

## Everest Base Camp Trek (11 Day)

**Destination:** Nepal

**Trip Difficulty:** Moderate - Strenuous

**Best Season:** March- May & Sep- Nov

**Max Elevation:** 5,545m (Kalapathar)

**"Take the first steps on your journey to Mount Everest in the fabled highlands of the Khumbu, the heart of Sherpa country. Here, you'll discover a fascinating combination of classic Himalayan peaks, timeless Buddhist monasteries, and friendly mountain villagers practicing an enduring way of life. Let Alpine Ramble Treks be your guide to this unforgettable adventure of a lifetime".**

### Complete Everest Base Camp Trek Overview

Have you ever wanted to embark on the EBC Trek to see the world's tallest mountain?

Have you ever wanted to set out on an overland trek in one of the planet's most spectacular and remote corners? This trekking itinerary allows you to complete the round-trip circuit to the base of Mount Everest in just eight - eleven days.

We've crafted this package specifically for travelers on a tight schedule, ensuring you won't miss out on any of the highlights this world-famous hiking route offers.

The trekking to EBC is arguably the single most popular trail in the Himalayas, attracting visitors from around the globe year after year. And if you're looking for an accessible and rewarding way to experience this unparalleled adventure, you'd be hard-pressed to find a better option than our eight-day hiking to Everest Base Camp.

No matter the season, the exceptional beauty and challenging terrain of the Khumbu conspire to offer the most extraordinary experience a hiker could desire on the hike to

Everest Base Camp.

You'll traverse lush forests draped in moss, cross alpine meadows adorned with wildflowers, and pass through picturesque trailside villages clinging to the slopes of steep mountains.

And at the end of the trail, you'll reach **Everest itself: an 8,848-meter** colossus that defines Nepal's mountain ranges and the entirety of the Himalayas themselves. Known variously as Everest, Sagarmatha, and Chomolungma, the tallest mountain in the world is an awe-inspiring sight of undisputable magnitude—but it's not the only peak in the region.

As you approach the base camp, you'll walk in the shadows of a range of genuinely mighty mountains. The evocative names of Lhotse, Nuptse, Thamserku, Kongde, Pumori, and Ama Dablam are just a few. And when you reach the thrilling high-altitude vantage point of **Kala Patthar**, you'll be rewarded with a 360-degree panorama of these distinctive landmarks.

During the trek, you'll also visit several iconic mountain villages synonymous with the Khumbu: Namche Bazaar, Tengboche, and Lobuche.

You'll get a firsthand glimpse into the daily routines of local people here, including the vibrant religious traditions that define their way of life.

You'll learn to recognize and understand the significance of the Buddhist Chortens, prayer wheels, and prayer flags that can be found along the trail, and we'll even visit the most important religious center in the region: **Tengboche Monastery**.

Your guide from Alpine Ramble Treks (ART) will help you unlock the secrets of the Khumbu, interpret the rich cultural fabric of the Himalayas, and lead you to the conclusion of a successful trek.

Read on to learn more about this exciting package, and contact us day or night with any questions. Our tour experts are ready to help and can be reached.

## Best Time of Year for Everest Trek

Weather in the Himalayas is variable, and the arrival of the summer monsoon usually determines the best trekking seasons.

To avoid the wettest conditions, many hikers travel during the spring, which occurs from February to March. This is the time of year when wildflowers are in bloom, and temperatures are at their most comfortable.

Other trekkers might prefer to undertake the EBC during the autumn season, between **September and November**. This is perhaps the best time of year for crisp days and clear mountain views. Of course, winter treks are also possible; while temperatures can be cold and trails can be packed with snow, there is an undeniable appeal to enjoying the trip without a crowd.

We typically recommend hiking the Everest Base Camp during the summer. Suppose your schedule only allows you to visit Nepal during the summer. In that case, Alpine Ramble Treks will happily arrange a proper Himalayan adventure on one of our many alternate routes.

## Everest Base Camp Hike Difficulty

While prior trekking experience is not a prerequisite for our Everest Trek package, this is a moderately complex hiking trail with a maximum elevation of more than **5,500 meters**. You'll be walking for five to 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.

However, this trek has also included days for acclimatization; your past trekking or hiking experience might be beneficial.

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.

This trek is doable if you are physically prepared. However, having a positive mindset will also help to determine whether to complete this trek.

