HIMAL TREK
NEPAL

Everest Base Camp

Trip Facts

Difficulty	**Max Altitude** 5,545m/18,192ft	**Accommodation** Hotel in Kathmandu / Teahouses on trek	**Meals**
Activity Trekking	**Best Season** Mar–May & Sep–Nov	**Start / End Point**	**Duration** 15 Days

Trip Overview

The Everest region, also known as the Khumbu region, lies on the northeastern side of Nepal within the Solukhumbu district. Crowned by Mount Everest—the highest peak on Earth at 8,848.86 meters—the area is widely considered the "Roof of the World" due to its immense height. Mount Everest itself is situated directly on the international border between Nepal and China. In the Tibetan language, it is known as Chomolungma, which translates to "Goddess Mother of the World."

To preserve the fragile high-altitude ecosystem, the core of the region is protected under the strict conservation guidelines of Sagarmatha National Park, a globally recognized UNESCO World Heritage Site.

Geographically, the elevation of the Khumbu region ranges dramatically from roughly 2,800 meters up to the 8,848.86-meter summit. This rugged terrain is home to world-famous Himalayan villages such as Namche Bazaar, Khumjung, and Pheriche. The area is primarily settled by the indigenous Sherpa and Rai communities, whose lives are deeply intertwined with the mountains. The region seamlessly blends a dramatic high-altitude landscape with a rich, vibrant cultural heritage, beautifully expressed through the many famous Buddhist monasteries located throughout the valley.

Trip Itinerary

Day 1 - Arrival in Kathmandu

Day 2 - Flight from Kathmandu/Manthali to Lukla (2,845m), Trek to Phakding (2,610m)

Difficulty	**Max altitude** 2,845m/9,334ft	**Accommodation**	**Meals**

Day 3 - Phakding to Namche Bazaar (3,440m)

Day 4 - Acclimatization Day in Namche Bazaar (3,440m)

Day 5 - Namche Bazaar to Tengboche (3,860m)

Day 6 - Tengboche to Dingboche (4,410m)

Day 7 - Acclimatization Day in Dingboche (4,410m)

Day 8 - Dingboche to Lobuche (4,940m)

Difficulty	Max altitude 530m/1,739ft	Accommodation	Meals

Day 9 - Lobuche to Gorak Shep (5,164m) & Hike to Everest Base Camp (5,364m)

Difficulty	Max altitude 5,364m/17,598ft	Accommodation	Meals

Day 10 - Hike to Kala Patthar (5,545m) & Descend to Pheriche (4,240m)

Day 11 - Pheriche to Namche Bazaar (3,440m)

Difficulty Walking Distance: 14.3 km	Max altitude -	Accommodation	Meals

Day 12 - Namche Bazaar to Lukla (2,845m)

Difficulty Walking Distance: 18 km	Max altitude -	Accommodation	Meals

Day 13 - Flight from Lukla back to Kathmandu/Manthali

Day 14 - Free day for self exploration.

Day 15 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 3 nights accommodations during Kathmandu stay in twin sharing basis.
- Internal Flights & Ground Transit: 1. Round-trip domestic flights between Kathmandu (or Manthali) and Lukla. 2. Airport transfers via private vehicle in Kathmandu and Ramechhap.
- Required Permits & Fees: 1. Sagarmatha National Park Entry Permit. 2. Khumbu Pasang Lhamu Rural Municipality Local Permit. 3. TIMS (Trekkers' Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges for 11 nights.
- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the teahouse menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

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- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Teahouse Add-ons): 1. Hot Showers: Gas or solar-heated showers cost between $3 to $7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost $2 to $5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly $5 to $10 USD for a set amount of data. 4. Drinking Water: Bottled water costs $1 to $4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around $1 to $2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items at Namche or trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening in Lukla.