

Everest Base Camp Trek - 15 Days

The Everest Base Camp trek is an exciting journey that lets you witness the majestic Himalayan vista and routes enriched with Sherpa Culture. You get to trek through suspension bridges while visiting the hidden Buddhist monasteries. It is a short yet fulfilling adventurous trekking journey that allows you to experience splendid views of Everest massif in the most remarkable way.

The trails take you to the base of Everest, but it is not the highest point. There is another destination that lies in a higher elevation, and it is Kala Patthar. This viewpoint is well-known for its sunrise and panoramic vista. You also get to enter the famous Sagarmatha National Park. The forest trails are home to different species of plants and endangered animals that can be seen during the trek.

The real adventure to Everest Base Camp began after a spectacular 35 minutes flight to Lukla. From Lukla, with your crew, you walk through mani walls dangling suspension bridges over the Dudh Koshi River and culturally rich Sherpa villages of Phakding, and Monjo, and reach Namche Bazaar. After an acclimatizing day at Namche Bazaar, we walk further up towards Tengboche, Dingboche, Lobuche, and finally to Gorekshep, before stepping to our dreamed destination Everest Base Camp. Early in the morning the next day, we ascend to Kalapatthar (5,545m) for mesmerizing sunrise over Mt. Everest and other mountain peaks.

Everest View or type unknown

Stepping at Kalapatthar, we see the first gleaming rays of the sun kissing the high mountain peaks. The biggest and most attractive view of mighty Everest will be witnessed here. Not only it, we can see the mountains such as Nuptse, Lhotse, Chatangse, and dozens of other high pinnacles above 6000 and 7000m.

Enjoying the vista, we hike back to Gorekshep and set another journey to Pheriche. It will be our return journey now. Spending overnight at Pheriche, we walk back to Namche. Now, we are at a much lower elevation and gradually saying goodbye to the high pinnacles and alpine land.

On the next day's trip, we trek to Lukla. It will be the last day trek and we will conclude our trek today. In the evening, we celebrate our success. It will be the last night at the Himalayan foothill.

The next day, we fly back to Kathmandu catching an early flight. Upon arriving in Kathmandu, we shift you to the hotel and you can spend the entire day in your own way.

An extra day is scheduled for today. It will be a contingency day. If there is a bad weather condition in Lukla and we could not fly to Kathmandu yesterday, will fly today.

If everything is fine and ran according to the itinerary, we will go sightseeing in Kathmandu Valley. The religious, cultural, and historical monuments of the valley (Swyambhu, Patan Durbar Square, Boudhanath Stupa, and Pashupatinath will



be explored today.

In the evening, you will be welcomed for a farewell dinner organized by Outward Adventure Treks in one of the cultural restaurants at Thamel. The next day, you will be transferred to the TIA for your international departure at least three hours of your scheduled flight.

MONTH WISE EXPLANATION FOR EVEREST BASE CAMP TREK (FOR WEATHER)

January: It is possible to trek Everest Base Camp in January as it doesn't necessarily mean lots of snow. However, there can be occasional snowfall making the entire atmosphere chilly. Thus, wrap up warm, carry extra layers of clothes, and enjoy the most amazing views of the Himalayas and Himalayan flora and fauna.

February: It is the last month of winter in Nepal and it is cold throughout the month. It remains - 20°C or colder in the Everest Base Camp. However, trekkers get mesmerized and uninterrupted views of Everest. Not only that, the trekking route will be less hectic and the teahouses remain quieter, offering a sense of real adventure to a journey to EBC.

March to May: They are the peak months for hiking Everest Base Camp. The weather becomes warmer each day making the journey comfortable. The snow begins to melt on the way to EBC. It is the peak season for climbing mountains including Mt. Everest, Lhotse, and many others. You can encounter mountaineers, record holders, and real adventurers on the way there.

Not only that they are the best months to see the blossoming rhododendrons and other seasonal flowers throughout the journey till you reach Dingboche. Distinct flora and fauna inside the Sagarmatha National Park can be observed.

