

Everest Base Camp Trek

Destination: Nepal

Trip Difficulty: Moderate - Strenuous

Best Season: March- May, Sep- Nov

Max Elevation: 5545 M (Kalapathar)

The **Everest Base Camp Trek** is a true trekker's paradise, and every adventure enthusiast has a vision of walking along the trails of Nepal's Everest Region and meeting eyes with the highest peak in the world. The **15 days journey** is going to be exhilarating, to say the least. ***As Sir Edmund Hillary once said, "People do not decide to become extraordinary. They decide to accomplish extraordinary things."*** And doing the Everest Base Camp Trek is nothing less than achieving an extraordinary feat.

Highlights of the Everest Base Camp Trek(15 Days Trek)

- Get the first-row seat to view the world's tallest peak, **Mount Everest (8,848 meters)**, as well as amazing panoramas of other magnificent summits, including **Lhotse, Nuptse, and Ama Dablam**.
- A heart-racing **flight to Lukla**, the "**Tenzing-Hillary Airport**," known for its dangerous runway over a cliff.
- Explore the **vibrant town of Namche Bazaar** with its bustling atmosphere while enjoying a hot cup of coffee in one of the bakeries.
- Enjoy the breathtaking view of Everest from the world's highest hotel, **Hotel Everest View**, and the **world's highest airport, Syangboche**.
- Get to know the dominant **culture of the indigenous Sherpa people of Khumbu**.
- Amplify your spirituality at the **Tengboche Monastery**, the largest and most famous monastery in the Khumbu Region, and soak in the serene and spiritual ambiance.

- Enter “**Sagarmatha National Park,**” a **UNESCO World Heritage site** full of diverse landscapes and rare flora and fauna.
- Set foot on the starting point for the Mount Everest expedition, **Everest Base Camp, at 5,364 meters (17,598 feet).**
- Catch a glimpse of the **best view of Mount Everest** from **Kala Patthar**, which offers you a beautiful sunrise and sunset.
- Cross a historical landmark, the beautiful suspension bridge, “**Hillary Bridge.**”

Undoubtedly one of the most popular **trekking** destinations in the world, the Everest Base Camp Trek entralls you not only during spring or fall but all seasons with the chance to see not only **Mt. Everest** before your very eyes but also get the best of the **Sherpa culture**, the unique **Buddhist traditions**, and **breathtaking landscapes**.

Landing at the **Tenzing-Hillary airport in Lukla** will be the first thrilling experience of your adventurous journey. Lukla marks the beginning point of your trek, and it is also the place where you conclude your trekking journey. You will begin your trek, and the trail will lead you through a lush green forest guided by the reverberating Dudh Koshi River and paths filled with stone walls that have Buddhist prayers inscribed.

Calling it a day once you reach Phakding, once again you will find yourself making your way up towards Namche Bazaar, but not before making a stop at the entry point of the [Sagarmatha National Park \(https://www.alpineramble.com/blog/sagarmatha-national-park\)](https://www.alpineramble.com/blog/sagarmatha-national-park), the gateway to Everest. From Phakding, you will be staying at a humble tea house, where most accommodations are basic, with twin sharing room that does not have heating, but you will have a dining area that will be heated and warm for you to spend your morning and evening at.

Namche Bazaar is a bustling town where trekkers take a rest for a day or two. It is filled with multicolored roofs and stoned stairs that lead to pretty tea houses, which are ingrained in the Sherpa culture and Buddhist traditions.

The trek continues through a rough uphill trail as you finally reach Tengboche, where lies another highlight of the journey, the Tengboche Monastery. You can see the most beautiful and picturesque views of Mount Ama Dablam, Nuptse, and Lhotse.

The next day, you will gain a significant altitude as you reach Dingboche and again take a day for acclimatization, then head towards Lobuche. And after a night at Lobuche, you will finally reach your long awaited destination, Everest Base Camp. You will, however, hike to Gorak Shep first and leave your possessions there, then continue towards the Everest Base Camp, where you have to walk alongside the Khumbu Glacier.

Successfully summiting Everest Base Camp will fill you with joy and satisfaction at accomplishing one of the best adventures of your life. The base camp offers a close view of the highest peaks in the world and even a glimpse of climbers preparing for expeditions in the **right season of April-May or October-November** or even some **winter** expeditions.

The next day, you will hike early to Kala Patthar so you can view the gorgeous sunrise, and then your journey to make your way back to Kathmandu begins as you retrace your way back to Lukla and board the flight to Kathmandu.

What sets the Everest Base Camp Trek apart as the best trekking destination in 2024/2025?

