destination for our day.

On our ninth day, we will leave Namche Bazaar and head to Lukla. This day marks the end of our trekking, and on the way, you might feel nostalgic as you are back from where you started the trek. But before you reach Lukla, you will be passing through a small beautiful village - **Tok Tok**. After reaching Lukla, we will rest, relax, and spend the night anticipating a return to Kathmandu the following morning.

Early on our **tenth day**, we will catch our scheduled **flight to Kathmandu**. The flight will be comfortable, and it will also provide you time to look back, reflect upon your achievements, and relive your memories.

Day to Day Itinerary

Day 1

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

Itinerary Facts

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

Early in the morning, we will head to the Tribhuvan International Airport for a **40-minute scenic flight** to Tenzing Hillary Airport at **Lukla (2,804m)**. From Lukla, we will follow the Dudh Koshi River, until we reach Phakding. The trip will be light, as it also serves acclimatization.



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

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

We will continue following **Dudh Koshi Riverbank** on the second day, crossing rivers on several suspension bridges, including the most popular **Hillary Suspension Bridge**. Little ahead lies **Sagarmatha National Park**, where we will register our permits, climb uphill and continue until we arrive at Namche Bazaar - the gateway to Everest Base Camp.



Overnight stay at Sakura Guest House, room with attached bathroom



Included standard meals (Breakfast + Lunch + Dinner)

Day 3

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

Itinerary Facts

Trek Distance	9. km / 5.7miles
Highest Altitude	3,855m / 12,850ft
Trek Duration	5 hours

It is yet another exciting day on the trail. We leave Namche Bazaar for Tengboche on a path that constantly elevates, but the views of Everest, Nuptse, Lhotse, and Ama Dablam are fantastic. As we pass through the **pine forest**, you might be able to see **high-land wildlife** like musk deer or Himalayan Thar. The trails are exciting and, on the way, we will be passing through several suspension bridges decorated with prayer flags. When we reach Tengboche, you will be able to see the magnificent **20 feet Buddha statue**.



Overnight stay at Hotel Good Luck



Included standard meals (Breakfast + Lunch + Dinner)

Day 4

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

Itinerary Facts

Trek Distance 12 km / 7.45miles

Highest Altitude (4,360m / 14,290ft)

Trek Duration 4,360m / 14,290ft

There is a lot to cover for this day. So, we start early in the morning at Tengboche and start our trek. The path gradually elevates and passes through small villages, chortens, and mani walls. We will be moving forward along the **Lobuche riverbank**, entering the **Imja Valley to reach Dingboche**. Dingboche is famous as a perfect viewpoint for **Ama Dablam Peak (6,812m)** and **Mt. Lhotse (8,516m)**. We will appreciate the views from Dingboche and spend the night in this scenic village.



Overnight stay at Hotel Good Luck



Included standard meals (Breakfast + Lunch + Dinner)

Day 5

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

By this day, you will have completed half of your trek, and you just need to **wait a day** more to get to Everest Base Camp. We start this day's trek from Dingboche, but the destination is **Lobuche**. The trail progresses along with Khumbu Glacier, passes through several lodges, and a **stone memorial** - built to commemorate those who could not succeed in this harsh terrain. When you reach Lobuche, you will realize that it is a comparatively larger settlement full of shops and hotels.



Overnight stay at Mother Earth House



Included standard meals (Breakfast + Lunch + Dinner)

Day 6

Trek from Lobuche (4,930m / 16,175ft) to Everest Base Camp (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

Finally, your wait will be over today as our trek takes you to **Everest Base Camp (5,364m)**, the nearest you can be to Mt. Everest - (unless you want to climb it). We will leave Lobuche in the morning, trek through the lateral moraine of the Khumbu Glacier, climb over steep trails until we reach **Gorak Shep**.

We will leave our belongings at Gorak Shep and climb up to the Everest Base Camp. At the Everest Camp, you will probably feel proud of yourself - and it is an event worth celebrating. The views you get to enjoy are stunning, and you will probably remember them throughout your life. After spending some time at the Everest Base Camp, you will **come down to Gorak Shep**, where we will stay for the night.



