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# 12 Days Everest Base Camp Trek Itinerary and Cost For 2024

- Duration: 12 Days Days
- Max Altitude: 5,545 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

## Highlights

- Experience the Lukla flight to one of the most adventurous airports in the world, Tenzing-Hillary Airport.
- Visit numerous ancient monasteries in Khumbu Valley, like Tengboche Monastery.
- Explore Sherpa villages like Namche Bazaar, Khumjung, and Thame.
- Enjoy the Mt Everest Base Camp hike and finish at the foot of the world's tallest mountain.
- Revel in the breathtaking sunrise view over the panorama of the Everest Himalayas.
- Relish the uniqueness of Sherpa culture and traditions.
- Trek across the Sagarmatha National Park, a natural UNESCO world heritage site
- Stunning sights of the world's tallest mountains, such as Mt. Everest (8848m), Lhotse (8516m), Cho Oyu (8201m), Nuptse (7861m).

## Overview

The Everest Base Camp Trek is a well-known route in the Everest Himalayas that offers stunning views of mountains, glaciers, monasteries, and villages. The 12-day EBC trek is a safe and comfortable option for hiking to Kalapathar and Everest Base Camp.

Embark on an adventure that epitomizes high-altitude trips as you go to the Everest Base Camp. The journey offers a lavish spread of the Himalayas decorated with the rich Sherpa culture and biodiversity. The [Everest Base Camp](#) (EBC Trek) is at the absolute pinnacle of all the Himalayan adventures in the world.

The Everest trekking explores the beautiful [Khumbu Valley](#); the trails offer a stunning display of the

Himalayas. Mountains like Mt. Everest (8849m), Lhotse (8516m), and Cho Oyu (8201m) welcome you to the glorious land of the Sherpas. Moreover, the cultural richness of the Sherpa community adds more charm to the EBC Trek.

Also, the trek to Mount Everest Base Camp highlights many other attractions in the Everest region of Nepal. The Everest base camp is a glorious celebration of natural and cultural riches on the Himalayas' foothills.

## **Best time to Trek to Everest Base Camp**

To have the best trekking experience, hikers must explore high-altitude parts of northern Nepal during specific seasons. From September to November, autumn is the best time to trek Everest base camp. This season offers clear skies to relish the Himalayas and moderate temperatures in the high-altitude areas.

Similarly, spring from March to May is also one of the best seasons for EBC Trek. This season is more famous for the vibrant vegetation and abundant wildlife across the Sagarmatha National Park.

Although trekking is possible during the winter and summer/ monsoon, the weather conditions are worse. The tea houses at higher altitudes rarely operate due to the adverse climate. [Short Everest Trek](#) is possible throughout the year.

## **Everest Trek Altitude Profile**

There is a vast difference in [altitude during the EBC Trek](#). The trip starts from the capital of Nepal, Kathmandu, at 1,300 meters above sea level.

A short and scenic flight takes you to the gateway to Mount Everest at Lukla (2840m). Hereon, the trek gradually ascends to the Everest Base Camp (5364m). However, the highest altitude on tour is at Kalapatthar's viewpoint (5545m).

## **[Everest Base Camp Trek Cost](#)**

Many factors affect the total cost of trekking to the Everest base camp. It also depends on the season you pick for the trek. The luxury Everest base camp trek provides good accommodation, meals, and unexpected events.

Trekking to Everest Base Camp ranges from \$1150 to \$3500, depending on the package chosen. This figure includes the cost of guides, porters, and entrance permits while trekking in the region. The trip cost includes accommodation, meals, cross-country flights, ground transportation, and other essentials.

## **Some Factors Affecting Everest Trek Costing**

The cost of hiking to Everest base camp depends on the trek's standard. The most popular standards for the trek include:

## **Everest Base Camp Trek Packages**

- Budget EBC Trek
- Standard EBC Trek
- Luxury EBC Trek

Package	Cost: International Trek Agency	Cost: Nepalese Trek Agency
Budget Trek Package	US\$ 1400 – US\$ 2000	US\$ 1150 – US\$ 1700
Standard Trek Package	US\$ 2100 – US\$ 3300	US\$ 1750 – US\$ 2600
Luxury Trek Package	US\$ 3300 – US\$ 4400	US\$ 2650 – US\$ 3500

## Why Chosen Nepal Trekking Agency?

The cost of the Everest base camp varies depending on the travel agency. Generally, international agencies charge higher prices compared to local ones. They are the third party that earns commission between trekkers and local agencies. Contacting directly with a local agency can save hundreds of dollars.

