

## Overview

Everest Base Camp is premium trekking destination in the world and most desired dream hiking goal among trekkers. Our cautiously designed 17 days itinerary allow you for proper acclimatization process to get real close –up to see Sagarmatha literally meaning “The Head of Earth or Sea” internationally known as Mount Everest. To reach this part of the Himalaya Base Camp within a short period of time, we have devised this short trekking tour itinerary to Hike to Everest Base Camp which runs directly starts and ends at Lukla. The trek to Everest Base Camp also called EBC trek in short form, a very world famous mountain trek, starts after 35 minutes picturesque flight from Kathmandu to Lukla. We follow the Dudh Kosi River valley which climbs up to the Sherpa capital of Namche, a busy market that is a junction for all the trekkers, the local Sherpa and Expeditions en route to the mighty Mt. Everest. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it the kind of walk you will remember for a long, long time.

From Namche, we trek along a high traversing path where we have our first good views of Everest and then head towards Tengboche Monastery, which is a 2 hour climb. The monastery stands at the height of 3870m in a clearing surrounded by dwarf firs and rhododendrons where Mani Rimdu Festival is held in October/November full moon day. The monastery is structurally located on a ridge top with commanding views of the Everest landscape. The view from this spot, seen to best advantage in the morning, is absolutely mesmerizing and stunning and is rightly deemed to be one of the most magnificent in the world. We also have the opportunity to trek to Kala Patthar (5,554m) from where we can get some awesome views of the Himalayan giants which literally numb your senses with breathless admiration that beholds the eye; and makes up for the lung-bursting climb that took you up there. You soon realize it was absolutely worth it. This also includes fantastic views of the south west face of the colossal Mt. Everest. We then trek down to Everest Base Camp at the foot of the Khumbu ice fall before finally making our way back down to Lukla. We have open booking Everest Base Camp trek package in very complete price for the year 2023 and 2024 spring season and fall.

## How to go to Everest Base Camp Trek?

Generally most of the trekkers start their trek from Lukla and ends at Lukla. You need to take a flight that takes 30 – 35 minutes from Kathmandu (Flight price is USD 216 per flight per person).. Several airlines operate their flights to Lukla daily. Early morning flights are the best flight considering delay and cancelation due to bad weather, fog and wind; so Lukla flight is stressful. Online sold tickets are usually cheap and scheduled to fly after 9am is likely get delayed. For securing a reliable one of early flight; we need to book the ticket at least three months in advance.

## What is the baggage allowance in Lukla flight?

Free baggage allowance is 10kg per person. Hand luggage is 5 to 6kg allowed. Excess baggage is charged at the rate of USD 1 per kg.

### **There is no option other than a flight? Yes there is alternative ways.**

Before Lukla Airport came into existence, all the Everest Treks used to start from Jiri and now from Shivalaya or even jeep goes to Bhandar. See our traditional [Everest Base Camp trek from Jiri](#). Starting Everest Base Camp trek from Jiri needs an extra week and the best is you can fly back to Kathmandu after the trek.

Secondly; now there is a proper road access to Salleri from Kathmandu that takes 10 to 11 hours. From Salleri; Lukla is 3 to 4 days walking distance. Well; you do not need to go to Lukla but the trail detours at Chiplung and meet the people trekking from Lukla. Also there is daily flight to Phaplu from Kathmandu, see our [Salleri /Phaplu to Everest Base Camp Trek](#). And [Lukla flights from Kathmandu route is changed from Manthali Airport](#) in Ramechhap district in peak seasons.