From the last week of May, you can observe occasional snowfall with thunder as it is the pre-monsoon period. The high mountain massifs can be hidden by the clouds, especially in the evenings.

June to August: From the first week of June (this year in 2023 it was from the second week), the monsoon enters in Nepal and, and it lasts through June, July, and August (sometimes early September) During the rainy season, it doesn't necessarily rain all day, but it showers each day making the trekking route to EBC muddy and prevalent with leeches, the mountains are often thick with cloud, and landslides are common and disruptive to hike there.

September: It is the transition month that bids farewell to monsoon and welcomes autumn, one of the peak seasons for trekking Everest. The autumn trekking period kicks off in late September. As the monsoon swipes all the dust particles in the atmosphere, there are clear skies, and fresh air everywhere. The views are unobstructed and the temperature is favorable during this period.

October to November: October and November are two of the best trekking months for hiking EBC. They offer most of all you can see in the Everest Trek. Warm weather, favorable temperature, clear skies, no showers, no snowfall, unobstructed views, sunny days, chill nights, views of all the mountain ranges, and the season of great festivals; Dashain and Tihar are some of the characteristics of these months,



Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

We highly recommend you trek during these months to trek Everest during this period.

December: December is also a good time to trek EBC, but it will be a bit colder with temperatures dropping well below zero at night. The upside is the trail to Everest Base Camp will be much less busy as people eager to evade the cold clear out. Trekking expenses (tour packages) and flight costs tend to drop a little bit now, too during December.





Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

PRICE INCLUDES

Transportation

- Private vehicle for transfers as per in itinerary; airport pickup & drop, sightseeing
- Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes

Food and Accommodation

- Three nights in Kathmandu in a 3-star category hotel
- Eleven nights in the best available local lodge/teahouse throughout the trek
- All standard meals (Breakfast, Lunch, and Dinner) during the trek
- Available seasonal fruits throughout the trek
- Breakfast at a hotel in Kathmandu
- Farewell Dinner in Kathmandu

Staff

- A Government licensed English-speaking trekking guide including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment.
- A porter for two trekkers/ climbers including wages, meals, insurance, lodging, transportation, flight, and other necessary gear & equipment

Permits and Tariffs

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Entry Permit
- All other government, local taxes, and official expenses

Additional

- A Gortex (100% Waterproof) Duffle bag to keep your personal belongings to be carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Everest Base Camp trekking map, Outward Adventure t-shirt
- Outward Adventure Appreciation Certificate after the successful trek
- A first aid medicine bag in each group (carried by trekking leader)

PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees



Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

- Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, 01 USD per KG extra, can pay directly to the airline.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the climb
- Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottle water, hot (Tea/ Coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth
- Tips for guides, porters, and drivers (Tips are expected and appreciated)





ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu [1,338 m/4,390 ft]

One of the airport representatives from Outward Adventure Treks and Expedition awaits you to welcome you outside the terminal gate of Tribhuvan International Airport. Upon your arrival, he/she will offer you a garland and shift you to your hotel via the windy streets of Kathmandu.

In the evening, you will meet your trekking leader who will explain the upcoming journey to Everest Base Camp. As there are no other scheduled programs, can relax in the hotel or just ramble around the streets of Thamel-the tourist hub of Kathmandu. You can do the last-minute shopping if some trekking gear and equipment are needed from the shops nearby.

Day 2: Fly Kathmandu to Lukla [2,860 m/9384 ft] and trek to Phakding [2,652 m/8,700 ft]: 9 km/3-4 hours

After an early meal, you will be transferred to the airport for your Lukla flight. Sighted the airborne views of different shrines of Kathmandu valley, you will fly towards the Himalayan section. The flight is scenic. After 30 minutes journey, we will be landed over narrow airstrips at Lukla airport. Shortly after we meet our porters and other staff to whom we hand over our duffle bags.