It is the dream of every explorer to visit Everest Base Camp at least once in their lifetime. Not only will you get to see Mount Everest (8848 meters), but also other high peaks such as Makalu (8,470 meters), Mt. Lhotse (8,516 meters), and Cho Oyu (8,201 meters).

Trekking to the base of the world's highest peak offers you the best time of your life. Here is a summary of the many reasons the EBC Trek is a remarkable experience.

Thrilling Tenzing-Hillary Airport: The World's Most Adventurous Landing

Standing at an elevation of 2,846 meters, Lukla Airport offers one of the most thrilling experiences of the Everest Base Camp Trek. The runway built on the edge of the cliff will definitely get your blood pumping. Lukla is the starting point of your 15-day journey of trekking to the base camp of Everest.

Iconic Hillary Bridge: Gateway to Adventure

Following in the footsteps of Tenzing Norgay and Sir Edmund Hillary, who successfully summited the highest peak of the world, seven decades ago, the Hillary Bridge stands as a historic landmark honoring their achievements. Draped in prayer flags that carry prayers of peace and love to the celestial deities above, it serves as a tribute to their contributions.

And even more thrilling news for thrill-seekers: you can now do **bungee jumping from the Hillary Bridge**. With successful testing and preparation, soon you can bungee jump from 43 meters above the Dudh Koshi river. Another exciting adventure activity to add to and cross off your bucket list!

Bustling Namche Bazaar: The Heartbeat of the EBC Trek

Namche Bazaar once used to be a trading hub where the Sherpas used to do business with Tibet. Now it is the main gateway for Everest Treks and Expeditions. Despite being located in the heart of the Himalayas, you will find a great deal of facilities that you can find in the Kathmandu Valley. Rich in culture and nature, you will get first hand experience of the best hospitality.

Scenic Syangboche Airport: A High-Altitude Marvel

Located at an elevation of 3780 meters, Syangboche Airport is one of the highest airports in the world. While not in operation, it is still a historical landmark that is surrounded by the majestic Himalayas in the beautiful village of Khumjung.

Charming Khumjung Village: A Quaint Himalayan Village

Khumjung, a small village just above Namche Bazaar, is widely known for its monastery that houses a supposed scalp of Yeti. It is also widely known for Khumjung Hillary School, established by Sir Edmund Hillary, and Khunde Hospital, which is now supported by the Sir Edmund Hillary Foundation.

Tengboche Monastery: The Serene Sanctuary in the Himalayas

Tengboche Monastery, otherwise known as Dawa Choling Gompa, is a Tibetan monastery that falls along the trail to the Everest Base Camp Trek. It is the largest and most widely recognized monastery in the whole district. It is situated atop a hill at the meeting point of the Dudh Koshi and Imja Khola rivers, with the breathtaking backdrop of Mt. Ama Dablam.

Iconic Ascent: The Esteemed Beauty of Everest Base Camp and Kala Patthar

Everest Base Camp, known as the “gateway to Everest,” is where the Everest expedition starts, and **Kala Patthar, whose literal translation is “Black Stone,”** are two of the sought-out places of the entire Everest Base Camp Trek.

You will find yourself in the heart of the Himalayas, where you get the unparalleled experience of the majestic mountains that stand tall and proud, the Khumbu glacier, and the golden rays that fall upon the white snow at the peaks of **Nuptse, Changtse, and Everest**, which add to the profound sense of accomplishment.

Majestic Panoramic Mountains: A Visual Symphony of Peaks

The Khumbu houses some of the world’s tallest mountains, such as **Mount Everest (8,848 meters), Lhotse (8,516 meters), Nuptse (7,861 meters), Ama Dablam (6,812 meters), Cho Oyu (8,188 meters), Pumori (7,161 meters), Thamserku (6,623 meters), Kangtega (6,782 meters), Kusum Kanguru (6,367 meters), and Kongde Ri (6,187 meters)**. For trekkers, a jaw-dropping experience with so many mountains so close to the eyes.

From Base Camp to Glory: The Ultimate Everest Marathon Challenge

Every year on May 29, since 2003, the Everest Marathon takes place to commemorate the anniversary of the first successful summit of the world’s highest mountain, Mount Everest, by two of the legendary climbers, Tenzing Norgay Sherpa and Sir Edmund Hillary. The marathon starts at the Everest Base Camp at an altitude of 5356 m and ends at the Sherpa Capital, Namche Bazaar. You can also take part in this annual marathon and test your limits.