## EBC Trek Cost

- International Trek Agency
- Local Nepalese Trek Agency

Package	Cost: Nepalese Trek Agency	Cost: International Trek Agency
Budget Trek Package	US\$ 1150 - US\$ 1700	\$ 1700 - US\$ 2000
Standard Trek Package	US\$ 1750 - US\$ 2600	\$ 2100 - US\$ 3300
Luxury Trek Package	US\$ 3000 - US\$ 4500	\$ 3500 - US\$ 5000

## EBC Trekking Route

The glorious adventure trek to Mt Everest base camp begins from Kathmandu with a flight to Lukla. The trail follows the beautiful Dudh Koshi River to Phakding. You embrace the warm welcome of Sherpa culture—further, the trek heads to Monjo before reaching the entrance of the Sagarmatha National Park.

The trek's next destination is Namche Bazaar, Khumbu Valley's trade hub. Here, you spend an extra day acclimatizing and exploring the riches in and around Namche.

Then, you ascend deep into Khumbu Valley alongside the Imja River. You are passing Sherpa villages like Tengboche and Pheriche in the company of Mt.

Ama Dablam (6856m), you will begin trekking north. The altitude keeps increasing as you follow the lead of Khumbu Glacier past Lobuche to Gorakshep. Finally, the trip climaxes with a short hike to Everest Base Camp (5364m) and another one from Kalapatthar's viewpoint.

After enjoying the glorious parade of mountains, the return trek begins. The journey back to Lukla

descends past sharp stone trails and glaciers to join frequent Sherpa settlements. Further, you continue to retrace your steps to Lukla and take a flight back to Kathmandu.

## 12 Day Everest Base Camp Trek

The 12-day Everest Base Camp trek is an adventurous journey that takes you through stunning landscapes and challenging terrains. Be prepared with essential gear like hiking boots, warm clothing, a sleeping bag, a backpack, and trekking poles. Don't forget to acclimatize, stay hydrated, and enjoy the breathtaking views of the Himalayas along the way. And still, we offer our clients 14 14-day Everest base camp trek.

## Everest Base Camp Trek Itinerary

The Everest Base Camp trek is a 12-day journey that begins in Lukla. Trek through picturesque Sherpa villages, dense forests, and challenging terrain, culminating in the iconic Everest Base Camp. Marvel at breathtaking vistas, including the stunning Khumbu Glacier and Everest itself, on this unforgettable Himalayan adventure.

## Everest Base Camp Trek Packing List

When preparing for the Everest trek, packing list essentials such as sturdy hiking boots, thermal clothing, a down jacket, a hat, gloves, sunglasses, sunscreen, a backpack, a sleeping bag, a headlamp, trekking poles, a water bottle, water purification tablets, energy snacks, a first aid kit, toiletries, and a camera to capture the breathtaking scenery. Don't forget to pack lightweight and moisture-wicking clothing to stay comfortable during the challenging journey.

## Trips around EBC Trek

Everest Base Camp is arguably one of the most fabulous trips in the Himalayas of Nepal. However, exploring the majestic Khumbu Valley and other nearby trekking locations is not the only option. Thus, the Everest region offers a variety of treks that cater to the needs of travelers. Everest View Trek, Tengboche Monastery Trek, and Everest Panorama Trek are short and easy treks in the region. Similarly, there are plenty of arduous ventures, including the [Everest 3 Passes Trek](#), the Jiri to EBC Trek, and the [Gokyo Chola Pass Trek](#).

Moreover, the treks that traverse the Makalu region to join the EBC trail are even more challenging. As such, Sherpani Col Pass Trek and Makalu to Everest via 3 Cols span both Everest and Makalu regions. All in all, Everest Trekking is the perfect script for your thirst for Himalayan adventure.

