

12 Days Everest Base Camp Trek

Destination: Nepal

Trip Difficulty: Moderate - Strenuous

Best Season: Spring & Autumn

Max Elevation: 5545 M (Kalapathar)

“The Himalayas are a treasure trove of natural landscapes teeming with unparalleled beauty; villages where you’ll find the friendliest people you’re ever likely to meet and the highest mountains on the planet. Join Alpine Ramble Treks to discover the grandeur of the EBC Hike for yourself. The Khumbu is calling—will you answer?”

Brief Highlights of the 12-Day Everest Base Camp Trek

- Experience a dramatic mountain flight with magical views of the Himalayas
- Spend 12 days acquainting yourself with the traditions and culture of the Sherpa people
- Cross high-altitude suspension bridges draped in colorful Buddhist prayer flags
- Climb to the viewpoint of Kala Patthar, where mountains like Everest, Lhotse, and Nuptse are close enough to touch
- Follow in the footsteps of world-renowned mountaineers to reach the base of the world’s tallest mountain
- Trek with a friendly and experienced local guide to learn more about the beautiful Khumbu region

Additional Benefits of this Epic Everest Base Camp Trek -12 Days with Alpine Ramble

- Free guided Kathmandu valley sightseeing tour (Swoyambu, 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!
- Free luggage storage access in KTM
- 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.
- Medical kits, including Diamox, are for high-altitude sickness prevention.
- The date and itinerary of this trekking program are highly flexible, with no associated fee.
- Emergency rescue by helicopter in the worst-case scenario, consulting with your respective travel insurance.

Useful Trek Tips for Success

Please keep in mind the following tips for your Everest base camp trek while you are here:

- **Stay Hydrated:** Drinking plenty of water is one of the best ways to prevent altitude sickness. Aim to drink at least 4 liters of water each day during your trek. You can refill or buy water along the way.
- **Pack Light and Smart:** Only bring essential trekking gear, such as a warm/down jacket, sleeping bag, and waterproof and comfortable trekking shoes.
- **Choose Fresh and Healthy Food:** Avoid meat and dairy products and stick to local and fresh foods. Soups can also be a good option.
- **Take Time to Acclimatize:** It's important to allow your body to adjust to higher

altitudes before continuing your trek. Take at least two extra days for acclimatization, climb high, and sleep low. Our itinerary already includes this. By following these tips, you can have a safer and more enjoyable trekking experience.

Lukla Flight diversion update for Everest Base Camp trekking is 12 days in 2024 and 2025.

This is a short notice regarding the flight to Lukla. During the peak trek seasons (March to May and October to November), the flight between Kathmandu and Lukla will be slightly amended. Instead of operating from Kathmandu, the flight will now take place from Ramechhap/Manthali airport to Lukla due to traffic congestion.

However, for the remaining months, the flight will continue to operate directly from Kathmandu. In case we need to catch a flight from Manthali, we will start early morning on the first day of the program. This means we must leave the hotel in Kathmandu at around 1 or 2 am and drive for approximately 3-4 hours to reach Manthali.

Everest Base Camp Trek 12 Days Insight Overview

Prepare yourself for the hiking adventure of a lifetime! It all starts with an awe-inspiring scenic mountain flight to the tiny airport in Lukla, and it culminates with your arrival at the foot of the world's tallest mountain. But in between, you'll find peaceful Sherpa villages, colorful Buddhist monasteries, twinkling glacial rivers, and quiet wooded valleys steeped in mysterious wreaths of fog.

From the moment your feet hit the trail, you'll know just how unique the Everest Base Camp Trek is. Alpine Ramble Treks has prepared this 12-day itinerary for travelers who want to see the best that Nepal has to offer, and traveling with us is the best way to ensure that your trek is a resounding success.

Don't miss your chance to follow in the footsteps of some of the world's most storied



adventurers. **Tenzing Norgay, Edmund Hillary**, and George Mallory are just a few of the climbers who have become household names around the globe.

Their exploits on the mighty Everest have inspired trekkers from every country to see the mountain for themselves—and you could be the next to answer the call. After all, this is one of the most captivating journeys on the planet: a classic hiking trail that passes through welcoming Sherpa villages to reach high-altitude vantage points in the heart of the Himalayas.

While this is a reasonably challenging trek, no climbing skills are required, and your professional guides from Alpine Ramble Treks will help you to reach Everest Base Camp safely at your own pace.

Our 12-day Everest Base Camp Trek will bring you face-to-face with the highlights of the Khumbu region: the busy trading town of Namche Bazaar, the ancient monastery at Tengboche, the jaw-dropping wilderness of **Sagarmatha National Park**, and the soaring summits of Everest, Lhotse, and Ama Dablam.

This is a life-changing journey, and we recommend spending as much time as possible on the trail. But that doesn't mean the EBC is only for travelers with weeks to spare. Alpine Ramble Treks also offers shorter alternative itineraries, such as our [eight-day](https://www.alpineramble.com/everest-base-camp-trek-8-days) (<https://www.alpineramble.com/everest-base-camp-trek-8-days>) or [seven-day trek](https://www.alpineramble.com/7-days-everest-base-camp-trek) (<https://www.alpineramble.com/7-days-everest-base-camp-trek>) .

Whichever itinerary you choose, rest assured that Alpine Ramble Treks will happily customize your trip to match your needs—and we'll always take care of accommodations, trekking permits, meals, and other necessary travel arrangements. When you're ready to get started, [get in touch](#) with us.