The route follows the same as the [traditional EBC 12-day](https://www.alpineramble.com/12-days-everest-base-camp-trek-itinerary) (<https://www.alpineramble.com/12-days-everest-base-camp-trek-itinerary>) hike. Still, this program does not include the day of acclimatization in Dingbuche. Still, it can be built if you require it, which might not be needed if you are physically fit since our itinerary slowly gains the high from the lower lands to the high elevation.

Moreover, this 8-day to 11-day Everest base camp trek is doable for any traveler who can walk four to six hours daily. It is an average hike and does not require any technical climbing.

## **EBC trip Alternative options**

If the 11-Day Everest Base Camp Trekking isn't what you're looking for, Alpine Ramble Treks has plenty of alternatives here in Khumbu. Hikers traveling for two weeks would consider our comfortable [14-day EBC](https://www.alpineramble.com/mount-everest-base-camp-trek-14-days) (<https://www.alpineramble.com/mount-everest-base-camp-trek-14-days>) trek, including two acclimatization days.

And suppose you're only here on a brief visit. In that case, you can still enjoy the splendor of the world's tallest mountain by booking our Everest Helicopter Tour. Alternatively, at an affordable inclusion value, you may be interested in our easy [Langtang Valley trek](https://www.alpineramble.com/langtang-valley-trek) (<https://www.alpineramble.com/langtang-valley-trek>)

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and [Annapurna Base Camp Trek \(https://www.alpineramble.com/comfort-annapurna-base-camp-hike\)](https://www.alpineramble.com/comfort-annapurna-base-camp-hike) .

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.

**Please note:** On rare occasions, domestic flights between Kathmandu and Lukla may be delayed or canceled due to weather conditions. This can happen during any time of the year, and you can rest assured that Alpine Ramble Treks will work with you to make any possible alternative arrangements to minimize the interruption to your holiday.

## **Additional Benefits of this Trek with ART**

- Free Airport transfers will pick you up upon arrival and drop you off at the end of the trip.
- Complimentary use of any necessary trekking equipment, such as sleeping bags, down jackets, duffle bags, walkie-talkies, trekking poles, and an oximeter to monitor your oxygen and pulse.
- A guided Kathmandu valley tour with a local ART expert guide and cheerful driver.
- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a hat!
- 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 trek.
- Medical kit and supplies, including Diamox for the high altitude sickness in the mountain.
- A storage room is needed to store traveling luggage or suitcases if you do not need to carry them on a trek.
- Dinner at the best place to see the Cultural Show at the end of the trek.

## **Everest Base Camp Trek 8 days with the helicopter return**

### **Itinerary and cost if you would like this Option:**

Completing this trek in 8 days is still possible with proper acclimatization, but you can save time on the return trip by traveling via helicopter. We offer an exciting **Everest Base Camp trek with a helicopter** option. The price for this trek and an outline of the itinerary are as follows.

## EVEREST BC HIKE WITH THE HELICOPTER RETURN ITINERARY: 8 DAYS (Option II)

**Day 1:** Fly from Kathmandu to Lukla (30 m) and trek to Phakding (3 hrs)

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

**Day 3:** Acclimatization - Namche Bazaar

**Day 4:** Trek from Namche Bazaar to Tengboche (4 hrs)

**Day 5:** Trek from Tengboche to Dingboche (4 hrs)

**Optional:** Acclimatization in Dingboche

**Day 6:** Trek from Dingboche to Lobuche (4-5 hrs)

**Day 7:** Trek to Gorak Shep (2 hrs) and Everest Base Camp (2 hrs), then return to Gorak Shep (2hrs)

**Day 8:** Fly from Lukla to Kathmandu (30 m)

**The Everest Base Camp trek has a helicopter return cost; if you are not using the helicopter return option, then you will be charged the normal price for your booking. Here is the link to proceed with your [normal booking NOW](https://www.alpineramble.com/trip-booking?trip_id=39)**