Day 01

## **Fly to Lukla and Trek to Phakding (2652 m/8699 ft). Walking Distance - 8 km, Duration: 3 hours.**

Note: [We offer last-minute bookings for Everest base Camp Trek.](#)

Today, the Base Camp Trek begins after a short flight to Lukla. The day starts as you wake up around five and prepare to depart for the airport. If you miss your breakfast, you can have it at Lukla. After a short drive to the airport, you'll embark on a domestic flight. Enjoy a scenic 25-minute long flight from

Kathmandu to Lukla. This brief flight offers a view of the stunning Himalayan panorama. Once at Lukla, you can enjoy your breakfast in one of the restaurants. The trek destination for today is Phakding, a small Sherpa village located 11 km north of Lukla. The trail climbs alongside the beautiful Dudh Koshi River. Catch a brief glimpse of the triple-peaked summit of Kusum Kanguru along the way. Phakding village lies on the bank of the Dudh Koshi River. Overnight in Phakding.

Day 02

## **Phakding to Namche Bazaar (3440 m / 11283 ft) Walking Distance - 10 to 12 km, Duration: 6 hours**

Please Read Our Blog: [How to reach Namche Bazaar from Kathmandu](#).

Enjoy your breakfast overlooking the beautiful Kusum Kanguru. After breakfast, you'll leave Phakding behind and continue climbing on your path to Monjo village. The small town serves as the gateway to the UNESCO-designed Sagarmatha National Park. Established in 1976, the Himalayan National Park remains home to two of the highest mountains on Earth: Mount Everest (8848m) and Mt. Lhotse (8516m). It is also home to the Himalayan wildlife of Himalayan Pheasant and Red Panda. After entering the park, you'll continue trekking alongside lush pine forests toward Tok Tok. Enjoy your lunch at Jorsale village before crossing the final suspension bridge towards Namche Bazaar at the junction of Dudh Koshi and Bhote Koshi rivers. A 2-hour-long hike brings you to Namche, the largest Sherpa village in the region.

Day 03

## **Acclimatization Day - Hike to Everest View Hotel (3,962 m / 12995 ft) Walking Distance - 3 to 4 km, Duration: 3 to 4 hours**

Please Read Our Blog: [Explore Namche Bazaar](#)

The day is for acclimatization. It's essential to rest your body before ascending further. The first acclimatization takes place at 3,440 meters at Namche. Enjoy touring the commercial hub of Namche Bazaar. A vantage point at Namche offers an unobstructed view of Mount Everest itself. You can catch a beautiful view of the neighboring mountains of Thamserku and Kongde Ri. You can visit the Sherpa Cultural Museum for more insights into the Sherpa lifestyle, history, culture, and cuisines. From here, you can see the nearby Everest Photo Gallery. Embark on a short hike to Syangboche Airport, from where you can ascend to Everest View Hotel. Considered the highest hotel in the world, the vantage point in the hotel offers a beautiful view of Mount Everest. Overnight in Namche.

Day 04

## **Namche to Tengboche (3860 m/12660 ft) Walking Distance - 10 to 11 km, Duration: 5 hours**

Leaving Namche Bazaar, you'll begin a 5-hour-long journey toward Tengboche village. At 3,860 meters, Tengboche remains home to Tengboche Monastery, the highest Buddhist monastery in the entire region. Enjoy hiking leisurely along the Dudh Koshi River and walk past fragrant rhododendron woodlands towards Phungi Thanga. The valleys open towards an open ground that offers a magnificent view of Everest, Ama Dablam, Lhotse, and Nuptse Peaks. The trail leaves Dudh Koshi and catches the trail

along the Imja Khola. Tengboche village is where the two mighty rivers of Dudh Koshi and Imja Khola meet. Catch the magnificent view of Ama Dablam, just opposite Tengboche Monastery. You can enter the monastery and explore the exquisite murals and sculptures. Overnight in Tengboche.

You can go on the [Gokyo Lake Trek](#) from here.

Day 05

## **Tengboche to Dingboche (4410 m/14464 ft) Walking Distance - 11 to 12 km, Duration: 5 hours**

Enjoy a delicious breakfast, and embark on a tour of Tengboche Monastery. The 100-year-old monastery remains home to thousands of Buddhist monks. After exploring the beautiful site, you'll trek to Dingboche village. The trail begins to climb and descend towards Deboche village. Cross a few suspension bridges over the mighty Imja Khola before approaching the beautiful Sherpa village of Pangboche. You can enjoy your lunch at Pangboche and later visit the equally beautiful Pangboche Monastery. From here, the trail begins to climb along the Mani walls decorated with Buddhist prayer flags. The trail continues to rise through Orsho village before arriving at Dingboche. Also known as the "summer valley," Dingboche experiences annual summer rain. Overnight in Dingboche.