Overnight stay at Buddha Lodge



Included standard meals (Breakfast + Lunch + Dinner)

Day 7

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

13,945ft)

Itinerary Facts

Trek Distance 9.6km / 6miles
Highest Altitude 5,555m / 18,208ft
Trek Duration 5 hours

You get to witness some of the best dawns in your life on this day. We **wake at Gorak Shep** and climb up to **Kala Patthar**, from where you will get to see the first rays of the sun strike Mt. Everest and the other Himalayas. It also provides you the perfect chance to click stunning pictures which you can share with the world. After enjoying the dawn, we return to Gorak Shep, have our breakfast, and trek to Pheriche, our destination for that day.



Overnight stay at Himalayan Hotel



Included standard meals (Breakfast + Lunch + Dinner)

Day 8

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

This day is the **second last day at the trekking trails**, and since you will be climbing down, the trek will be relatively easy. You will be passing through the rhododendron forests, where we might get to see the Himalayan wildlife - **mountain goats, colorful pheasants, and snow leopards**. We will also be crossing the suspension bridge on **Dudh Koshi** to reach Namche Bazaar.



Overnight stay at Sakura Guest House, room with attached bathroom



Included standard meals (Breakfast + Lunch + Dinner)

Day 9

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

Itinerary Facts

Trek Distance 13.5km / 8.3miles
Highest Altitude 3,440m / 11,285ft
Trek Duration 6-7 hrs

This is the **final day at the trails**. The trek is quite long but self-gratifying. You will be walking down to **Dudh Koshi Valley**, and as we progress, we will pass the beautiful village called Toktok. Finally, we will reach Lukla, the destination for this day. It will probably be your last day in the Everest Region.



Overnight stay at Comfort Inn, room with attached bathroom



Included standard meals (Breakfast + Lunch + Dinner)