A trek begins now. The journey marches towards the Dudh Koshi River. Continuing the journey following the riverbed, we arrive at Phakding. On the way, we encounter a few ups and downs otherwise the way is easier and smooth.

In the peak seasons, the way is busy with trekkers and expeditioners. Animals such as donkeys and horses are also seen carrying goods. They carry loads for the residents and visitors in the Khumbu region.

Day 3: Trek Phakding to Namche Bazaar [3,440 m/11,283 ft] : 12 km/5-6 hours

From Phakding, we head northward following the Dudh Koshi River. Trekking continues with the farsighted views of peaks, passing pine, oaks, and rhododendron forests. We are walking in the Sagarmatha National Park following the riverbank. Reaching Jorsalle, the journey descends walking smoothly towards Hillary Bridge. Onwards, we have gradual ups and downs passing lush forests, diverse flora, and fauna.

Now, we have an aerial view of Mt. Everest, Lhotse, and Nuptse. After a short walk, we reach Namche Bazaar-the gateway of Everest. Trekkers are welcomed by the Sherpa people with some refreshment drinks. The views of mountains, landscapes, and vistas are amazing in Namche. It is popularly known as the capital of the Khumbu region. You can get bank services along with ATM, bakery services, supermarkets, pubs, and bars. If you lack some trekking equipment, you can buy it there.

Day 4: Acclimatization Day at Namche Bazar- Hike to Everest View Hotel [3,962m/12,995ft]

Acclimatization is very important while trekking in higher altitude. Namche is the best place for acclimatization as the sights around here are spectacular. After having breakfast we will roam around in Namche bazaar and enjoy the view of



Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

panoramic peaks. Similarly, we also can hike to Khumjung village and visit Hillary school and a monastery. You can visit Sherpa culture museum and Everest photo gallery as well.

Day 5: Trek Namche Bazaar to Tengboche [3,860 m/12,660 ft]: 12km/5-6 hours

Following the well maintained trekking trails, with the beautiful sceneries of the mountains like Ama Dablam and others, we hike towards Tengboche. This village is popular for its well renowned monastery named Tengboche. We check in the hotel, get relaxed for a while and walk to monasteries and its surroundings.

Day 6: Trek Tengboche to Dingboche [4410 m/14464 ft]: 11km/5-6 hours

Initially, we head toward Pangboche (3,985m) village passing through many Stupas, mani walls and small villages. We spectate the up-close magical view of Ama Dablam (6,812m) from here. The trek becomes lighter as we enter the Imja Valley following the Lobuche River.

We descend to the river and climb a steep uphill towards Dingboche (4,360m). The route turns to be quite challenging as we ascend to higher elevation and the decreasing level of the oxygen. Dingboche, as known as the summer valley, comprises a beautiful arrangement of the fields enclosed by stone walls protecting crops like barley, buckwheat and potatoes. The view from Dingboche, to be explained in words, is majestic with a blanket of the Himalayas covering the modest valley.

Day 7: Acclimatization day at Dingboche: Acclimatization hike to Nagarjun Hill [5,100 m/16,728 ft]: 6km/4-5 hours

This would be your second acclimatization day that requires about 5-6 hours of trekking to an altitude of 5100m. After breakfast, you ascend Nagerjun (5100m), a hill located on the flanks of the Chhukung valley directly above Dingboche.

The main aim is to climb high and sleep low. The foot path becomes steep at times, resulting in a physically strenuous day. Ascending the hill could take up to 5 hours at altitude. From this altitude there are good views of Lobuche East (6119m), Lobuche West (6145m), Taboche Peak (6367m), Thamserku (6608m), Kangtega (6685m) and Ama Dablam (6856m).

On a clear day, you could even see Makalu, the world's fifth highest mountain, including great views of the Pheriche Valley. After a short rest, you start the descent back to Dingboche and the walk at altitude takes about 2 hours.