Day 06

## **Acclimatization Day- Hike to Nagarjun hill and return Walking Distance - 5 to 6 km, Duration: 4 to 5 hours.**

Dingboche lies above 4,000 meters. You must take a break and acclimatize before approaching the higher grounds. Enjoy this day acclimatizing and briefly hike to the neighboring Nagarjun Hill. Nagarjun lies a few kilometers south of Dingboche village. A moderate distance of 5-6 km is completed within a few hours. Enjoy a steep climb to the summit of Nagarjun Hill and catch the beautiful sight of Ama Dablam, Lhotse, Lobuche, and Taboche Peaks. Dingboche village contains many hotels, restaurants, and also the most-noted world's highest billiards parlor. You can spend the rest of the day relaxing and enjoying a delicious butter tea. Overnight in Dingboche.

Day 07

## **Dingboche to Lobuche (4910 m/16105 ft) Walking Distance - 11 to 12 km, Duration: 5 hours**

After enjoying breakfast, you'll trek to your next destination. Today, the trek ends at Lobuche village, almost 12 km northeast of Dingboche. Begin hiking along the windswept pastures and yak herder's huts. The trail begins to climb along the Lobuche Glacier towards the small settlement of Lobuche. Located at the sheer altitude of 4,910 meters, you might not find any forests. The landscape gets replaced by glaciated paths and alpine shrubs. Catch the majestic sights of Lhotse and Ama Dablam en route. Lobuche village lies below the Lobuche massif. From here, you can catch the eye of Lingtren, Pumori, Lobuche, and Khumbutse Peaks. Overnight in Lobuche.

Day 08

## **Lobuche to Gorakshep (5180 m/16990 ft (ca. 5 km)) - Everest Base Camp (5364 m/17594 ft (5.36 km)) and back to Gorakshep, Walking Distance - 14 to 15 km, Duration- 8 hours**

Guiding For: [How to go from Kathmandu to Everest Base Camp?](#)



### [Everest Base Camp Kala Patthar Trek](#)

Leaving Lobuche, the trail further climbs into the barren landscape. The course gets replaced with rocky boulders. Leaving Lobuche, you'll begin climbing along the Lobuche Glacier towards Khumbu Glacier. The day ends at Gorakshep village, located just below Everest Base Camp. Gorakshep is a sparsely populated village with basic lodges. Almost every club lies on the bed of a frozen lake. After a short break, you'll continue trekking along the Khumbu Glacier and climbing through rocky boulders toward Everest Base Camp. This is the best moment of the entire trip. Once at Everest Base Camp, you can explore the camper's site, glacier lakes, and Khumbu Icefall. Spend some time enjoying the magnificent view of the nearby mountains before descending back to Gorakshep. The entire trek lasts almost 8hr. Enjoy a delicious dinner at Gorakshep.

Day 09

## **Gorakshep - Kala Patthar (5545 m/11283 ft), then trek back to Pheriche (4210 m/13810 ft (ca. 4 km)) Walking Distance - 13 to 14 km, Duration - 7 hours**

The day begins early. Leaving Gorakshep, you'll start climbing the rocky-strewn trail toward Kala Patthar. Out of the two routes, the western route leads to Kala Patthar. An hour-and-a-half hike brings you to the top of Kala Patthar. This is the highest point of the trek. The vantage point at Kala Patthar offers an up-close view of Mount Everest's summit. You can also catch the sunrise from Kala Patthar. After spending some time, you'll begin descending back to Gorakshep. After enjoying breakfast, you'll

continue climbing downhill and making your way toward Pheriche village. Pheriche is a tiny Sherpa village populated by hardworking farmers. Overnight in Pheriche.

