Everest Base Camp Trek

Facts

**Destination:** Nepal  
**Trip Difficulty:** Moderate to Strenuous  
**Trip Style:** Tea House  
**Best Time:** Sept - Nov and Mar - May  
**Age Range:** 9 - 70  
**Start From:** Lukla  
**Group Size:** 2-3  
**Max Elevation:** 5,550m

Get set to submerge yourself in the lap of the“Mt. Everest. The Everest Base Camp Trekking is most famous journeys to the Mahalangur Himalaya chain in the Khumbu Region. Trekking to Everest Base Camp is becoming most popular destination, after successful set of epic journey to the top of the World on 1953 by Sir Edmund Hillary and Tenzing Norgay Sherpa.

As Mt. Everest (8,848m) is a roof of the world, every adventures lover has dreaming to see Everest at list once in their life. Everest Base Camp Trek ([https://www.nepalmotherhousetreks.com/everest-base-camp-trek](https://www.nepalmotherhousetreks.com/everest-base-camp-trek)) is not only key point for the adventures lover; it is cultural heritage of Sherpa people and their live hood, as well as perfect chance to touch the Mother Nature. The most part of the Everest Base Camp Trail goes along the world Higest National Park “Sagarmatha National Park”, which is registered on UNESCO World Heritage Centre. The national park is home of endangers species such as; Snow Leopard, Musk deer and Himalayan Goat (Jharal), Yaks and birds, especially Daphne/ Lophophorus “national birds of Nepal”. Entire EBC Trek you have

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breathtaking mountains view like; Amadablam, Thamserku, Kangtega, Kongde peak, Taboche peak, Nutse many more. Above the 8000 meters three mountains peaks can be seen during this trek, Mt. Everest and Lhoste, Makalu. Khumbu is home land of “YETI” the mysterious creature in the world, is heart of mountains, birth place of Kamirita Sherpa, who have climbed 22 times on the Everest and Polyandry Marriage system unspoiled culture.

There are several points to start Mt. Everest Base Camp Trek (https://www.nepalmotherhousetreks.com/everest-base-camp-trek) , but during this 16 days Everest Base Camp Trek, you will start trip from Lukla after short scenic flight from capital city Kathmandu. Then the trail goes through the Sherpa settlement; Ghat, Phakding, Manjo, Namche Bazaar and onward to the Everest Base Camp. Visiting luxury hotel at world highest elevation at 3780 meters “Everest View Hotel”, Syangboche airport, Yak Farm, Khumjung Village are landmarks of trip during acclimatization day at Namche Bazaar. The unique culture of Sherpa’s, festival, faith, Buddhist Monastery, Mane wall, suspension bridge, vegetation temperate coniferous to alpine vegetation makes you journey more pleasant. If you can manage your schedule to get in Namche on Saturday and Thursday at Lukla, you can see interesting traditional market held on every week. The most famous monastery in the Khumbu at Tengboche, possibly world highest farmland at Dingboche and best view point of Makalu from Nangkar Tshang Peak (5,616m) (https://www.nepalmotherhousetreks.com/blog/nangkartshang-peak) , Khumbu Glacier, Icefall and Everest Base Camp are remarkable of the trekking. From the Kalapatthar (5,555m) (https://www.nepalmotherhousetreks.com/blog/kalapatthar) can see incredible view of Everest during sunset time and sun rise time.

Collecting lifetime experience on the Hiking to Mt. Everest (https://www.nepalmotherhousetreks.com/hiking-to-mount-everest) will end at Lukla. We at Nepal Mother House Treks is glad to organize your EBC Trek by porfesional local Guide and porter according to your time schedule and requirements. Everest Base Camp Trek Cost will effect by number of participants and services. Why not is part of Nepal

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Mother Member then!!

**Highlights**

- Sir Edmund Hillary and Tenzing Norgay Sherpa set off on their epic journey in 1953.
- Countless mountains view including top of the world “Mt. Everest” and unique Sherpa cultural.
- Historical trading town of Namche Bazaar and Tengbuche monastery, world highest farm Dingbuche.
- Mt. Everest (8,484m) from closest distance and others many mountains from Kalapathar (5,550m).
- Mount Everest Base Camp (5,360m) and Khumbu icefall.
- Accessible either 30 munities fly in Lukla (2800m) or 7 to 8 hours’ drive by bus to Jiri.