Flights to Lukla throughout the year

You will have two flight options based on the season. One is direct from Kathmandu to Lukla and vice-versa, which only operates during the months of **January, February, March, June, July, August, September, and December**. But during the peak season of **April, May, October, and November**,

your flight will be operated from Manthali, Ramechhap, to Lukla. So for that, you will have to take a local bus or private car (added cost), which is about a 3–4 hour drive from Kathmandu.

Is the Everest Base Camp Trek for you?

The Everest Base Camp Trek can be categorized as moderate to challenging. However, it solely depends on your experience. If you have done high-altitude trekking before to destinations such as Annapurna Base Camp, Poon Hill Trek, and Langtang Valley Trek, it will be a plus point for you. However, even if you are a first-timer, it is still possible for you to successfully do the Everest Base Camp Trek with proper guidance and acclimatization.

Preparation before the trek is crucial, as it determines your success rate. So we recommend you start preparing for the trek at least one month prior. As you will reach a significant altitude above 5000 meters and trek an average of 7 hours a day, your physical stamina and mental strength need to be in good condition.

You should also be ready to carry a load on your back, as you have to carry your essentials and belongings. If you do not plan to hire a porter, you need enough physical strength to carry your backpack, so hiring a porter will be a lot of help.

What is the best time or best season for the Everest Base Camp Trek?

Nepal has two main trekking seasons: spring, which includes March, April, and May, and autumn, which spans September, October, and November. You can fly to Lukla and also opt for a mountain flight or helicopter ride. Off-season trekking is also possible, with fewer trekkers on the route but fewer tea houses open and limited flight options.

During the monsoon season (June–August), the roads are prone to landslides, requiring caution. In winter (December–February), trekkers must be prepared for the harsh cold, with temperatures dropping to -15 degrees Celsius. However, winter offers the advantage of clear mountain views under a blue sky.

The Everest Base Camp Trek Cost Information for Guides, Porters, Flights, and Permits for 2024 and 2025

The Everest Base Camp Trek price for Transportation (Local Bus, Private Jeep, Domestic Flights, and Helicopter Ride)

- Kathmandu to Manthali by Minibus US \$15 per person (Included in the program)
- Kathmandu to Manthali by Private car /jeep US \$180 extra at request (One way)
- Helicopter from Kathmandu to Lukla (sharing): \$500-\$700 per person
- Helicopter from Lukla to Kathmandu (sharing): \$500-\$700 per person
- Helicopter ride option from Gorak Shep to Kathmandu (sharing): \$1,600 Per person
- Helicopter ride option from Gorak Shep to Lukla (sharing): \$750 Per person

General Everest Base Camp Trek Package Cost and Trip Booking Available for 2024/2025 & 2026

From solo trekkers to groups, we've got you covered! We present to you our meticulously designed package at an unbeatable price to provide an unforgettable experience amidst the majestic Himalayas.

No. of Pax	Starting Cost	Status
1	US\$ 1399	Inquiry / Book Now (https://www.alpineramble.com/trip-booking?trip_id=54)

2-4	US\$ 1355	Inquiry / Book Now https://www.alpineramble.com/trip-booking?trip_id=54 https://www.alpineramble.com/trip-booking?trip_id=54
5 - 9	US\$ 1279	Inquiry / Book Now https://www.alpineramble.com/trip-booking?trip_id=54 https://www.alpineramble.com/trip-booking?trip_id=54
10 - 15	US\$ 1199	Inquiry / Book Now https://www.alpineramble.com/trip-booking?trip_id=54 https://www.alpineramble.com/trip-booking?trip_id=54
16 - 30	US\$ 1099	Inquiry / Book Now https://www.alpineramble.com/trip-booking?trip_id=54 https://www.alpineramble.com/trip-booking?trip_id=54

10% off-season exclusive discount on Everest Base Camp Trek Package for Winter (January and February) 2024-2025

Take advantage of our special off-season offer and embark on the experience of a lifetime with a 10% discount on our Everest Base Camp Trek package this winter season. Get the best experience as you trek through the quiet trails, which are usually bustling with tourists, and witness the panoramic vistas of the Himalayas.

You can celebrate Christmas, New Year, and even Valentine's Day at the base camp, which will be a lifetime experience. Don't let this opportunity slide by; book a trip with us now! For more details, contact us via WhatsApp.