Day 8: Trek Dingboche to Lobuche [4,910 m/16,105 ft] : 12km/5-6 hours

We'll now enter into higher elevations via today's trek; due to which the trail tends to become more demanding. We now head to Pheriche Village (4,240m) that harbors Trekkers Aid Post. Equipped with a western volunteer doctor supported by The Himalayan Rescue Association, the aid post extends treatment and consultation to trekkers.

Afterwards, we make a climb to the top of a hillock where a memorial dedicated to trekkers and climbers who lost their lives during Everest expeditions over the years. Finally, we'll advance beyond the pasturelands to Lobuche (4,910m). This village inhabited by native Sherpas flaunts striking view of Mt. Lobuche, Mt. Pumori and Mt. Nuptse. Get ready to



experience the soul shivering extreme cold tonight!!!

Day 9: Trek Lobuche to Gorakshep [5,181 m/16,994 ft] to EBC [5,364 m/17,594 ft] and return

Gorakshep: 10km/8-9 hours

After breakfast at Lobuche, you'll be hitting a rough and rocky trail towards Gorak Shep. Along the route, you'll get to enjoy the close-up sight of Nuptse, Pumori, and other mountains. After a few hours of challenging hike, you'll reach the Gorak Shep. Here, you'll take some rest at the teahouse, drop your backpacks, and hit the trail again towards the Everest Base Camp. Along the way, you'll come across several small streams and glacial moraines. You'll be walking next to the Khumbu Glacier on your way to the base camp.

The Khumbu Glacier reflects a lunar landscape with gray boulders, ice formations, and small craters. After hiking for around two hours, you'll be standing at the foothills of the world's highest mountain — Mount Everest. Upon reaching the Everest Base Camp, you can celebrate your achievement with your trekking guide and team members.

From the Everest Base Camp, you can get a marvelous sight of Khumbu Icefall, Khumbu Glacier, Nuptse, Pumori, Khumbutse, and a little bit of Everest. After celebrating your achievement, you'll head back to the barren terrain of Gorak Shep for an overnight stay.

Day 10: Trek Gorakshep to Kalapatthar [5,545 m/18,188 ft] and descend to Pheriche [4,210 m/13,809 ft]: 12km/6-7 hours

The name "Kalapatthar" translates into Black Rock. This spot is well renowned around the entire planet for a vivid and sublime sunrise above the world's highest peak, the majestic Mt. Everest.; therefore, we'll trek in the direction of Kalapatthar before the break of the day.

As, the first ray of rising sunshine on awe-inspiring view embodying Everest, Nuptse, Changtse and Lhotse; the curtains from the most divine vista is unveiled, which tend to melt the heart each and every individual who observe it. Actually, the golden sunlight complements the white snow on the mountains.

When the first light of day is reflected by these mountains, a spell-binding vista takes its shape, which has been attracting thousands of visitors till date. These outlooks tend to make the entire journey worthy. Additionally, you'll get the pre-eminent pictures in the entire Khumbu region. Now, it's time to trek back to Gorakshep. Thereafter, we'll trek down to Pheriche (4,210m).

Day 11: Trek Pheriche to Namche Bazaar [3,440 m/11,280 ft]: 15km/6-7 hours

On this day, you'll be leaving the high Himalayas behind. You begin your hike after breakfast on a pleasant route compared to the last few days. Most of the day, you'll be walking under the shades of dense rhododendron and juniper forest. If you're lucky, you might witness rare wildlife and birds, including Himalayan griffons, wild goats, musk deer, and pheasants.

Along the way, you'll be walking past several villages, including Tengboche and Phunki Tenga. Once you reach Phunki

Tenga, the trail turns into a steep uphill. After ascending for about an hour, the trail descends towards the Dudh Koshi River. Here, you'll cross a small suspension bridge to reach Kyangjuma village.

This small community acts as a junction to three popular trails of the Everest region — Namche Bazaar, Gokyo Valley, and Khumjung Village. Here, you'll follow the trail that leads to the Namche Bazaar for the overnight stay.