**Day to Day Itinerary**

**Day 1:** Arrive at TIA (Tribhuvan International Airport) & Transfer to Hotel.
**Day 2:** Trekking Preparation & Permits Paper work.
**Day 3:** Fly from Kathmandu to Lukla (2,800m) – 25 to 30 minutes, trek to Phakding (2,640m) -2 to 3 hours
**Day 4:** Phakding to Namche Bazaar (3,430m) -5 to 6 hours
**Day 5:** Acclimatization in Namche Bazaar visit Khumjung Village (3,790m) & Everest View Hotel (3,880m) -2 to 3 hours.
**Day 6:** Namche Bazaar to Tengboche (3,867m) -5 to 6 hours
**Day 7:** Tengboche to Dingboche (4,410m) -5 to 6 hours
**Day 8:** Acclimatization day at Dingboche, climb to Nangkartshang Peak (5,615m) – 2 Hours.
**Day 9:** Dingboche to Lobuche (4,930m) -5 to 6 hours
**Day 10:** Lobuche to Gorakshep (5,140m) - 3 hours & Everest Base Camp (5,360m) - 2 to 3 hours

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Day 11: Gorakshep to Kalapatthar (5,550m) -2 hours & Stroll back to Pheriche (4,240m) -5 to 6 hours
Day 12: Pheriche to Tengboche (3,867m) - 4 to 5 hours
Day 13: Tengboche to Namche Bazaar (3,430m) - 4 to 5 hours
Day 14: Namche Bazaar to Lukla (2,800m) - 6 to 7 hours
Day 15: Fly back to Kathmandu -25 to 30 minutes.
Day 16: Transfer to the airport for your Home destination.

Cost Includes

- Free Airport picks up and drops all transportation (airport to Hotel to airport).
- Star level 3 nights’ Accommodation in Kathmandu twin bed sharing with BB Plan.
- Necessary paperwork and Trekking permit for Sagarmatha National Park.
- TIMS (Trekkers Information Management System) Card for the Trekking.
- Air ticket Kathmandu to Lukla and Lukla to Kathmandu & Airport Tax (Weight limit: 10 kg main baggage and 5 kg hand per passenger/flight).
- Trekking equipments (worm down jackets, sleeping bag & Duffle Bag) during the trekking if you needed.
- Nepal Mother House T-shirt /Cap and Appreciation Card of Mount Everest Base Camp Trip.
- Three times meals (breakfast, Lunch, Dinner), tea coffee in a cup each meal during trek.
- Soft & comfort private accommodation entire Mountain twin bed sharing with share toilet.
- English speaking friendly a Guide (Government license holder) his/her food, accommodation, transportation, salary, equipment.
- A porter (between every 2 person basic) carries max.20-25 kg. Plus their food, accommodation, wage, insurance, all transportation.
- Guide & porters insurance for their happy journey.
- A Trekking Map of Everest Base Camp Trip for a Group.

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- Supplementary snacks (cookies, fresh fruits) on the Trek.
- One Sherpa (assistance guide) if group size more than 10 people. Plus their food, accommodation, wage, insurance and equipments.
- First Aid medical kit during the trip, including Oximeter to measure Oxygen and pulse in high altitude.
- Welcome and farewell program.
- Tourist service charge, vat, Governments Tax and official expanse if necessary.

**Cost Excludes**

- All kind of beverage including mineral water, Chocolate, Cookies, desert, Phone calls, laundry, hot shower during Trek.
- Clients travel Insurance and evacuation (compulsory).
- If incase, flight cancel and charter helicopter or plane.
- Tipping for Guide & porter, yours meals at Kathmandu.
- Personal expenses like Shopping, souvenirs or gift, personal mountaineering gears.
- Optional trips and sightseeing if extend.
- International airfare, airport departure tax and Visa fee.
- Things which don't mention above, in our services (Trip Cost Includes).
- Visa fee, you obtain a visa easily upon your arrival at Tribhuwan International Airport Kathmandu.

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