TIMS Card and Permit Cost for Everest Base Camp Trek

Getting permits to enter any protected area is mandatory. For the Everest Base Camp Trek, you will need the following permits:

Trekker's Information Management System (TIMS): \$20

Pasang Lhamu Municipality Fee: \$20

Sagarmatha National Park Fee: \$30

Extra Services and Costs for the Everest Base Camp Trek

Just a heads-up for anyone planning to travel to Everest base camp: travelers can hire or rent horses. But mules or donkeys are not available for this trek. Additionally, oxygen cylinders with mask supplies are also available at local lodges along the Everest route, including the Himalayan Lodge in Gorakshep, just in case of an emergency due to health conditions.

And in case you require emergency medical services, there are pharmacies and health posts available at Lukla, Namche Bazaar, Pheriche, Dingboche, and Gorakshep.

The cost information is given below:

Horse for rent: US\$100 per day

Emergency Oxygen: US\$100 per hour

Guide and Porter Cost to Everest Base Camp Trek this Season

Our professional guides, available at a daily rate of \$35 per day, whose costs are already included in the package you purchase, are well equipped with knowledge and will make your trek insightful with information. Meanwhile, our hard-working porters, who charge \$25 per day, will carry your belongings in a duffel bag and make your journey easier.

Your porter cost is excluded from your package, so you will have to pay when you hire them. Of course, hiring a porter is not mandatory but will definitely make your trek easier. Our team will be there for your support through the entire journey, and we assure you a

smooth trek from the beginning to the end.

Everest Base Camp Trek for Senior Citizens

The Everest Base Camp Trek by Alpine Ramble Treks focuses on safety, comfort, and wholesome enjoyment, designed especially for our revered senior citizens. This 20-day trek to Everest Base Camp includes trekking on your own to minimize altitude sickness. It's designed with care, considering the itinerary and pace, to suit our more senior travelers. Its guides have formidable years of experience. You get the best views and interactions with the local Sherpas along the way. For more details, [click the link](#).

10% OFF for the Student Group

Hello, students! Dream of trekking to the Everest Base Camp? Then trek with us! We offer a special 10% discount to all student groups. We ensure the best experience as you trek along this picture-trail to base camp, scenic villages, snowcapped peaks, and flowing rivers. What more do you need? Go ahead and book your trek to Everest Base Camp right now! Contact us for further information.

Everest Base Camp Luxury Trek: Upgraded Accommodation Cost

Alpine Ramble's Luxury Everest Base Camp Trek gets you a premium experience while you trek to the Everest Base Camp. Focusing on combining luxury with adventure, this package offers you upgraded accommodations to make your experience even better. Guides and porters for your safety and comfort are provided as you make your way to the base camp. For more information, [click here](#).

Everest Base Camp Cost Per Day (Daily Personal Expenses)

As your package already includes three meals and accommodation costs, anything apart from this will be at your personal expense. As hot water, wifi, and other amenities require additional pay, we recommend you put aside \$25-\$30 per day. It will be enough throughout the trek.

Save on gear and Equipment Costs and Enjoy our Complimentary Services.

We offer complimentary services such as airport pick up and drop off, Kathmandu sightseeing, and, most importantly, we offer gear and equipment such as trekking poles, sleeping bags, down jackets, etc., for our guests. This can save you up to \$500, which is a significant amount, especially if you are on a tight budget.

The Everest Base Camp Trek: Duration, Trekking Route, Distance, Time and Altitude

Talking about the trekking routes, there are easy and moderate trekking routes leading to Everest Base Camp. You must travel for 10 to 15 kilometers on average each day for 5 to 6 hours. On certain days, though, there will be a short trip lasting three to four hours and a longer journey lasting seven to eight hours.

Trekkers typically gain 500 meters of altitude per day, while occasionally, they may climb more than 500 meters. Phakding, at 2,610 meters, will be your lowest point, whereas Kala Patthar, at 5,540 meters, will be your highest point.

The duration of the Everest Base Camp for this package is 15 days; however, our Everest Base Camp trekking itinerary is 12 days, and including the Kathmandu Valley sightseeing, it would be a 14-day program, including the final departure, which would be a total of 15 days.

Altitude Sickness and Acclimatization during the Everest Base Camp Trip

Altitude sickness is a very common experience among trekkers at high-altitude trekking destinations. The Everest Base Camp Trek is no exception, as the elevation exceeds 5000 meters. You could start experiencing altitude sickness above 2500 meters. In other words, [acute mountain sickness \(AMS\) \(https://www.alpineramble.com/altitude-tips\)](https://www.alpineramble.com/altitude-tips) can cause severe health issue if ignored.

Therefore, we have included adequate days of acclimatization in the itinerary so your body can adjust to the high altitude. There are also medications, like acetazolamide (Diamox), which can help reduce the symptoms, but we only recommend their use after consulting with your physician. But the best medication for altitude sickness is descending down, taking a good rest, drinking plenty of fluid, and eating a proper diet.

