

## Everest Base Camp Trek – 14 Days

The Everest Base Camp (EBC) trek is one of the most iconic and sought-after trekking adventures in the world. Nestled in the heart of the Himalayas, this trek offers breathtaking views of snow-capped peaks, picturesque Sherpa villages, ancient monasteries, and an immersive cultural experience. The journey to the base camp of Mount Everest, the world's highest mountain, is a dream for many adventurers.



### Highlights

- **Scenic Flight to Lukla:** Your adventure begins with a thrilling flight from Kathmandu to Lukla, a small mountain town with a challenging airstrip carved into the mountainside.
- **Namche Bazaar:** The bustling Sherpa capital of the Khumbu region, Namche Bazaar offers a vibrant atmosphere with colorful markets, bakeries, and stunning views of the surrounding peaks.
- **Sagarmatha National Park:** Trekking through the UNESCO-listed Sagarmatha National Park, you'll encounter diverse flora and fauna, including rhododendron forests, Himalayan wildlife like musk deer and snow leopards, and rare bird species.
- **Tengboche Monastery:** Situated amidst awe-inspiring mountain scenery, Tengboche Monastery is one of the most significant Tibetan Buddhist monasteries in the Everest region, offering spiritual solace and breathtaking views of Everest and its neighboring peaks.
- **Dingboche:** Nestled in a picturesque valley, Dingboche provides stunning views of Ama Dablam and neighboring peaks. It's a great place for acclimatization and offers opportunities for short hikes to nearby viewpoints.
- **Lobuche:** As you ascend higher into the Khumbu Valley, you'll reach Lobuche, a remote outpost with incredible panoramic views of Everest, Lhotse, Nuptse, and the Khumbu Glacier.
- **Gorak Shep:** The last settlement before Everest Base Camp, Gorak Shep sits at the base of Kala Patthar and offers stunning sunset views over Everest and the Khumbu Icefall.

- **Everest Base Camp:** The ultimate destination of your trek, Everest Base Camp offers a surreal experience as you stand beneath the towering presence of Mount Everest, the world's highest peak.
- **Kala Patthar:** A viewpoint renowned for its breathtaking sunrise views of Everest, Kala Patthar offers an unparalleled panorama of the Himalayas, including Everest, Lhotse, Nuptse, and Changtse.
- **Sherpa Culture and Hospitality:** Throughout your trek, you'll have the opportunity to immerse yourself in Sherpa culture, interacting with local villagers, visiting ancient monasteries, and experiencing the legendary hospitality of the Sherpa people.

## Trek Itinerary

**Day 01:** Arrival in Kathmandu 1350m (welcome to Nepal and transfer to hotel)

**Day 02:** Fly to Lukla (2880m/9448feet), then trek to Phakding (2610m/8563feet)

**Day 03:** Trek to Namche Bazaar (3440m/11286feet)

**Day 04:** Acclimatization day in Namche Bazaar

**Day 05:** Trek to Tengboche (2860m/12664feet)

**Day 06:** Trek to Dingboche (4410m/14468feet)

**Day 07:** Acclimatization day in Dingboche

**Day 08:** Trek to Lobuche (4940m/16207feet)

**Day 09:** Trek to Everest Base Camp (5364m/17598feet)

**Day 10:** Kalapathar Hike (5545m/18192feet) and trek back to Pheruche

**Day 11:** Trek back to Namche Bazaar

**Day 12:** Trek back to Lukla

**Day 13:** Fly back to Kathmandu

**Day 14:** Final Departure

## Our Services and Facilities

- Airport transfers – pickup and drop off
- Hotel Accommodation in Kathmandu (2 nights) with breakfast
- Standard Meals – Breakfast, Lunch and Dinner during the trek including a hot drink
- Teahouse accommodation during the trek
- Kathmandu – Lukla – Kathmandu Domestic flights (Round trip)
- All required land transportation by private vehicle
- All required trekking permits (Sagarmatha National Park Entry Fee, Khumbu Rural Municipality Entry Fee, and TIMs – Trekking Information Management System)
- An Experience, well-trained, government licensed English speaking local trekking guide (2 guides for group size more than 6 trekkers)
- A porter (1 porter for every 2 trekkers)