Day 10

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

Itinerary Facts

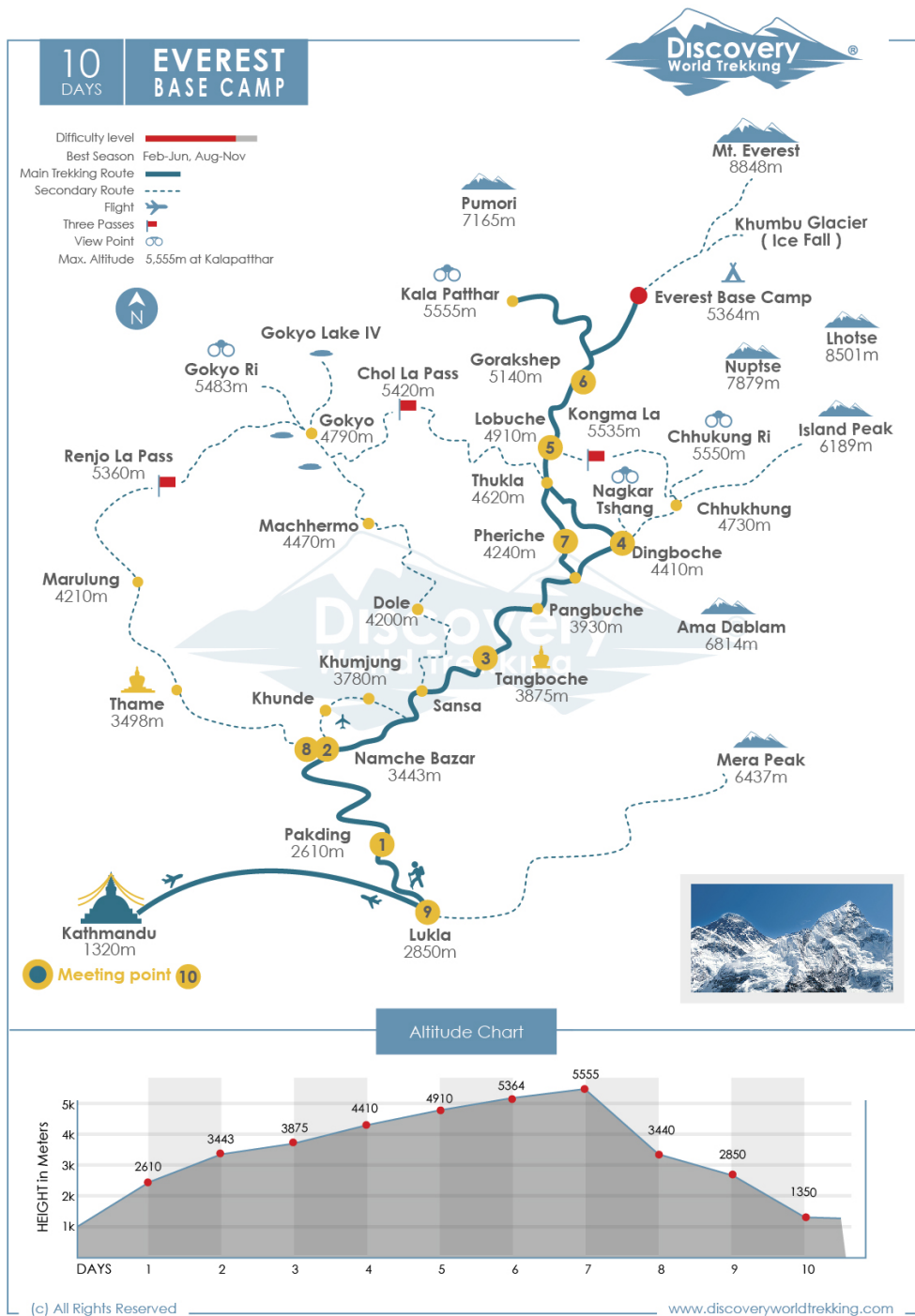
Highest Altitude 40 minutes

If everything goes according to the schedule, we will take an early morning **flight back to Kathmandu**. The 40-minute flight will be quite comfortable, and during the flight, you might be reliving your remarkable memories. The overall experience you have gained will probably change you - **you are altogether a newer person now**, more **determined**, and **inspired** to reach new heights in life.



Included standard meal (Breakfast)

Route Map



Trips Notes

Mt Everest Base Camp Trek

The Mt. Everest Base Camp trek starts with an early morning domestic flight from Kathmandu to Lukla. The **flight** is a short one and lasts about **40 minutes**.

Kathmandu - Lukla - Kathmandu flight costs are included in this package.

Warm welcome at Tribhuvan International Airport

We provide free transfer from Tribhuvan International Airport to your hotel on arrival and vice-versa during your return to your country for all clients purchasing Everest Base Camp Trek. Our **representative will be present at the airport** with a pamphlet with your name on it, and as a welcoming gesture, they will present you Khada or marigold garland.

Everest Base Camp 10 days trek accommodation

This short Everest Base Camp Trek includes **9 nights lodge to lodge stay** in the Himalayan region. We will be staying four nights at Lukla, Phakding, and Namche(2 Nights) in rooms with a private attached bathroom and five nights at Tengboche, Lobuche, Dingboche, Gorakshep, and Pheriche in standard rooms.

Two days stay at Kathmandu before and after the trek may be required but not included in the package.

Hot showers, Wi-Fi are available at hotels/restaurants/lodges at extra cost.

Food during Everest Base Camp Trek

You will be trekking a substantial distance at high altitudes, so you need food rich in proteins, carbohydrates, and other nutrients. Food is readily available throughout the trek routes, but you will not have all the options that you get in big cities.

There will be 10 breakfasts, 10 lunches, and 9 dinners will be provided in the trek.

Some of the popular menu items are -

Ten breakfasts - Oatmeal, Corn Flakes, French Toast with Jam, Butter, Cheese, 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.

Ten 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), etc

Nine 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 Ramen, Dessert Items (Rice Pudding, Apple Pie), Steaks, etc.