**[\(https://www.alpineramble.com/trip-booking?trip\\_id=39\)](https://www.alpineramble.com/trip-booking?trip_id=39)**

No. of Group	Cost in USD Per Person	Status
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1	US\$ 2789	<a href="#">Inquiry / Book Now</a> <a href="https://www.alpineramble.com/trip-booking?trip_id=45">https://www.alpineramble.com/trip-booking?trip_id=45</a> <a href="https://www.alpineramble.com/trip-booking?trip_id=45">https://www.alpineramble.com/trip-booking?trip_id=45</a> <a href="https://www.alpineramble.com/trip-booking?trip_id=45">https://www.alpineramble.com/trip-booking?trip_id=45</a>
2-5	US\$ 2299	<a href="#">Inquiry / Book Now</a> <a href="https://www.alpineramble.com/trip-booking?trip_id=45">https://www.alpineramble.com/trip-booking?trip_id=45</a>
6-9	US\$ 1850	<a href="#">Inquiry / Book Now</a> <a href="https://www.alpineramble.com/trip-booking?trip_id=45">https://www.alpineramble.com/trip-booking?trip_id=45</a>
10-15	US\$ 1799	<a href="#">Inquiry / Book Now</a> <a href="https://www.alpineramble.com/trip-booking?trip_id=45">https://www.alpineramble.com/trip-booking?trip_id=45</a>

## Highlights

- Enjoy a warm reception from your hosts at Alpine Ramble Treks when you arrive in Kathmandu.
- Take in stunning mountain vistas from an aerial perspective as you pass over the Himalayas on two dramatic flights between Kathmandu and Lukla.
- Visit the exciting mountain town of Namche Bazaar and check out its Sherpa Museum, where you'll learn about the rich traditions of this timeless culture.
- Earn gobsmacking views of towering snowcapped peaks, such as Lhotse, Nuptse, Ama Dablam, and the unmatched Mount Everest.
- Ascend to higher than 5,500 meters in altitude to reach the magnificent viewpoint of Kala Patthar, where you'll be rewarded with the best alpine panorama in Nepal.



- Stand at the foot of the world's tallest mountain when you realize every trekker's dream: arriving at Everest Base Camp.



***Please note:*** This itinerary is flexible based on your desire and flexibility; if you are an experienced trekker/athlete used to trekking in high-altitude areas, it can be done within eight nights and nine days. However, if traveling in a high-altitude area for the first time,

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*acclimatization day is recommended to get your body used to the altitude before approaching higher elevation on a trek. The itinerary will be customized based on your requirements. Moreover, 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. If required, staying in Kathmandu for one extra day for acclimatization at the end of the itinerary will also be helpful. It will also provide 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 (5 hours)**

**Day 3: Acclimatization in Namche Bazar**

**Day 4: Trek from Namche Bazaar to Tengbuche (5-6 hours)**

**Day 5: Trek from Tengboche to Dingbuche (5 hours)**

**Day 6: Trek from Dingboche to Lobuche (4-5 hours)**

**Day 7: Trek from Labuche to Gorak Shep (5 hours), Everest Base Camp (3 hrs)**

**Day 8: Trek to Kala Patthar (2 hours) and trek from Gorak Shep to Pheriche (5 hours)**

**Day 9: Trek from Pheriche to Namche Bazaar (6 hours)**

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

**Day 11: Fly from Lukla to Kathmandu (30 minutes)**

## Cost Includes

- **Airport transfer** on arrival and departure by private vehicles
- **Meals** on a full-board basis (**Breakfast, Lunch, and Dinner**, the main course)

during the trek.

- One highly experienced Alpine Ramble's government-licensed, English-speaking local guide covers meals, flight, insurance, accommodations, and equipment for the guide.
- All the necessary documents, such as Everest National Park **Fees** and **TIMS card** (Trekking Information Management System)
- Trekking lodges or tea houses during the trek
- Round trip flight from Kathmandu – Lukla - Kathmandu, including applicable departure taxes
- Water purification tablets to purify your water during the trek for safe drinking water
- Supplementary snacks: energy bars, crackers, cookies, etc.
- Seasonal fresh fruit dessert is available every evening after dinner.
- ART's Certificate of appreciations after the successful trek
- Farewell Dinner at a typical Nepalese restaurant with traditional performances
- **Alpine Ramble's** complimentary free hiking T-shirt and route map.
- An oximeter to measure your oxygen and Pulse level during the trek in the mountain is very useful for all the trekkers to be aware of the high altitude sickness.
- A basic first-aid box
- **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 (You can obtain a visa quickly upon your arrival at Tribhuwan International Airport in Kathmandu, Nepal). \$30 USD for 15 days Visa.
- Extra accommodation and meals before and after the trek

- International airfare
- 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, and extra porter
- Travel insurance - insurance has to cover emergency high-altitude rescue and evacuation.
- Personal clothes and [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html)
- Additional costs, itinerary modifications, or delays caused by out of management control due to weather conditions, illness, change of government policies, strikes, physical condition, etc.
- 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 program