- Basic Medical kits
- Filtered, Purified or Boiled water in the trails
- Guide insurance with food and accommodation
- Sleeping and duffel bag, down jacket, trekking poles (should be returned after the trek)
- Emergency Helicopter Evacuation Service Arrangement Only (should cover by your travel insurance)
- All required paper works and government taxes
- Farewell dinner

## Exclusions

- Nepal Visa Fee
- International Flights
- Travel and medical insurance, which includes emergency air/land evacuation cost and expenses of medical treatment
- Personal Gears (equipment)
- Lunch and Dinner in Kathmandu
- Tipping

## Recommended Trekking Gears

### Clothing

- **Base Layers** (Moisture-Wicking)
  - Thermal tops and bottoms (polyester or merino wool)
  - Lightweight long-sleeve shirts
- **Insulating Layers**
  - Fleece jacket or pullover
  - Down jacket (for high-altitude treks)
  - Warm sweaters
- **Outer Layers (Shells)**
  - Waterproof and windproof jacket (Gore-Tex or similar)
  - Waterproof pants
- **Trekking Pants**
  - Quick-dry pants
  - Convertible hiking pants (zip-off into shorts)
- **Trekking Shirts**

- Lightweight and breathable T-shirts
  - Long-sleeve shirts with UV protection
- **Headwear**
  - Wide-brim hat or cap for sun protection
  - Warm beanie for cold temperatures
  - Buff or scarf for dust and wind
- **Gloves**
  - Lightweight trekking gloves
  - Insulated gloves for higher altitudes
- **Socks**
  - Moisture-wicking trekking socks
  - Thermal socks for colder regions
- **Footwear**
  - Sturdy and waterproof trekking boots (well broken-in)
  - Comfortable sandals or camp shoes (for evenings/rest days)
  - Gaiters (optional, for snow or muddy trails)

## Backpacks & Bags

- **Backpack**
  - 40-50L capacity for multi-day treks
  - Comfortable straps and rain cover
- **Daypack**
  - 20-30L for short treks or carrying essentials during the day
- **Duffel Bag**
  - Used if porters are carrying your gear (for organized treks)
- **Dry Bags**
  - To keep electronics and clothes dry in wet conditions

## Sleeping Gear

- **Sleeping Bag**
  - 4-season sleeping bag (rated for -10°C to -20°C for high-altitude treks)
  - Sleeping bag liner (optional, for extra warmth and hygiene)
- **Sleeping Pad** (if camping)
  - Lightweight and inflatable or foam pads for comfort

## Trekking Accessories

- **Trekking Poles**
  - Adjustable and lightweight poles (essential for steep ascents/descents)

- **Water Bottle/Hydration System**
  - Insulated bottle (to prevent freezing at high altitudes)
  - CamelBak or similar hydration reservoir
- **Water Purification**
  - Water filters, purification tablets, or UV sterilizers
- **Sunglasses**
  - UV protection (Category 3 or 4 for snowy conditions)
- **Headlamp**
  - With spare batteries (essential for early morning or late-night treks)
- **Multi-tool or Knife**
  - For various small tasks
- **First Aid Kit**
  - Bandages, blister patches, antiseptic wipes, painkillers, Diamox (for altitude sickness), etc.
- **Lip Balm**
  - SPF-protected to prevent chapping
- **Sunscreen**
  - High SPF for UV protection at higher altitudes
- **Personal Toiletries**
  - Biodegradable soap, toothpaste, toothbrush, quick-dry towel, wet wipes, and toilet paper

## Optional but Useful Items

- **Camera**
  - To capture the stunning scenery (extra batteries and memory cards are a must)
- **Snacks**
  - Energy bars, trail mix, or chocolate for quick energy boosts
- **Power Bank/Solar Charger**
  - For charging devices in remote areas
- **Books or E-Readers**
  - For downtime during rest days
- **Earplugs**
  - To block out noise in lodges or camps
- **Notebook/Journal**
  - To record your trek experience

## Clothing Packing Tips

- **Layering is key:** It helps regulate your body temperature and adapt to changing weather.
- **Avoid cotton:** It retains moisture and dries slowly, which can lead to discomfort or hypothermia.
- **Pack light:** Only carry what is absolutely necessary to avoid unnecessary weight.

## Gear Rentals in Nepal

If you're worried about carrying too much gear, trekking hubs like Kathmandu and Pokhara offer trekking equipment rentals and sales. You can find items like sleeping bags, down jackets, and trekking poles at reasonable prices. However, ensure you check the quality before renting.