Day 12: Trek Namche Bazaar to Lukla [2,860 m/9384 ft]: 19km/6-7 hours

Today, we'll traverse the entrance of Sagarmatha National Park and arrive at the village of Monjo. Afterwards, we proceed beyond the woodland of rhododendron and fir to negotiate suspension bridge over Dudh Koshi River to Phakding. In the end, we'll advance across several Sherpa villages, Mani walls, small Gompas, man-sized prayer wheels and prayer flags and ultimately, set our foot in Lukla (2,860m).

Day 13: Fly to Kathmandu [1,338 m/4,390 ft]: 35 minutes flight

Leaving the Himalayan vistas, we catch the early mountain flight and fly back to Kathmandu. It is a short yet scenic flight over the mountain peaks, valleys and lush greeneries.

Day 14: Extra Day in Kathmandu

This day is scheduled as a contingency day in Kathmandu because the flight from Lukla to Kathmandu can sometimes be delayed or canceled. If so, we can fly to Kathmandu today.

In case everything is well, we explore Kathmandu city; its World Heritage Sites as a sightseeing tour. Durbar Squares, Stupas, and Hindu Temples are the most attractive places to visit in Kathmandu. We pay a visit to Swyambhunath Stupa, Patan Durbar Square, Boudhanath Stupa, and Pashupatinath during our tour.

Day 15: Airport Drop for International Departure from Kathmandu

This very day marks the end of your adventures in the magical nation of Nepal. We hope that you are genuinely satisfied with our services and expertise. We expect to see you again and share many beautiful moments as we did during this escapade. One of the representatives from Outward Adventure shifts you to airport at least three hours before your scheduled flight.

FAQ

1. How difficult is EBC trek?

Everest Base Camp trek is a moderately difficult journey that takes you to the 5545m / 18192ft above sea level. It is about two weeks journey and trekkers having previous trekking experience for this trek is beneficial but does not require any prior trekking expertise. Trekkers being both physically mentally fit can complete this journey.

2. How long is the trek to Everest Base Camp?

Generally, it takes around two weeks (between 11 and 15 days) to complete this round Everest Base Camp Trek. Most of the trekkers complete this trip in 12 days; 8 days to reach Everest Base Camp from Lukla and 4 days to be back.

3. Is it possible to spend overnight at EBC

YES! As we run expedition groups for Everest and Lhotse, we include you there. We will manage all the accommodation and food amenities for you while you are there. You will sleep in the tented camp, get the food with mountaineers, and will celebrate there. Cheers!

4. What is the best time for EBC journey? October or April?

In fact, the Everest Base Camp hike is possible throughout the year. But most travelers choose either spring (March, April, and May) or Autumn (September, October, and November). Both of these seasons offer best views,

5. What is the total distance of the trek?

It is 130 Kilometers/ 80 Miles round trip; around 65 km to reach EBC and the same distance to be back to Lukla.

6. Is Everest Base Camp Trek worth it?

YES! Everest Base Camp trek is a great, classic bucket list trek and is doable in all aspects; duration, distance, difficulty, attractions, altitudes, and many more. Even novice trekkers complete this journey within two weeks as it is only an 80 miles journey where you need to cover 7-8 miles each day.

Three of the fourteen 8000m mountains along with dozens of other 7000 and 6000 peaks are visible during the walk. You will be blessed by the religious shrines; monasteries, prayer wheels, alleys, chortens, long mane walls, and prayer flags. Walking inside the Sagarmatha National Park (from Monjo), you will spot endangered flora and fauna. You will get a chance to walk in the highest elevated national park on the entire planet. Learning the culture, tradition, festivals, and rituals of the Sherpas is another part of the trek.

7. What is the average temperature at Everest Base Camp?

Everest Base Camp sits at 5364m above sea level, witness the mountain plateau climate, which will be cold throughout the year. It has an average temperature of -17 degrees Celsius. The temperature decreases rapidly in the months between December to February.