Hike to Kalapathar and elevation during the 12-day EBC trip itinerary.

Our outstanding Everest base camp 12-day trip itinerary includes a beautiful small mountain, **Kalapathar, 5545 meters** above sea level. It is one of the most beautiful places to enjoy the views of the mighty Himalayas range of the entire Everest region.

The view from the top of Kalapathar Hill is genuinely overwhelming, immersing in the 360-degree panoramic views of the Himalayas, including the whole shape of Mount Everest, Lhotse, Nuptse, Ama Dablam, Pumori, Khumbuche, and so on.

Level of 12-Day Everest Base Camp Trek Difficulty

While prior trekking experience is not a prerequisite for our EBC Trek package, this is a moderately complex hiking trail with a maximum elevation of more than 5,500 meters. You'll be walking for six or seven hours each day, and the trail ascends and descends as it winds through countless side valleys and high-altitude Mountain passes.

For these reasons, you should be healthy and physically fit before starting this trek. Walking, running, and other forms of cardiovascular exercise are great ways to prepare for the opportunity to cross Mt. Everest from your bucket list.

An expert guide from Alpine Ramble Treks will also be assigned to watch over you, monitor your progress and condition, and shepherd you safely from Luka to Everest Base Camp—and back again.

If the 12-day EBC trek isn't what you're looking for, Alpine Ramble Treks has plenty of alternatives here in Khumbu. Consider our [Everest Gokyo Lake Trek – 10 Days package \(https://www.alpineramble.com/everest-gokyo-lake-trek-10-days\)](https://www.alpineramble.com/everest-gokyo-lake-trek-10-days) or our [eight-day Everest Base Camp Hiking Itinerary \(https://www.alpineramble.com/everest-base-camp-trek-8-days\)](https://www.alpineramble.com/everest-base-camp-trek-8-days) [\(https://www.alpineramble.com/everest-base-camp-trek-8-days\)](https://www.alpineramble.com/everest-base-camp-trek-8-days) .

For those of us traveling short on time, Alpine Ramble Treks (ART) also organizes the finest short EBC Trek from Kathmandu that can be completed in one week.

And if you're only here on a brief visit, you can still enjoy the splendor of the world's tallest mountain by booking our [Everest Helicopter Tour \(https://www.alpineramble.com/everest-helicopter-tour-in-nepal\)](https://www.alpineramble.com/everest-helicopter-tour-in-nepal) or [Scenic Everest Flight \(https://www.alpineramble.com/scenic-everest-flight-1-day\)](https://www.alpineramble.com/scenic-everest-flight-1-day) . With convenient departures from Kathmandu, these day trips are a fantastic way to get up close and personal with Mt. Everest when you're short on time.

The Everest Base Camp Trek 12 Days Cost (Price) for 2024 and 2025

The cost of the Everest base camp trek is 12 days, depending on the season in which you plan to do it. If you choose to trek during the peak seasons of Spring (March, April, and May) or Fall/Autumn (September, October, and November), the cost will be as per the list in the table below.

However, if you plan to trek during the low seasons of Winter (January and February) or Monsoon (June, July, and August), the cost will be slightly lower. To get the low-season rate, please contact our team via email or WhatsApp.

Group numbers

Starting Price

Status

1 (Single person)	USD 1359	Book Now https://www.alpineramble.com/trip-booking?trip_id=42 https://www.alpineramble.com/trip-booking?trip_id=42 https://www.alpineramble.com/trip-booking?trip_id=42
2- 2	USD 1255	Book Now https://www.alpineramble.com/trip-booking?trip_id=42
3 - 7	USD 1230	Book Now https://www.alpineramble.com/trip-booking?trip_id=42
8-20	USD 1199	Book Now https://www.alpineramble.com/trip-booking?trip_id=42

Please note: The trekking times indicated Below are approximate and are best used as general guidelines. During the short Everest Base Camp Trek, you can 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 an extra day or two at the end of the itinerary will also provide you with a more flexible schedule if mountain flights between Kathmandu and Lukla are delayed due to weather.

Day to Day Itinerary

Day 1: Fly from Kathmandu to Lukla (30 minutes) and trek to Phakding (3 hours)

Day 2: Trek from Phakding to Namche Bazaar (6 hours)

Day 3: Acclimatization - Namche Bazaar

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

Day 5: Trek from Tengboche to Dingboche (4 hours)

Day 6: Aclimatization in Dingboche

Day 7: Trek from Dingboche to Lobuche (4-5 hours)

Day 8: Trek to Gorak Shep (2 hrs) and Everest Base Camp (2 hrs), then return to Gorak Shep (2hrs)

Day 9: Trek to Kala Patthar (2 hours) and trek from Gorak Shep to Pheriche (5 hours)

Day 10: Trek from Pheriche to Namche Bazaar (6 hours)

Day 11: Trek from Namche Bazaar to Lukla (6 hours)

Day 12: Fly from Lukla to Kathmandu (30 minutes) and 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 both Kathmandu and Lukla airport
- Supplementary snacks: energy bars, crackers, cookies, etc.

- Seasonal fresh fruits are served for 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 mountains is beneficial 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 will be 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 (USD 30 for a day tourist visa 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 are 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 snacks, laundry, telephone, WIFI, hot shower, etc., at tea houses on a trek

- Travel insurance has to cover emergency rescue evacuation from high altitudes up to 5000 m.
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- 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