

# Everest Base Camp Trek For Seniors

**Destination:** Nepal

**Trip Difficulty:** Easy-Moderate

**Best Season:** Spring & Fall

**Max Elevation:** 5365 m

There is one place in the Himalayas where trekkers, mountaineers, photographers, and travelers are drawn over and over again. Join Alpine Ramble Treks on an extraordinary adventure to the base of the world's highest peak: the unforgettable Mount Everest."

## HIGHLIGHTS

- **Mt Everest (8848.86m)** is undoubtedly the tallest peak on the planet.
- Embark on an exciting flight to Lukla from **Kathmandu** with the most beautiful scenery views.
- Stand at the Kalapathar with an elevation of **5545 meters** above sea level
- Magnificent panoramic mountain views of **Everest, Lhotse, Ama-Dablam**, etc.
- Explore the unique lifestyle and traditions of the Sherpa people.
- A walk through the most fascinating villages, lush forests, terraced fields, and pastures
- Cross a few high alpine suspension bridges,
- Stay at least 2-day at Namche Bazaar to acclimatize and visit the museums and ART gallery.
- Visit authentic Sherpa villages **and Monasteries** of a long century
- Witness the **Khumbu Glacier**, the deepest glacier in the world
- Walk to the foothills of the world's highest mountain, Everest at 5364 meters
- Hike into the Sagarmatha National Park with its unique **flora and fauna**

- Walk on the footprints of **Sir Edmund Hillary and Tenzing Norgay Sherpa** to conquer this Mountain
- Visit the beautiful and ancient Tengboche monastery, as it is known to be the most extensive Spiritual connection Centre in the entire Kumbhu Valley
- Enjoy the magnificent close-up views of the Himalayas, including the world's tallest peak, **Everest**, Lhotse, Nuptse, Pumori, and many other surrounding peaks from the top of **Kala Patthar**.

## Comprehensive 20-Day Everest Base Camp Trek for Seniors Overview

The Everest Base Camp Trek For Seniors Citizens is a perfect itinerary that gains an elevation of 300 to 400 meters a day and a maximum of 3-4 hours of walking for each day at your own pace.

Are you ready to celebrate the breathtaking scenery and undiminished natural splendor of the unspoiled Himalayas? Would you like to immerse yourself in the colorful, world-famous culture of the Sherpa people? Then pack your bags, strap on your boots, and prepare for the trekking experience of a lifetime.

The **Everest Base Camp Trekking for old people or senior citizens** is one of Nepal's most stunning hiking adventures. This exciting trail passes through multiple climate zones, crosses picturesque suspension bridges, and brings you into remote mountainside villages full of friendly locals.

At Alpine Ramble Treks, we've carefully designed our 20-day EBC tour itinerary to get you from the hustle and bustle of Kathmandu to the lonely grandeur of the mighty Mount Everest—and back again.

This Everest Base Camp Trek For Seniors Citizen group allows you to explore the

dramatic landscapes of the Khumbu region, including the jaw-dropping Sagarmatha National Park.

You'll pass through valleys of fir and deodar, follow the paths of glistening glaciers and ancient moraines, and encounter striking Buddhist monasteries and stupas.

You can also expect to come face-to-face with many of the greatest giants of the Himalayas: Lhotse, Nuptse, Pumori, and Ama Dablam, just a few of the snowcapped summits that tower over the hills of the Khumbu. Of course, your ultimate reward is the sight of Everest itself. Known variously as Sagarmatha and Chomolungma, this mountain doesn't disappoint!

This trek also offers the rare opportunity to glimpse the timeless lifestyle, culture, and traditions of the villagers who call the Khumbu home. The region is populated by people of Sherpa, Tamang, and Rai ethnicities, and they'll welcome you with open arms to learn more about their daily routines and deeply held religious convictions.

In fact, you'll even have the chance to visit the region's oldest and largest Buddhist gumpa: the Tengboche Monastery. Our 14-day Everest Base Camp offers a fascinating blend of adventure, scenery, and culture.

This itinerary is perfect for travelers with a little more time to spare on the trail; visitors on a tighter schedule might also consider our [twelve-day EBC Hike](https://www.alpineramble.com/12-days-everest-base-camp-trek-itinerary) (<https://www.alpineramble.com/12-days-everest-base-camp-trek-itinerary>) or [8-day itineraries](https://www.alpineramble.com/everest-base-camp-trek-8-days) (<https://www.alpineramble.com/everest-base-camp-trek-8-days>). If you have any questions about which option is best for you or if you'd like to customize any of our itineraries, you can always [contact us](#).

## 20-Day Everest Base Camp Trekking Difficulty & Comfort

While prior trekking experience is not a prerequisite for our trekking to Everest Base Camp 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 embarking on 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 20-day trip to EBC isn't what you're looking for, Alpine Ramble Treks has plenty of alternatives here in Khumbu. If you are game to challenge longer hikes, consider our Everest Three pass trek or our [12-Day EBC trek Itinerary](https://www.alpineramble.com/12-days-everest-base-camp-trek-itinerary) (<https://www.alpineramble.com/12-days-everest-base-camp-trek-itinerary>).

And if you're here on a brief visit, you can still enjoy the splendor of the world's tallest mountain by booking our [Everest Base camp trekking with a helicopter](https://www.alpineramble.com/7-days-everest-base-camp-trek) (<https://www.alpineramble.com/7-days-everest-base-camp-trek>) tour or Scenic Everest Flight. 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.

## **Additional Benefits of this Everest Base Camp Tour for Senior Citizens 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.

**Update regarding the Lukla Flight for Everest treks scheduled for 2024 and 2025.**

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 in the 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 Ramechhap/Manthali.

**Please note: The trekking times indicated Below are approximate and are best used as general guidelines. During the 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: Arrival at Kathmandu and transferred to the Hotel.**

**Day 2: Pre-trip meeting and sightseeing around Kathmandu**

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

**Day 4: Trek from Lukla to Monjo (4-5 hrs)/ Jorsalle**

**Day 5: Trek to Namche Bazaar (4 hrs)**

**Day 6: acclimatization day**

**Day 7: Trek to Tengbuche (4 hrs )**

- Day 8: Trek to Pangbuche (4 hrs)
- Day 9: Trek to Dingbuche (4 hrs )
- Day 10: Rest Day
- Day 11: Trek to Thukla (4 hrs)
- Day 12: trek to Gorakshep (4 hrs)
- Day 13: Trek to Everest base camp and back to Gorakshep (4 hrs)
- Day 14: Hike to Kalapathar and Back to Labuche (4 hrs)
- Day 15: Trek to Pangbuche (4 hrs)
- Day 16: Trek to Namche Bazzar (5 hrs)
- Day 17: Trek to Phakding (4 hrs)
- Day 18: Trek to Lukla (4 hrs)
- Day 19: Fly back to Kathamndu (30 m)
- Day 20: 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

- 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)