

Everest Base Camp Trek -13 Day Itinerary

Destination: Nepal

Trip Difficulty: Moderate - Strenuous

Best Season: Spring & Autumn

Max Elevation: 5545m (Kalapathar)

Don't you wanna grab this great opportunity to enjoy a wonderful adventure trekking in the footstep of Everest?

The Everest base camp trekking trip has always been one of the bucket list trekking destinations for entire traveler enthusiasts across the world, if you are one of them then get ready to plan today for the amazing trekking experience of a lifetime through the world's most dazzling corner of the Himalayas.

The EBC hike is perhaps one of the premium and captivating journeys on the planet; A classic Hiking trip to Everest base camp on the lap of the highest peak on earth with a beautiful combination of Sherpa culture is something beyond our imaginations and as it always offers breathtaking sceneries throughout the journey.

Our 13-day Everest base camp hiking itinerary is a comfortable program that is designed to be high altitude friendly, this program has included 2 days for acclimatization on a trek in the mountain.

On this trek, you will be part of the world's most beautiful places in the mountains walking through the popular Sherpa villages of Lukla, Namche, Tengboche, Dingboche, and Labuche, A journey to Everest base camp is perhaps one of the finest and praised destinations on the planet.

However, its journey will be fully admired by the vibrant culture and traditions of the

friendly Sherpa people alongside the world's highest and most magnificent mountain peaks of Everest, Lhotse, Nuptse, Thamserku, and many others being surrounded by peaks into the magical valley of the Khumbu region.

Trekking to Everest Base Camp is one of the best treks, probably there is nothing more special than this venture on Earth.

However, the EBC trek is fairly challenging compared to other treks in Nepal but it doesn't mean to say you need high skills in climbing, it's a normal hike and a perfect journey for those who are happily ready to walk 4-to 5 hours a day at your own pace.

The 13 Days Everest camp trek commences after an exciting 35 minutes flight to Lukla. It's a hustle and bustle Sherpa hub of the Everest region, after tackling all your essentially gears up at Lukla the trek will take you through the stunning famous Sherpa villages and settlements including villages of Namche Bazaar, Tengboche, Dingboche Lobuche, Gorakshep, etc which belong in Sagarmatha national park (a UNESCO Natural World Heritage Site), in this manner, farmland, ancient monasteries, enjoying the close view of gorgeous soaring mountains of Everest, Lhotse, Thamserku, Island peak, Nuptse, etc along the way.

This is certainly a life-changing journey that brings a lot of sources of happiness by exploring and meeting a local lifestyle and their friendly hospitality, our 12 days EBC program also combines with the best viewpoint of Kalapathar (5545m), the view from Kalapathar is breathtaking, Captures fantastic panoramic views of the mighty mountains and sunrise views from the top of Kalapathar.

The best time of the year to do this trek is in Spring and Autumn, there are March, April, May - September, October, and November, EBC or any treks in Nepal during these months are the best with the mild temperature, you will be able to enjoy the trek fully with the crystal clear views of the mountains and its landscape.

The 13 Days guided trip ensures all the accommodations, all the required trekking

permits, experienced and friendly guides, both-way flight tickets, tea houses, full board meals, etc. during the trek.

If you are ready to take a step towards the mountain then you're welcome to be part of this adventure which will be escorted by one of the best and most experienced Sherpa guides to gain knowledge about our fascinating culture, the Himalayan mountains, and the best of the wilderness in depth.