Day 10

## **Pheriche to Namche (3440 m/11283 ft) Walking Distance - 14 to 15 km, Duration- 7 hours**

Leaving Pheriche, you'll begin climbing downhill. The day ends at Namche Bazaar. The easy trail begins to rise downstream along the Imja Khola. Cross a few suspension bridges to arrive at Pangboche village. The trail climbs steeply downhill towards Imja Khola and then sharply uphill to Deboche. A short hike brings you to Tengboche village, where you can enjoy lunch. Afterward, you'll continue climbing downhill along the Dudh Koshi River and cross Phungi Thanga or Kyangjuma villages before arriving at Namche Bazaar. The entire trek may last 7hr. Spend the evening enjoying the magnificent sight of Kongde Ri Peak. Overnight in Namche Bazaar.

Day 11

## **Namche to Lukla (2800 m/9184 ft (2.8 km)) Walking Distance - 18 to 19 km, Duration - 7 hours**

Enjoy a delicious breakfast at Namche. From here, you'll continue climbing down through the vast expanse of the Himalayan forests and head back to Lukla. After an hour of climbing down, you'll reach a suspension bridge. Cross the bridge and make your way toward Tok Tok. The trail continues alongside the Dudh Koshi River and reaches Monjo village. At Monjo, you'll exit the Sagarmatha National Park. Begin climbing down along many Chortens and Mani walls towards the town of Cheplung. A short downhill hike from Cheplung brings you to Lukla. Overnight in Lukla. This day marks the end of the trek. You can consider celebrating the completion of the tour with your teammates and staff.

Day 12

## **Flight from Lukla to Kathmandu**

After completing the trek, you'll catch your flight back to Kathmandu. The day begins early. You'll see an early morning flight from Lukla to Kathmandu. The short flight offers a panoramic view of the mountains and lush green valleys. Enjoy the beautiful aerial view. After landing in Kathmandu, you'll return to your hotel to enjoy breakfast. You can spend the day as you wish. Visit the nearby Thamel town and enjoy shopping for souvenirs. There are some great diners and bars at Thamel where you can meet fellow tourists. Overnight in Kathmandu.

## **What To Expect?**

### **What's included**

- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Kathmandu - Lukla - Kathmandu or Ramechhap - Lukla - Ramechhap By Flight
- An experienced Government license holder guide



- Insurance, salary, equipment, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

## **What's not included**

- Meals in Kathmandu before and after trekking
- Your travel insurance ( Rescue )
- Trekking porter/Sherpa who will carry your bags during the trekking if you need you have to pay 250\$
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment

## **Everest Base Camp Trek FAQs**

### **General**

#### **Can you Provide Information on the Everest Trek?**

The Everest Base Camp Trek is a popular trekking route in the Everest (Solu-Khumbu) region of Nepal that takes you to the base camp of Mount Everest, the highest peak in the world.

#### **Can I Shower During the Trek?**

Shower facilities are available at some teahouses along the trail, but they are essential, and the water may be cold. It's recommended to bring wet wipes and baby wipes to refresh yourself during the trek.

#### **Is it Possible to Charge Electronic Devices During the Everest Base Camp Trek?**

Yes, charging facilities are available at some teahouses along the trail for a small fee. However, it's a good idea to bring a power bank as backup, as electricity can be unreliable in the remote regions of Nepal.

#### **Is There Internet on Everest Trek?**

The entire Everest Base Camp Route has been connected to the Internet. You can get Wi-Fi in all the tea houses up to Gorakshep, the last human settlement before the Everest base camp. However, the Wi-Fi connection costs USD 3 to 5 each night, and the speed is also not good. That is why most trekkers prefer to buy an Everest card to be brought to Lukla or Namche. You can even buy an [NCell](#) sim card and use

mobile data for Everest Base Camp internet. Although you might not be able to load a heavy website, you can contact your friends and family back home.

## **It Is possible for Everest Trek Solo ?**

Yes, a Solo trip to Everest base camp is possible. Since this is a top-rated trek, you meet many other trekkers in the trail. The route is also well-marked, with few chances of getting lost. The locals in the Himalayas are amiable and lovely. Although a solo Everest trek will be enjoyable, we don't encourage trekking without a guide. Even if you travel alone from your country, we highly encourage hiring a guide. Solo trek for other [Short Treks on Everest](#) is also fun.