We **hand-select the best hotels/lodges/restaurants** where the food is fresh, hygienic, tasty, and nutritious. Most menus consist of cuisines that are either local or Asian or popular western. As we gain altitude the menu items available become fewer and fewer.

We highly **recommend liquids- green tea, lemon tea, hot lemon**, ginger tea, and garlic soup(must) along with fresh vegetable items at high altitudes. Though plenty of non-veg items will be available, we won't recommend them because the meat in such places is not hygienic.

We highly encourage you to **avoid dairy and cheese items** and strongly suggest not to consume alcoholic drinks, caffeinated items, and hot chocolates, as experts suggest avoiding such items at high-elevation treks.

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

Best time for a Short Everest Base Camp Trek in Nepal

The weather is the decisive **factor** for the [Everest Base Camp trek](#). Though you can get a live forecast of Everest Base Camp [here](#), it is not 100% accurate. Bearing the weather in mind, Spring and Autumn are the best seasons for Everest Base Camp Trek.

However, **locals and professional trekkers hike to Everest Base Camp throughout the year**, and Discovery World Trekking conducts Everest Base Camp treks in all seasons.

January – February

The weather at this time is among the coldest throughout January and up to early February. The days are moderately warm, but the nights are cold, and you can expect lots of snowfall. If you are **allergic to colds**, we advise you to **avoid your trek** during this season.

Temperature: 15°C to -15°C

March – April

It is one of the **best seasons** to hike to the **Everest Base Camp**. The weather starts to warm up, the skies become clear, and you will get to enjoy fantastic views. By mid-March, the temperature becomes substantial, but it is comfortable.

Temperature: 18 °C to -12 °C

May - June

The months of May and June provide a **perfect opportunity to trek** to Everest Base Camp. However, to avoid rainfall, you need to trek before the end of June. The temperature is quite warm, and you should be able to enjoy trekking during these months.

Temperature: 25°C to -5°C

July - August

The rainfall hits its peak during this time, and there are chances that **flights** to Lukla may get **canceled or delayed**. Still, many trekkers trek to Everest Base Camp during this time, and Discovery World Trekking does conduct Everest Base Camp treks during these months.

Temperature: 27°C to 5°C

September - October

This is also **one of the perfect seasons for EBC Trek**, and no wonder large numbers of thrill-seekers trek to Everest Base Camp during these months. The skies are clear and provide great views of the snow-capped mountains, landscapes, and lush flora. It is also the time when Nepalis celebrate their most important festivals, so if you trek during this time, you will also get to witness Hindu festivals.

Temperature: 20°C to 5 °C

November - December

As winter slowly begins, **snowfalls start**. Nights start getting colder. However, **early November** provides a great time to trek to Everest as the skies are clear and the views are unhindered. From December, the temperature drops and brings a lot of snowfall.

Temperature: 18°C to -10 °C

Everest Base Camp Trek Trip Grade | Fitness Level | Health Advice

Short Everest Base Camp Trek takes you to the Everest Base Camp, but there are **no scheduled acclimatization days**. We will be spending **three nights over 4,000m**, and the hike will take us to a **height of 5,555m** at Kala Patthar.

We recommend this trek to those who have high-altitude trekking experience, are in good health with normal physical fitness, combined with a positive attitude, plenty of self-confidence, and strong determination. You need to be able to **hike five to seven hours per day for ten days**.

Trekking at high altitudes is physically demanding. This trek not only takes you to high altitudes, but the route is rough with rocky mountains, steep ascents, and descents. However, **no technical experience or skills are necessary**.

Exercising and jogging regularly for a couple of weeks before the trip start will enhance your stamina and lets you enjoy the trek fully. Trekkers with **pre-existing medical conditions** such as heart, lung, and blood disease should inform us about their condition or consult a physician before booking.

However, there is no need to worry about your safety, DWT provides **experienced guides with extensive first-aid training**. They will constantly monitor your oxygen level to detect altitude sickness very early. Furthermore, we have designed the itineraries in a way that avoids altitude sickness.

