Locally based guides

Travel with Confidence

Small groups

Flexibility, freedom, fun

Message from Footprints

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Read More

Everest Base Camp Trek-11 Days

★ ★ ★ ★ ★ of 58 review

Duration
11 Days

Activity
Everest Treks

From ~~US$ 1500~~
US$ 1050

This adventurous trek is best suited for those whose dream soars higher than the clouds. It is one of the best-traveled destinations of the mountains due to its natural beauty along with calm, charming, and attractive features. Come and join this exhilarating once in a lifetime trekking experience. Once you taste the cold breeze of Everest base camp, you'll remain nostalgic about it your entire life.

View Trip Detail

Why travel with Footprints?

For over 20 years, we've been the leaders of small-group adventure travel.
How did' we end up here?
We do this by listening to our customers and implementing what they want: versatile itineraries, flexibility to discover, smaller groups, protection and peace of mind, and locally oriented guides that take you your destination in a way you wouldn't see any other way.

Highlights

- World's highest airport in Syangboche
- Explore the culture and lifestyles of the local Sherpa people
- The exquisiteness of the world's highest peak, Mt. Everest (8,848.68m/29,029 ft.)
- View of other peaks such as Mt. Lhotse(8,516m) and Mt.Makalu (8,463m)
- Explore UNESCO World Heritage Sites
- Wildlife like musk deer, colourful pheasants, snow leopard and Himalayan Thar

About the Trip

Imagine you're surrounded by the world's highest peaks around you and everything seems so pure and heavenly, that's what Everest base camp is. For decades, many adventurers have been drawn towards the natural beauty of the highest peak in the world, Mount Everest (8,848.68m/29,029 ft). This adventurous trek is best suited for those whose dream soars higher than the clouds. It is one of the best-traveled destinations of the mountains due to its natural beauty along with calm, charming, and attractive features. Come and join this exhilarating once in a lifetime trekking experience. Once you taste the cold breeze of Everest base camp, you'll remain nostalgic about it your entire life.

Photos

Cost Included

- ☑ *All ground transport in a private vehicle, including airport transfers*
- ☑ *Four nights' accommodation with breakfast at a 3-star category hotel in Kathmandu*
- ☑ *First aid medicine kit*
- ☑ *Three daily meals with tea/coffee (breakfast, lunch, and dinner) during the trek*
- ☑ *Sagarmatha National Park Permit fee*
- ☑ *Best available twin sharing lodge for accommodation during the trek. We provide private bathrooms with hot showers in Phakding, Namche, and Lukla.*
- ☑ *Snacks of seasonal fruits during the trek*
- ☑ *One highly experienced, helpful, and friendly guide. Porters (1 porter for two people) and their food, accommodation, salary, and equipment. Accident insurance for all staff*
- ☑ *Round trip flight Kathmandu – Lukla / Lukla – Kathmandu including departure taxes*
- ☑ *Down jacket and sleeping bag use while trekking*
- ☑ *Trekking map and trip achievement certificate certificate*

Day to Day Itinerary

Day 1 ***Kathmandu/Phakding***

Meet Your CEO and Group Catch the mountain flight to Lukla, enjoying stunning views of the Himalayas. Meet the Sherpas and begin the trek to Phakding.

Day 2 ***Phakding/Namche Bazaar***

Hike to Namche Bazaar, gateway to Everest Base Camp and spend two nights acclimatizing for trek.

Day 3 ***Namche Bazaar***

An acclimatisation day allows for an excursion to Thame and Khumjung, the green village.

Day 4 ***Namche Bazaar/Thyängboche***

Set out on a 6–7 hr trek through woods and rhododendron forests before arriving in Tengboche.

Day 5 ***Thyängboche/Dingboche***

Trek to Dingboche, crossing bridges and rivers with sweeping views of the Himalayan region. Spend 2 nights here.

Day 6 ***Dingboche/Lobuche***

Hike through alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier to Lobuche, which has spectacular views of Nuptse.