### **Accommodation or Lodges in Everest Base Camp Trekking Route**

Entire Everest trek is lodge to lodge trek that means there are lodges every one hour walking distance so it does not need any camping gear except if you are going to climb a peak or trek off to wilderness. The number of lodges are increasing as the mountain tourism is growing high. There are good and poor accommodation on the Everest Base Camp trekking route so you have many choices. Some hotel and lodges are said to be luxury,

### **How much it would cost a night?**

Sleeping in normal trekking lodges will cost USD 7 to 10 a night depending on your selection of lodge. Some hotel and lodges are very standard. Eg, Namche Lodge that cost USD 25 to 35 a night, Sherpa Shangri or similar cost USD 45-50 a night at Namche Bazar. Yeti Mountain Home and Everest Summit Lodge Cost USD 160 to 200 as per group size and season. You have less choice and all the lodges are similar as you go high beyond Dingboche – Lobuche and Gorakshep. Most of the lodges have twin sharing bed rooms, couple bed rooms are possible in lower place only. The price goes high as you walk higher. Please do not expect luxury but comfortable enough for remote and adventure seekers.

A single and solo trekker may have to share the room with other travelers in peak season as there are limited accommodation. We use the normal mid range nice and cozy lodges on offer to make sure you have the most comfortable experience on your trip to Everest Base Camp that we can offer in our budget package. Dollar paying accommodations are not included in our package but we are flexible if you would like to update as tailor made trip.

## Guide and Porter Hire Cost.

While many of the well established trekking routes in Nepal do not have strict requirements for hiring certified guide yet, all the controlled and restricted trekking areas in Nepal is mandatory that foreign trekkers have to be accompanied registered guide as per state rule. Whereas hiring porter is your choice. The cost of a Everest trek guide is USD 30 to 35 a day depending on the quality and experience of guide, season and difficulty and areas of trek. Porter hire will cost USD20 to 25 a day. The cost includes their fee and other expenses. Some companies also offer fresh guides and they can act as Guide cum Porter (PcG) he carries some 10 to 13kg for you and simply guides you. Just [hiring a guide and porter for Everest Base Camp trek.](#)

You are highly advised taking an experienced certified guide as Everest trek is adventurous considering [high altitude sickness](#) and safety concerns, if something goes wrong; you really need a good guide with all the technical knowledge for safety that he can handle critical situations. The training and experience of a licensed guide can make your trekking more fun and amusing.

## How much does it cost for meals in Everest Base Camp trek?

A common question would be; how much money to take on Everest base camp trek or financial preparation to consider. As we mentioned earlier, Everest Base Camp is a remote and rural area all the goods are carried by human muscles, yaks, and chartered planes that it cause things expensive. As the elevation increases, the price of food increases and the menu choices decrease as it gets harder to transport more goods to remote places. The cost of each meal is approximate NPR 400 to 1000 each meal but it might vary according to your choice of food, the number of meals, and appetite. Approximately USD 20 - 30 should be enough for a day simple meals and tea/coffee. You will like each bite, every sip after a hard day's trek and the tough work of the men and yaks obligatory carrying them to such elevations. Every single piece of food feels worth every penny for the relief and joy.

## Drinks Cost

Bottle of beer: NPR 500 – 800 (USD 4.5 – 8)

Bottle of water/soda: NPR 100 – 400 (USD 0.5 – USD 4)

## Everest Base Camp Trek Permit

Sagarmatha National Park Entrance fee NPR 3000.00 (USD 30) per head

Pasang Lhamu Village Municipality Entrance fee NPR 2000 per head

Children under 10 years of age are free of cost for permits. Detail information on [Nepal trekking permit.](#)

## **Cost for other extra expenses.**

As the altitude rises, everything becomes more expensive due to the effort and cost of transporting goods there. It is the same for all high elevation treks to the mountains in Nepal. Here is a list of things you might want to indulge in during the trek and their prices.

## **Charging Devices**

You will need to charge your electronic devices like camera, phones, iPods and others as you spent days in the mountains. The cost is usually a few dollars but in the long run it will cost you more to charge many things. The cost is higher to support the local hydropower stations and there are no electricity everywhere but solar power. If you want to avoid this cost, you might want to carry a solar-powered battery charger or a portable power bank of your own. This ensures that you get to enjoy the beautiful sceneries and fun experiences and share them with the world all the time. And you should know the battery how long does it last after charging till the next.

