

Solo Everest Base Camp Trek

Destination: Nepal

Trip Difficulty: Moderate - Strenuous

Best Season: March-May, Sep- Nov

Max Elevation: 5545 m

A trek to Everest Base Camp is among the most dramatic and picturesque in the Khumbu region of the Himalayas. This trek offers a wide variety of sceneries and its nature and culture are spectacular.

The Marvelous Everest Base Camp Trek is technically challenging with 6 days of ascending at higher altitudes, rocky, and staircases ups and downs. But, it's worth making and achieving the goal of a lifetime.

This journey also brings a lot of joy with different experiences of seeing real-life mountain people and their hospitality. This is not all about hiking up and down, but also gaining a massive mutual experience that can certainly change your life.

Everest base camp venture takes you all the way to the base camp of the world's highest peak which is situated at an altitude of 5364 meters through the beautiful Everest region into the Sagarmatha National Park.

Moreover, this 7-day EBC route also includes Kalapathar, Kalapathar is a small black peak located at 5545 meters and it's one of the best viewpoints to enjoy the sunrise views over Mount Everest as well as dramatic panoramic closer Mountain Views of the whole Everest region including Majestic Mount.

Everest, Lhotse, Nuptse, Kangtega, Pumori, Khumbuche, Ama Dablam, and many others. It's absolutely breathtaking place and worth being there at least once in a lifetime.

This trip starts from Lukla with a short flight from Kathmandu city with a leading guide by our friendly and hospitable Sherpas.

From Lukla, the journey takes us through the most charming and historical Sherpa villages of Phakding, Namche Bazaar, Tengboche, Dingboche, Pheritse, and Gorakshep then after finally at the base camp, after 6 days of ascending from Lukla to the base camp then you'll fly back to Lukla by helicopter from Gorakshep and then the trip will be ended up next day by taking a short flight from Lukla to Kathmandu on an airplane.

The Everest Base Camp trek may be challenging for beginners but it is not an impossible way to do with a little bit of patience, and determination as many other beginners have been done with the great support of the help of ART-experienced guides.

This trek itinerary is designed by our professional guide team for those mountaineers who are thinking of participating in a trip to EBC for a limited time. However, if your holidays are more than a week then we do recommend you check our [12 Days Everest Base Camp](https://www.alpineramble.com/12-days-everest-base-camp-trek-itinerary.html) (<https://www.alpineramble.com/12-days-everest-base-camp-trek-itinerary.html>) or [Everest Base camp trek](https://www.alpineramble.com/everest-base-camp-trek-8-days) (<https://www.alpineramble.com/everest-base-camp-trek-8-days>) , with proper acclimatization.

Most importantly, to be joined for this amazing venture is a time and season matter, However, the most preferred or best time of the year for this trek is autumn (September -November).

Highlights

- A journey into the home of Mt. Everest, The highest peak in the world
- An outstanding flight from Kathmandu to Lukla
- Visit the world's most popular People, their villages, and lifestyle.
- Enjoy the most iconic scenery of the entire Himalayan ranges of the Everest region

- Meet different people and learn the different culture while experience this maxing trek in Everest



Day to Day Itinerary

Day 1: Fly from Kathnadu to Lukla and trek to Phakding

Day 2: Trek from Phakding to Namche Bazzar

Day 3: Acclimatization day at Namche Bazzar

Day 4: Trek form Namche Bazzar to Tengboche

Day 5: Trek form Tangboche to Dingboche

Day 6: Acclimatization at Dingboche

Day 7: Trek from Dingboche to Labuche

Day 8: Trek from Labuche to Gorakshep and Base camp, Gorakshep

Day 9: Hike to Kalapathar (5545 m) and back to Pheritse

Day 10: Trek from Pheritse to Namche Bazaar

Day 11: Trek from Namche Bazaar to Lukla

Day 12: Fly back to Kathmandu and relax

Cost Includes

- International Airport- Hotel- Airport pick up and drop off by private car/Jeep/ Hiace.
- **Meals** on a full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government licensed, English speaking trekking guide.
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers including Everest national park **permit** and **TIMS card** (Trekking Information Management System)
- **Trekking equipment** such as the Sleeping bag, and down jacket on request (optional)
- Trekking lodges (**Tea House**) throughout the trek
- Assistant guide for the group 6 or above
- Airfare from Kathmandu – Lukla - Kathmandu including airport departure tax in the both Kathmandu and Lukla airport
- Supplementary snacks: energy bar, crackers, and cookies, etc.
- Seasonal fresh fruits desert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt/ route map and a duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain,

it's very useful for all the trekkers to be aware of the high altitude sickness.

- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance in arranging in case of complex health condition (funded by your Travel Insurance)
- All government, Local taxes/ Vat, and official Expenses

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before and after the trek)
- All kinds of beverages (tea/coffee, coke, beers, water, etc).
- Additional cost by out of management control due to the landscape, weather condition, illness, change of government policies, strikes, and physical condition, etc.
- Surplus luggage charges for domestic airport
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from high-altitude up to 5000 m.
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Gratuities to the guides and porters (Recommended by Nepali culture)
- Any other expenses that are not mentioned in the Price Include section of this trek.