In case of severe altitude sickness, the only cure is to descend immediately, your trek leader has the ultimate authority to decide if a person in your team shows signs of altitude sickness.

Can I trek alone?

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, **no team discounts** are available for teams **assembled by Discovery World Trekking**.

That being said, we can handle all group sizes and add an assistant guide for a group of 12 or more.

A typical day during the Everest Base Camp Trek package

Each day brings you new places to see, **new paths to hike**, and opportunities to **explore** and learn. Our Sherpa guides will brief you about the places you are visiting. You need not worry about your luggage - our porters will carry them for you. However, you may need to carry a regular bag to keep your essentials safe.

We will provide you with **three standard meals a day** - breakfast between 7 AM to 8 AM, lunch in the afternoon after hiking for three or four hours, and dinner at around 7.30 PM. You will be resting for an hour after lunch. After reaching the destination for the day, you will get some time to explore the nearby places.

After dinner and before going to bed, you will get plenty of time to **socialize**. Your trek leader/guide will also brief you about the next day's plan after dinner. There are other options for enjoyment like **playing cards, monopoly, reading books**, or watching **mountaineering documentaries**. If you are interested, our team members can teach you common **Nepali words**.

Is there Wi-Fi on during Everest Base Camp Hike?

Almost all of the lodges/hotels you will be staying in provide **Wi-Fi for a small service charge**. However, at greater heights, we will communicate through phone only. On each day of your trek, the **DWT office will be in contact** with the team via the team leaders. If you want, you can easily purchase a Nepali sim card in Kathmandu.

You can get Wi-fi access in hotels/lodges for a small charge.

Extra personal expenses on trekking

You will need extra money for

- Meals and accommodations in Kathmandu
- Visa fees, Travel Insurance Policy Purchase
- Beverages (hot (tea and coffee) drinks, cold drinks, and alcoholic drinks), snacks
- Tips for the crew
- Souvenirs and other personal expenses

We recommend you to bring cash (dollars or other major currencies), which you can easily exchange for Nepali Rupees in Kathmandu. Please bear in mind that only Nepali Rupees are accepted in Nepal.

Electricity for recharge. Drinking water.

Throughout your **ten-day trek** to Everest Base Camp, you **can recharge** your batteries at hotels/lodges for a small fee. Similarly, you can buy packed mineral water from shops/lodges/hotels, or you can fill your water bottle with boiled water at your hotel. DWT provides water purification pills for safety.

You shouldn't drink water from the rivers, taps, or wells because you cannot be sure about the water's purity.

Discovery World Trekking Hiking Team

Our team consists of experienced **tour guides, trek leaders, and porters** born and **raised in high altitudes**. Therefore, they have high endurance and are naturally habituated in high mountain regions. **Our porters will carry your luggage**. One porter will be carrying luggage belonging to two trekkers, and the weight limit per porter is 18kg. However, if you require, we can arrange one porter per person as well.

All our team members are insured and receive medical care when ill or injured. We also provide them with basic necessities like food and accommodation. All of our team members, like our clients, belong to our company family, and we want to keep all our family members happy.

Our trek guides or team leaders have

- Government-authorized Trekking Guide Certificate
- Intensive Wilderness First Aid Training
- Conservation and Biodiversity Training
- Language fluency in English and another major language
- Rock climbing skills

Travel insurance for Everest Base Camp Trek

Trekking **insurance is mandatory** for the EBC trek. All 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).

If you want, Discovery World Trekking **can recommend insurance providers** for you based on the previous clients' feedback. However, we are not involved in selling insurance. We request all our valuable clients to send their insurance documents to DWT once they book the trek.

In emergencies, we will use your insurance and informational documents for a quick rescue operation. Your insurance must cover mountain rescue service at high altitudes (6000m).

Before buying travel insurance (Don't just rely on their website) call the insurance company and ask if your coverage includes helicopter rescue and evacuation at altitudes up to 6000m.

Nepal Travel Visa Application

All foreigners **except Indians require a visa** to enter Nepal. Citizens from most countries receive an **on-arrival visa** at the Tribhuvan International Airport (TIA). You can get more visa information at <https://www.immigration.gov.np/>.