## **Hot Shower**

Each day of the trek is an exhausting experience and you may want to take a hot shower and get fresh all the time. However, in the higher places showers or baths are not possible due to the cold and the cost. While some lodges might have proper bathrooms others provide only pails of water for your bath. These will cost you a few dollars every time but they will not feel like a proper bath. Instead, it is a good idea to carry wet wipes and a small towel to freshen up in the morning as well as before bed.

## **Tips and donations**

Like other part of the world tipping is quite common in Nepal in service industry. If you like the hospitality of the hosts you visit, you might want to tip them. Usually your guide and porter are supposed to get tips and gratitude. It is usually a good idea to tip your guide and porters for their hard work if they make your trip fun, safe, and enjoyable. [How much and how to tip your Sherpa?](#) Various places in the high altitudes like the monasteries, stupas and schools will expect some form of a donation from the tourists for the improvement of their infrastructures. You might want to keep aside a few dollars if you feel like contributing to such good causes.

Trekking to the mountains of Nepal is one of the most adventurous trips you could ever enjoy. As you take in the majestic beauty of the mountains and green landscape, the warm welcome of the friendly people and the thrills of the trails, you will get an experience worth every penny you spend. However, it is a good idea to avoid being overcharged for things that you get for reasonable prices.

## **How much does it cost for the inclusive package?**

The sum you pay for the same trek depends on the travel agency you decide to go with. If

## Everest Base Camp Trek

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you choose an international agency or company based in your home town, they may charge you around USD 1800 to 2000 per person while as we are a local company; our full board package cost is USD 1139 per person on double occupancy basis for the same. Some agencies charge for their brands and the safety and convenience, local companies provide equally satisfying services. It is your choice to pick the agency according to your budget and travel plans though booking through local agency is your direct contribution supporting locals. Everest Base Camp trek is an amusing and fun, challenging trek so you should be ready to face tough walk in mountain trail and minimal services. Book now for fixed departure group join 2023 and 2024

## Outline Itinerary

**Day 01 : Fly to Lukla and Trek to Phakding (2610m)**

**Day 02 : Trek to Namche Bazaar (3440m).**

**Day 03 : Acclimatization day at Namche Bazaar.**

**Day 04 : Trek to Tengboche (3870m); 5 hours**

**Day 05 : Trek to Dingboche (4410m); 5 hours walk.**

**Day 06 : Another rest and acclimatization day in Dingboche**

**Day 07 : Trek to Lobuche (4910m) 5-6 hours walk.**

**Day 08 : Trek to Gorakshep (5160m); 2-3 hours walk.**

**Day 09 : Hike up to Kalapathr (5545m) and trek to Pheriche 5-6hours walk.**

**Day 10 : Trek to Namche (3870m); 6-7 hours walk.**

**Day 11 : Trek to Lukla (2800m), 7-8 hours walk.**

**Day 12 : Fly to Kathmandu.**

## Cost Includes

- A government-registered licensed local Sherpa trekking guide.
- A shared high altitude porter for 2 travelers to carry your luggage (weight limit 25kg)
- Clean and neat accommodation in trekking lodges on a twin/double sharing basis.
- Meals: 11 Breakfasts, 12 Lunches, and 11 Dinners during the trekking.
- Lukla round trip flight fare with airport taxes.
- All necessary trekking permits for Everest Base Camp hike.
- Wages, meals, and accommodation of your guide and porters.

- Insurance and trekking gear for your guide and porters.
- All local tax, VAT, etc.

## **Cost Excludes**

- Transfers, accommodation and meals in Kathmandu
- Guided sightseeing monuments entrance fees in Kathmandu.
- All the bar bills, beverages such as coke, fanta, mineral water
- Hot shower, hot water, internet, phone calls during trekking.
- Personal travel insurance, trekking gear and equipments,
- Rescue operation charge in case of emergency.
- Any cost that arise due to change of itinerary, flight delay, natural calamities etc.
- Gratitude and tips for guide and porters.