Day 7 ***Everest Base Camp***

Today includes a challenging climb past the Khumbu Glacier, arriving in Nuptse. Cross the Changri Glacier to Gorakshep, and then enjoy the highlight of reaching Everest Base Camp.

Day 8 ***Pheriche/Kyangjuma***

Descend through Pangboche, with its great gompa, to Kyangjuma.

Day 9 ***Kyangjuma/Monjo***

Day 10 ***Monjo/Lukla***

The final day of our trek takes us back to Lukla, where we have a chance to relax after the rigorous adventure we just undertook.

Day 11 ***Lukla/Kathmandu***

Catch the short flight back to Kathmandu, where the rest of the day is free for shopping, sightseeing, or relaxing in one of the many rooftop cafés.

Depature

Dates Start-End	Availability Remaining Spaces	Price Per Person	
Sun, 23 May - Sun, 06Jun Book now Sun, 30 May - Sun, 13Jun	7 Available 7+ Available	$1499 $1499	Book now
Sun, 23 May - Sun, 06Jun Book now Sun, 30 May - Sun, 13Jun	7 Available 7+ Available	$1499 $1499	Book now
Sun, 23 May - Sun, 06Jun Book now Sun, 30 May - Sun, 13Jun	7 Available 7+ Available	$1499 $1499	Book now
Sun, 23 May - Sun, 06Jun Book now Sun, 30 May - Sun, 13Jun	7 Available 7+ Available	$1499 $1499	Book now

QUESTIONS AND ANSWERS

Find answers to the most frequently asked questions about this tour.

Q. What does it take to hire a porter on trek?

The additional price of hiring a porter on this trek is currently USD 216 per porter, but this price may change

Q..What weather is going to like when I travel to everest base camp?

The weather in Nepal varies by season. For example, November to January is the dry season with sunny days, clear skies and usually no rain. However, on Everest Base Camp, the temperatures at this altitude will be cold, particularly at night. February to May and September to October is the most popular time to travel to EBC, with usually fairly dry and stable weather, although there may be the occasional shower. June to August is monsoon season in Nepal, but once you pass 3,000 meters altitude there is less and less rain. Check out our guide on the best time to visit Nepal for more on specific monthly climate and seasons.

Q.How much money do I need to bring with me?

Your personal budget obviously depends on your spending habits and what is included in your trip cost. If accommodation is included, but meals are not, we would suggest that you bring around 30 USD per day per person for meals. Having a hot shower or charging your device sometimes costs extra. There are also sometimes small crafts/souvenirs to buy along the trekking route which you may want to bring extra money for. Also, consider whether you would be staying in Kathmandu or Pokhara before or after your trek.

Q. How much should my backpack weigh?

A properly packed backpack (not including your day pack) should ideally not weigh more than 13 kg.
It is also important to note that if you are taking a flight to the start of your trek, many smaller aircraft have weight restrictions. For example, if you are flying from Kathmandu to Lukla, you are only allowed 10kg of checked luggage, and 5 kg of hand baggage. Thus, in case of a small flight, you should ideally pack a 10 kg backpack for checked luggage, and then add 5 kg in your hand baggage. You can then re-shuffel the weigt once you start your trek at the trailhead.

Q.When should I arrive in kathmandu before trip?

We suggest that you arrive at least one day prior to the start day of the trek because the tour operators usually require one working day to arrange trekking permits. Arrive earlier if you want to explore Kathmandu on your own or acclimate to any time differences.

Q. What is average cost of food during trek if it is not included in trek?

The average cost of food is USD 300 - USD 350 per person for a typical Everest Base Camp trek (around 12 days). However, the price obviously depends on how much you eat and what you choose to order.

Q. Are there bag weight restriction for small aircraft flight friom kathmandu to lukla?

Yes. The baggage weight allowance on the flight from Kathmandu to Lukla is 10 kg for checked baggage plus 5kg for hand baggage for a total of 15 kg. Bags overweight will be charged approximately USD 1 per kg over the limit.

Let's get Connected

Name*

City*

E-mail*

Phone number*

Address*

Any Question?

Number of people*

Message