If you are looking for a more adventurous trek to challenge yourself in the mountain then you may choose our [Everest Cho La Pass Trek \(https://www.alpineramble.com/everest-cho-la-pass-trek\)](https://www.alpineramble.com/everest-cho-la-pass-trek) and [Everest High Pass Trek \(https://www.alpineramble.com/everest-high-pass-trek-18-days\)](https://www.alpineramble.com/everest-high-pass-trek-18-days). Travelers may look at our exciting offer for the [short Everest base camp h \(https://www.alpineramble.com/everest-base-camp-trek-8-days\)](https://www.alpineramble.com/everest-base-camp-trek-8-days) ike, [Langtang Valley trek \(https://www.alpineramble.com/langtang-valley-trek-10-days\)](https://www.alpineramble.com/langtang-valley-trek-10-days), and [Annapurna base camp trek \(https://www.alpineramble.com/short-annapurna-base-camp-trek-5-6-days\)](https://www.alpineramble.com/short-annapurna-base-camp-trek-5-6-days) as well.

Additional Benefits

- Free Airport transportation on arrival and departure days.
- **Trekking equipment** such as the Sleeping bag, Down jacket, and walking poles (rental is included if needed)
- Duffle bag if required (Optional)
- **Souvenir:** Trekking route map/browser and printed ART's hiking T-shirt
- An Oximeter to measure your Oxygen and Pulse at a high altitude to find out your accurate health condition while you are trekking in the mountain.
- WOKI TOKI - for communication during the trek

Highlights

- Dramatic mountain flight to one of the most popular air routes in the world with magical views of its landscape.
- Explore a unique Sherpa Culture, tradition, and lifestyle during your 12 days trek
- Cross the High suspension Bridges and witness the views of hanging wheeled prayer flags around
- Kiss the close-up views of the Stunning Mountains like Everest, Lhotse, Nuptse, Ama-Dablam, Island Peak, and so on en route to Everest Base Camp
- Follow the footprints of Sir. Admon Hilary and Tenzing Norgay Sherpa (The first Everest summiteers in 1953)
- Foot to the Base camp of the world's tallest peak and hike through its beautiful scenery
- Short excursion hike to Kalapathar to witness the Magnificent view of Mount Everest and sunrise over the Himalayan range of Everest.
- Trekking with a friendly and experienced local guide, learning different things about Nepal.
-

Please note: The trekking times indicated Below are approximate and are best used as general guidelines. During the Everest Base Camp Trek, you'll be able to travel freely at your own pace. We also recommend arriving in Kathmandu at least one day before your scheduled itinerary begins; this will allow you to meet with our trekking team in advance to learn more about your planned activities. Staying in Kathmandu for one-two extra day for acclimatization if required, also it is helpful at the end of the itinerary and will also provide you with a more flexible schedule in the event that mountain flights between Kathmandu and Lukla are delayed due to weather.

Day to Day Itinerary

Day 1: Arrival in Kathmandu, you will be welcomed by our crew at the airport

Day 2: Flight to Lukla from Kathmandu and trek to Phakding (2610m)

Day 3: Phakding to Namche Bazar (3,440m)

Day 4: Acclimatization in Namche Bazar

Day 5: Trek to Tengboche Monastery (3,860m); 5 hours

Day 6: Trek to Dingboche (4,350m); 5 and half hours

Day 7: Acclimatization in Dingboche; 4 and half hours

Day 8: Trek to Lobuche (4,910m); 5 hours

Day 9: Trek to Everest Base Camp (5,365 meters) and back to Gorak Shep (5,180m)

Day 10: Hike up to Kala Patthar (5,545m) and trek down to Pheriche (4,120m); 7 hours

Day 11: Trek to Namche (3,440m); 4 hours

Day 12: Trek to Lukla (2,840m); 7 hours

Day 13: Morning flight back to Kathmandu; 30 minutes

Cost Includes

- Free International Airport- Hotel- Airport pick up and drop off by private car/Jeep/Hiace.
- **Meals** on the 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 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 or after the trek)
- Extra drinks as alcoholic & non-alcoholic such as Fanta, Coca-cola, sprite, water, beer, etc.
- Additional costs by out of management control due to the landscape, weather

- conditions, illness, changes in government policies, strikes, 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 the high-altitude
 - Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
 - Tips for guide and staff, (Tipping is expected
 - Any other expenses that are not mentioned in the Price Include section of this trek.