To get the on-arrival visa, you need **a passport**, which is valid for at least six -months, **a passport-size photo**, and **a visa fee**. The current visa fee is USD 50 for 30 days, and you can pay it in cash at the TIA

Citizens of China and the SAARC countries will receive **a free visa**. Citizens from **certain countries** - including Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan - may not be eligible for on-arrival visas. So, citizens from these countries need to contact the local Nepalese embassy.

Currency exchange

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

(1 USD = Approx 130 NPR)

You **can exchange major foreign currencies** at local banks and legitimate money exchanges in Kathmandu and all over Thamel. Some hotels may exchange small amounts of cash. The ongoing currency exchange is displayed visibly at legal money exchanges. Only Indian Rupee notes - INR 100 and INR 2000 - are accepted in Nepal.

We **recommend you bring cash** so that you do not need to go through a lengthy process in banks, and they will charge commissions on top.

You can withdraw cash (in Rupees only) from **many ATMs in Kathmandu and Thamel** itself. Most ATMs are open 24 hours, and if you are using a foreign card, the maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee.

Once you are **on the trek**, there are **no banks and money exchanges** available. So you should exchange your money in Kathmandu. The markets in the trekking regions accept Nepali Rupees only.

Most established banks in Asia do not honor old, torn, or faded foreign currency notes, so be sure to bring new clear notes.

How much does Everest Base Camp Trek cost?

Everest Base Camp Treks often **last from ten to sixteen days** and cost between **1200 to 1600 USD**. This amount covers domestic flights (Kathmandu - Lukla - Kathmandu), standard meals, accommodations, and trek crew while on the trails. **If you travel in a group, you will save a significant amount.**

Luggage

Our **porters carry 18 kg weight**, and we assign one porter for two trekkers. So your luggage limit is 9kg. We expect you to carry a backpack for your valuables. You are free to **store your luggage at the Discovery World Trekking office at no cost.**

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

Everest Base Camp Trek Safety

Discovery World Trekking **guarantees the safety and security of all our clients.** Our experienced crew carries all the standard gear and equipment, along with first aid kits.

If someone on the trek gets sick, the **trek leader decides whether to continue or descend** immediately. In case of emergencies, we will arrange **rescue helicopters**. Trekking in groups makes the trek much safer and more secure. Here are other things that make our trekking safe.

- Our guides have completed intensive wilderness first-aid training
- Trek leaders and guides have years of trekking experience
- Our team uses high-quality masks & gloves.
- We check food & accommodation for quality.

Equipment Checklist

We recommend our clients **carry only basic** clothing and accessories. Please keep in mind that we will assign one porter for two guests and the weight limit is 9 kg per person. Here are the gears/equipment that we recommend for you to carry.

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 in rent in Kathmandu)
- ☞ Sweater
- ☞ Waterproof jacket and pants

Footwear

- ☞ Hiking Boots
- ☞ Thick wool socks (Take an extra pair)

Essential gear





- ☞ Backpack or daypack (Size depends on whether you take porter or not).
- ☞ Thermal bottle
- ☞ Water purification
- ☞ Trekking pole
- ☞ Sleeping bag

Toiletries

- ☞ Medium size drying towel
- ☞ Tooth brush
- ☞ Tooth paste

-  **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
30 Mar, 2023 - 08 Apr, 2023	\$1300 \$950
31 Mar, 2023 - 09 Apr, 2023	\$1300 \$950
01 Apr, 2023 - 10 Apr, 2023	\$1300 \$950
03 Apr, 2023 - 12 Apr, 2023	\$1300 \$950
06 Apr, 2023 - 15 Apr, 2023	\$1300 \$950

FAQ's

How long will it take to reach Everest Base Camp?

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

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 about the insurance of guides and porters?

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

Is there any age limit or criteria for trekking to EBC?