The Alternation route

Within the Everest route, there are a few routes that ART offers fantastic trekking options, such as an 18-day EBC trek, a 15-day Everest Base Camp trek via Chola Pass, and the Three Passes trek. Join us for any of these treks. If you're short on time for the base camp trek, then choose this short [Everest Base Camp trek - 7 Days with a helicopter return \(https://www.alpineramble.com/7-days-everest-base-camp-trek\)](https://www.alpineramble.com/7-days-everest-base-camp-trek).

Additional Benefits of this EBC Trek with Alpine Ramble

- Free guided Kathmandu Valley sightseeing tour (**Swayambhu, Boudhanath, and Pashupatinath temple**)
- Free transfers to and from Tribhuvan International Airport upon arrival and departure.

- Complimentary use of any necessary trekking equipment, such as sleeping bags, down jackets, duffle bags, walkie-talkies, and an oximeter to monitor your oxygen and pulse.
- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a hat! or cap.
- Live tour briefing by guide or expertise
- First-Aid Medical Kits - including the tablets for the altitudes and water purification
- Available for assistance/ help anytime to discuss the program.
- Alpine Ramble's waterproof duffle bag for the porter if you prefer to take it.
- Prearranged trekking permits, accommodations, transportation, and round-trip flight tickets between Kathmandu and Lukla.
- Daily meals (breakfast, lunch, and dinner) are provided while staying at trekking lodges or teahouses along the EBC trek.
- Free luggage storage access in KTM.
- Easy and flexible payment methods
- Flexible dates and groups for the trip.

Day to Day Itinerary

Day 1: Arrival at Kathmandu and transferred to the Hotel

Day 2: Pre-trip meeting, Preparation and Sightseeing around Kathmandu

Day 3: Fly from Kathmandu to Lukla (30 minutes) and trek to Phakding (3 hours)

Day 4: Trek from Phakding to Namche Bazaar (6 hours)

Day 5: Acclimatization in Namche Bazar, Hike to hotel Everest View to Khumjung Valley

Day 6: Trek from Namche Bazaar to Tengboche (4 hours)

Day 7: Trek from Tengboche to Dingboche (4 hours)

Day 8: Acclimatization in Dingboche

Day 9: Trek from Dingboche to Lobuche (4-5 hours)

Day 10: Trek to Everest Base Camp (5 hours) and return to Gorak Shep (3 hours)

Day 11: Trek to Kala Patthar and trek from Gorak Shep to Pheriche

Day 12: Trek from Pheriche to Namche Bazaar (6 hours)

Day 13: Trek from Namche Bazaar to Lukla (6-7 hours)

Day 14: Fly from Lukla to Kathmandu (30 minutes) and departure

Day 15: Final Departure

Cost Includes

- Free International and domestic pick up and drop off (Airport- Hotel- Airport) 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 guides/Sherpas.
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- **2-night 3-star hotel** accommodation with breakfast (B/B) in Kathmandu
- 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 bars, crackers, cookies, etc.
- Seasonal fresh fruits are dessert 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)

- An 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 is arranged in case of complex health conditions (funded by your Travel Insurance)
- All government, Local taxes/VAT, and official Expenses
- **10% OF ALL PROCEEDS GO TO SUPPORT OUR [SOCIAL IMPACTS INITIATIVE](https://www.alpineramble.com/mission)**
[\(<https://www.alpineramble.com/mission>\)](https://www.alpineramble.com/mission)

Cost Excludes

- Nepal entry visa fees (\$30 USD for days tourist visa and it can be obtained at the Airport of Kathmandu on arrival!)
- Extra accommodation and meals behind schedule the schedules of this trekking trip program
- All kinds of beverages including, alcoholic and nonalcoholic as well as hot and cold drinks
- Additional costs by out of management control due to the landscape, weather conditions, illness, changes in government policies, strikes, physical conditions, etc.
- Surplus luggage charges for domestic airports (Max weight is 15-17 kg per person)
- Personal expenses such as shopping, hot and cold drinks, hot shower, hard and soft alcohols, snacks, hot and cold water, Wi-Fi, battery re-charge fee,
- Travel insurance has to cover emergency rescue evacuation from high-altitude up to 6000 m.
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) [for this trek](https://www.alpineramble.com/trekking-equipment.html)
- Tipping and Gratitude to the guides and staff (Recommended by Nepali culture)
- Any other expenses that are not mentioned in the Price Inclusive section of this trek