## **Do I need a Guide for Base Camp Trek?**

Legally you need a trekking guide after the latest trekking rule in Nepal. Nepal has compulsorily made guides required for trekking regions. So you need compulsorily a guide for Everest. However, this is a remote unknown land where you might face many challenges. The locals and hotel owners don't understand English, and you cannot find the hotels online. Also, you are unknown to the Everest Base Camp trek amp between the forest. The [unique culture of the mountains](#) might also be hard to understand. That is why hiring a guide is always the best solution.

## **Where Can I Find Information about Everest Base Camp Trekking Costs?**

If you're looking for information about Everest Base Camp trekking costs, you'll find plenty of resources available on our website. The cost of the EBC trek will depend on a variety of factors, such as the length of the trek, the season, the type of accommodation, the number of people in your group, and the type of guide you choose.

## **Everest Base Camp Trek Difficulty**

### **How Challenging Is The Everest Trek?**

The Everest Base Camp is a challenging trek requiring good physical fitness and some previous hiking experience. The trek involves hiking for several hours and high altitudes of up to 5,364 meters (17,598 feet) and facing various weather conditions.

### **What Are The Equipment Needed For Trekking?**

Essential equipment for the trek includes good-quality hiking boots, a warm sleeping bag, a waterproof jacket, a hat and gloves, a water bottle, and a personal first-aid kit.

### **Can I Acclimatize Properly For The Trek?**

Acclimatization is crucial for the Everest Base Camp Trek, as you will trek to high altitudes.

### **Is It Safe to Trek to The Everest Base Camp?**

Trek is generally considered safe, but some risks include altitude sickness, frostbite, and other health problems related to high altitude. To minimize these risks, it's crucial to follow proper safety precautions

and listen to the advice of your guide or local authorities.

## **How Hard Is It to Trek to Everest Base Camp?**

Trekking to Everest Base Camp is moderately challenging. It involves about 12 days of walking at high altitudes, ascending gradually to acclimatize. The trail passes through rugged terrain, suspension bridges, and varying weather conditions. Physical fitness and preparation are essential, but prior mountaineering experience is not required.

## **Trek Distance and Map**

### **How long Does The Everest Trek Takes?**

The trek length depends on the itinerary and pace, but it typically takes 12 to 16 days to complete the trek from Lukla to the Everest Base Camp and back.

### **When is The Best Time to Trek to The Everest Base Camp?**

The best time to trek to the Everest Base Camp is from September to November and March to May. During these months, the weather and visibility are clear, making trekking and enjoying the scene easier.

## **Additional Information**

Flights can be delayed or canceled due to bad weather, crowded airports, runway problems, and challenging terrain. To be safe, consider adding 2 extra days to your plans in case of delays, so you don't miss your international flight back home.

### **Flight to [Lukla](#)**

#### **Peak Season (March, April, May, October, November):**

- Flights to Lukla from Ramechhap/Manthali rather than Kathmandu due to peak season.
- Ramechhap / Manthali is a 5 to 6-hour drive from Kathmandu.

#### **Non-Peak Season (January, February, June, July, August, September, December):**

- [Flights to Lukla](#) from Kathmandu.

## **Everest Base Camp Difficulty**

Travel experts in Nepal have graded the difficulty of the Everest Base Camp as "moderate." This means you will need outstanding fitness for walking 6 to 7 hours daily for about a week. However, there's no need for mountain climbing skills and gear to complete this trek. Any person with good physical and mental fitness can complete this trek with a few months of preparation. You must engage in cardio exercises such as running, jogging, swimming, and cycling two to three months before the trek. It helps to boost your stamina before you head for the tour. It's easier than the [Everest Three Pass Trek](#).

The significant base camp trek difficulty is distance and altitude. Everest Base Camp's distance is about 150 km, and you will cover this distance for eight days. This means you will be walking 15 to 20 km each day. This makes 6 to 7 hours of daily walking, which demands good physical health. Along with distance, the altitude of the Everest base camp, 5300 M, and that of Kala Pathar are also significant challenges during the trek. Once you cross Namche Bazaar, you start to feel the pressure of low oxygen level, making your climb harder. Covering 500 to 1000m daily and including a rest day in the EBC Trek Itinerary dramatically helps you. However, this doesn't mean you need oxygen for the Everest Base Camp.