There is **no age limit**, but Discovery World Trekking **does not recommend children** to climb high altitudes. Trekking at high altitudes might have severe effects on a child's health. For adults, you need to be in a good physique and have a positive attitude. Discovery World Trekking does not recommend this trek to those who suffer from certain medical conditions such as heart or lung disease.

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

Discovery World Trekking normally provides one porter for two trekkers to carry **18 kgs luggage** (maximum 9 kg for each trekker).

The weight limit for the Lukla flight is a total of 10 kgs, and you can hand-carry 5 kg, making your **total 15 kg**.

What is the weather condition at the Base Camp?

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

Month	Temperature	Weather and Nature
January	Max 4°C in the daytime to min -17°C in the nights and mornings	Blue skies, freezing weather
February	Max 4°C in the daytime to min -15°C in the nights and mornings	Mild and humid, good visibility
March	Max 7°C in the daytime to min -12°C in the nights and mornings	Days are short and the temperature starts to warm up, chances of occasional snowfalls
April	Max 10°C in the daytime to min -5°C a night	Moderate temperature with amazing landscape, rhododendron, and wildflowers
May	Max 15°C in the daytime to min 0°C a night	Days are still long, warm, and sunny
June	Max 16°C in the daytime to min -1°C a night	Rainy season
July	Max 15°C in the daytime to min 2°C in a night	Hot and humid

	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
August	Max 15°C in the daytime to min 2°C in a night	
September	Max 12°C in the daytime to min -6°C a night	End of monsoon, no clouds
October	Max 6°C in the daytime to min -12°C a night	Stable weather condition
November	Max 4°C in the daytime to min -14°C a night	Days are sunny and bright, cold during the night, the sleeping bag is most.
December		Foggy and cloudy weather

Does EBC trek require an immunization certificate?

No, it does not. But if you have any pre-existing medical conditions, let us know before booking the trip.

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.

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.

Is Wi-Fi available during the trek?

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

I have never trekked before. Can I make it to the Base Camp?

The short answer is **yes**. You can trek to the Base Camp even if it is your first trek. EBC is considered one of the challenging trails, but **as long as you are reasonably healthy, fit, and can walk** up to 6 hours a day, you should easily make it. If you are signing up for EBC Trek, you should definitely start by jogging, running, and taking part in stamina-oriented exercises a few weeks before the trek.

What is the best season for trekking to EBC?

Spring (**March to June**) and Fall (**September to November**) are the best seasons to trek to base camp.

How safe is the EBC Trek?

EBC is still considered a challenging trek, safety should be a concern only if you are traveling alone and without any insurance. The mountains trails can be tricky, but with **guided tours, you are as safe as you can be at any place in the world.**

Do I need any special permits before starting the trek to EBC?

Yes. You need **Trekkers' Information Management Systems (TIMS)** card, **Khumbu Pasang Lhamu Rural Municipality fees & Sagarmatha National Park Entry Permit**. Discovery World Trekking will help you with all the necessary paperwork required for this permit.

Do I need travel insurance to trek for EBC?

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. **We require your insurance documents before you start your EBC Trek.**

Is there wifi available during the trek?

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

Why choose Discovery World Trekking for the EBC Trek?

Discovery World Trekking has been operating treks/expeditions for over a decade. We have helped **more than 50,000 travelers**, trekkers, and explorers to conquer the Base Camp. With over **60% recommended clients** rate & a **99.9% successful trek track record**, we believe in providing quality service to all looking for Everest adventure.



Discovery World Trekking

Paul Gurung (CEO/Founder)

Mailing Address: Post Box: 21576, Kaldhara Marg, Thamel, Kathmandu, Nepal, Kaldhara Marg, Thamel, Kathmandu, Nepal

Phone: [+977 1 4252366](tel:+97714252366)

Mobile: [+9779840055491](tel:+9779840055491)

E-Mail: info@discoveryworldtrekking.com

Skype: discovery1120

Phone: [+977 1 4252366](tel:+97714252366)

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)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

info@discoveryworldtrekking.com

Talk to an Expert

[+9779840055491](tel:+9779840055491)  