## **Everest Base Camp Trek Guide Book**

The weather and temperature of Everest can also be an enormous EBC difficulty are traveling in the off-season of summer and winter. However, with the proper preparation, MyEverestTrip will help you overcome the difficulty of Everest Best Camp. We are committed to making our trekkers comfortable and safe.

Read the full article to find the answer: How [difficult is Base Camp Trek?](#)

## **Accommodation in Everest Trek**

Everest Trek is Nepal's most famous tea house trekking region. If you have been hearing this word for the first time, let us explain this first. The tea house is the local guest house made by the Sherpa people of Everest for trekkers. These basic kinds of hotels have two twin beds, a mattress, a small blanket, and a pillow. However, with the increasing number of trekkers, the tea houses in this region have been developed nowadays. All the owners of the local places ( the amiable Sherpa people) are committed to making eco-friendly and comfortable tourism on Everest, thus building a homely Everest Base Camp accommodation.

You can find luxury rooms with private bathrooms and WIFI up to Namche Bazaar. The bathroom is usually Indian style at the higher altitude and shall be used on a Sharing basis during Everest Base Camp accommodation. Further, you must pay a few dollars more for the hot water shower. There are no plugs in the room, and you need to charge your phone in the reception by paying a few dollars for Everest accommodation.

## **[Food During Everest Base Camp](#)**



### Dal Bhat ( Nepalese Food ) - MyEverestTrip

During the EBC, the tea houses where you spend your night prepare dinner and breakfast. As per the rule, you can only have your dinner in the hotels you stay at. You can get a variety of Indian, Chinese, and International cuisine for Everest food. You can order the food from the menu in the evening so they can prepare it early in the morning.

The most popular Everest food option is Dal Bhat, combining steamed rice, vegetable curry, and pulse soup. There are noodles, soups, pasta, rice, pizza, and sandwiches, and you are never out of options for food and snacks. Similarly, various options, such as coffee, chocolate, juice, and stiff drinks, are also available. Famous for over half a century, the chefs at the Hotel in Food Everest are good at preparing international food. Most vegetables grown locally are healthy, and many vegetarian options exist.

And since this is a once-in-a-lifetime journey, we highly suggest you try some of the local food in Base Camp Trek prepared by the Sherpas. The local food includes Tibetan bread, Thukpa, Momo, and butter tea.

## Permits For Everest Trek

Trekkers often ask, “Do you need a permit for Everest Base Camp?” and the answer is yes, You Do. To enter Nepal, you initially need your visa to Nepal. All Travelers except for Indians need to issue a visa to enter Nepal, provided upon arrival at the airport or in Kathmandu. Along with the keys, you need two other Everest Trekking permits.

## Sagarmatha National Park Entry Permit

You must show an entry permit to enter the UNESCO Old Heritage site, i.e., Sagarmatha National Park. These \$30 permits can be issued in Kathmandu, or you can publish them in one of the check posts. Most trekkers prefer to give both Everest Trek permits in Lukla. Read to know how to administer these [Everest Permits.](#)

# Khumbu Pasang Lambu Rular Area Permit

The TIMS card previously used to track travelers entering the Everest base camp has now been changed into a local area permit. The Everest Base Camp permit Cost for this ruler rea permit is USD 20 and can be issued at Lukla Airport.

Note: Since MyEverestTrip takes care of all the permits and paperwork, you don't need to worry about the permit.

## Additional Information on the Everest Base Camp Tour

While planning the Everest Base Camp Tour, trekkers must be aware of including a few contingency days. Owing to Lukla Airport's high altitude and unique geographical location, it is a victim of abrupt weather changes. Due to this, the flights to and from Lukla are often delayed or canceled. Unforeseen weather conditions can also worsen the trekking trails, especially during winter and monsoon.

Similarly, accommodation is an integral part of any trek and even more so on the [Everest tour](#). However, tea houses and other accommodations might be scarce in the higher regions. So, it is essential to book them beforehand or take necessary precautions. You might even have to share your room with fellow travelers during the peak trekking season. Trekkers must also arrange their currency exchange and withdrawals before heading to the Everest region. While few banks and ATMs are at Namche, villages in higher altitudes do not offer similar services.

Here are some [frequently asked questions for the Everest base camp trek](#).

## Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



## Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



## **Our Expert Guide:**

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



## **Fair and reasonable Cost:**

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



## **Your safety is our priority:**

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



## **Responsible and Eco-Friendly**

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the

package has to be discouraged).

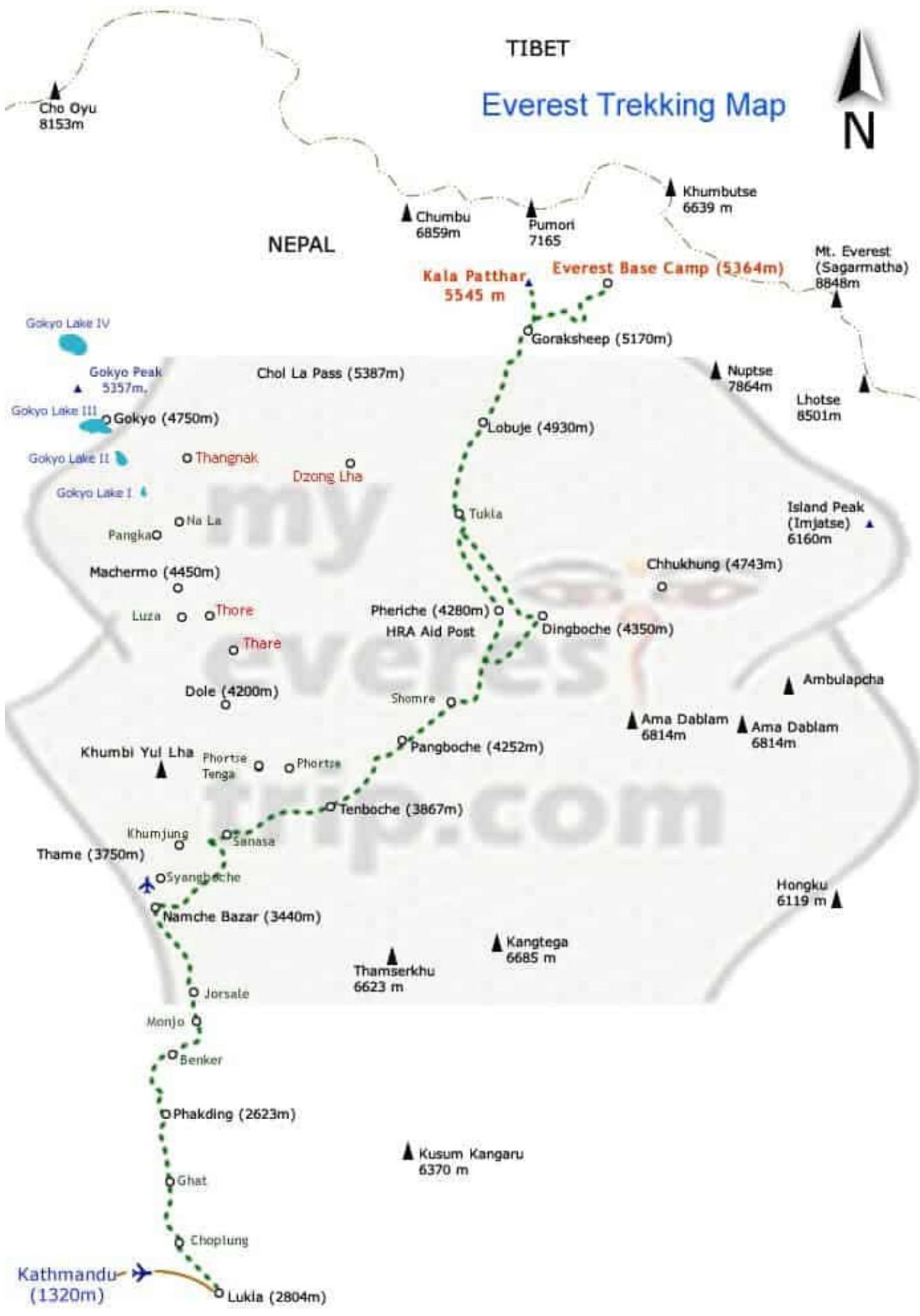
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

## **Map**



# TIBET

## Everest Trekking Map



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