



## Everest base camp trek - 14 Days

### OVERVIEW OF MOUNT EVEREST

[Mount Everest](#), the highest mountain on Earth, stands at an awe-inspiring 8,848 meters (29,029 feet) above sea level. Situated in the Solukhumbu district of Nepal, it marks the border between Nepal and Tibet, an autonomous region of China. Known locally as Sagarmatha in Nepali, meaning "[Peak of Heaven](#)," and Chomolungma in Tibetan, meaning "Mother Goddess of the World," this iconic peak attracts adventurers from around the globe. The mountain was named after Sir George Everest, a British surveyor, in the 19th century.

Scaling Everest is a feat reserved for experienced mountaineers equipped with the necessary skills, health certifications, and trained Nepalese guides. The extreme altitude creates a "death zone" above 8,000 meters, where oxygen levels are critically low. Climbers face challenges such as unpredictable weather, sub-zero temperatures, and altitude sickness. Despite these risks, reaching Everest's summit remains a lifelong ambition for many, symbolizing perseverance and achievement.

Beyond its physical allure, Everest offers a cultural and [spiritual journey](#). The region is home to the Sherpa community, renowned for their mountaineering expertise and rich Buddhist traditions. Trekkers encounter monasteries, prayer wheels, and breathtaking landscapes that connect them to the local heritage. With its unique blend of adventure, natural beauty, and cultural depth, Everest trekking is not merely a climb but a transformative experience.

### ADVENTURE AND CHALLENGES

[Everest](#) captivates the attention of experienced climbers and adventure enthusiasts worldwide. However, summiting the peak requires significant prior mountaineering experience, excellent physical fitness, and certified guides from Nepal. Due to the high altitude and thin oxygen levels, climbers often rely on supplemental oxygen. The area above 8,000 meters (26,246 feet), known as the "death zone," poses extreme risks such as altitude sickness and cerebral edema.

Estimated to be 50–60 million years old, Everest is relatively young in geological terms. In 1953, Sir Edmund Hillary of New Zealand and Tenzing Norgay, his Sherpa guide, became the first recorded individuals to successfully reach the summit. The mountain's harsh climate features freezing temperatures and unpredictable weather, limiting native flora and fauna. Rare species like snow leopards, red pandas, and Himalayan Tahrs inhabit the region, alongside vegetation such as rhododendrons, junipers, and bamboo.

#### 1) Climate and Weather

The mountain climate is dynamic and often unpredictable. The average temperature hovers around 17°C, making it the coldest part of the year. While [Everest Base Camp](#) (EBC) is accessible year-round, each season offers unique



trekking experiences. Spring and autumn are particularly popular, but monsoon and winter treks also have their own appeal.

### Spring and Autumn

Spring (March to May) is one of the most favorable times to visit EBC. Days are generally warm with temperatures rising quickly, though nights can still dip below freezing. The weather is often clear, with long daylight hours and stunning summit views. Similarly, autumn (September to November) offers bright, crisp days with clear skies following the monsoon. Highs can reach 17°C, but occasional strong winds may add a chill. These seasons provide excellent visibility of the surrounding peaks and landscapes.

### Monsoon and Winter

The monsoon season (June to August) brings significant rainfall, which makes trails slippery and challenging to navigate. Despite the higher temperatures, peaking at around 22°C, the lush greenery and serene environment attract adventurers and nature enthusiasts. Winter (December to February) ushers in snow and icy conditions. Though cold, the clear skies and fewer crowds make for a peaceful and memorable trekking experience.

## 2) Local Culture and Religion

The [Everest region](#) is home to the Sherpa community, known for their resilience and deep connection to the mountains. Other ethnic groups, such as Tamang and Rai, also inhabit the area. Sherpa culture is rich, with a distinct language primarily spoken but occasionally written using Tibetan or Devanagari scripts. Many Sherpas are multilingual, often speaking Nepali along with languages used by visitors.

Religious life centers around Buddhist practices, with gompas (monasteries) playing a vital role. Tengboche Monastery, the region's first celibate monastery, is a significant spiritual hub. Villages are adorned with prayer walls, stupas, and rows of spinning prayer wheels. Festivals like Lhosar and Mani Rimdu are celebrated with great enthusiasm, particularly at Tengboche Monastery.

## 3) Food

[Trekking](#) at high altitudes can be physically demanding, so nourishing meals are essential. Teahouses along the trail serve a variety of hot, freshly prepared dishes, including both Nepali and Western cuisines. Popular options include energy-rich foods like rice, lentil soup, noodles, potatoes, and cereals. Hot beverages such as tea are also widely available to keep you warm and hydrated.

## 4) Accommodation

The majority of accommodations in the [Everest region](#) are managed by the Sherpa community, particularly in Namche Bazaar. Trekkers can expect friendly hospitality in teahouses or opt for more luxurious lodges that offer



upgraded amenities. Standard rooms are typically twin-sharing, with basic bedding and shared bathrooms. Luxurious options in some lodges provide attached bathrooms and better facilities. Hot showers are commonly available, either gas-heated or through buckets of hot water. Wi-Fi is accessible in most areas, although the connection may vary in speed and reliability.

## 5) Travel Insurance

We strongly advise securing travel insurance before embarking on your trek. Ensure your policy covers emergencies in high-altitude regions, including accidents and helicopter evacuations. While we prioritize your safety and strive to minimize risks, unforeseen circumstances may arise. Having comprehensive insurance ensures peace of mind during your journey.

## 6) Guides and Porters

According to the Nepal Tourism Board, all trekking activities must include a government-licensed guide and porter. Our guides and porters are dedicated to ensuring your safety and providing an unforgettable trekking experience. In addition to prioritizing your safety, we also provide insurance coverage for our guides and porters, reflecting our commitment to their well-being.

## 7) Altitude Sickness

Altitude sickness can occur when ascending to high altitudes too quickly. Symptoms may include headaches, nausea, and fatigue as the body adjusts to lower oxygen levels and reduced air pressure. To minimize the risk:

1. Rest where you are and avoid going higher for 24–48 hours.
2. Stay hydrated and avoid smoking, alcohol, and strenuous exercise.
3. Opt for foods rich in carbohydrates, such as bread, pasta, rice, fruits, and milk.
4. By taking these precautions, you can better enjoy your trek while reducing the likelihood of altitude-related issues.



## **PRICE INCLUDES**

- Airport Pick up and drop by private vehicles
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge
- Trekking permits and TIMS card
- Domestic flight from Kathmandu to Lukla to Kathmandu

## **PRICE EXCLUDES**

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu

Our office representative will be waiting for you at the Tribhuvan International airport to warmly welcome you with your names in their placard. You will be transferred at hotel for recreation. Overnight stay at Hotel in Thamel.

### Day 2: Flight from Kathmandu to Lukla and trek to Phakding

We will fly from Kathmandu to Lukla which takes around 40 minutes. We will begin our trekking from Lukla at 2865 meters situated in Khumbu region to Phakding (2650 meters) walking for 4 to 5 hours. We will explore the lifestyle of the people as well as the terraced landscapes and the beautiful valley. Overnight stay at a teahouse in Phakding.

### Day 3: Trek from Phakding to Namche Bazaar

The trail leads you through the unbelievable forest of rhododendrons, blue pine forests, firs and junipers. Then you will reach Namche Bazaar after 7 hours of walk. Stay overnight for this day at Namche Bazaar.

### Day 4: Acclimatization day at Namche Bazaar

You will be spending this whole day for acclimatization in Namche Bazaar wandering through the village and be close to its natives. You will also be visiting the ancient museum to explore and be more familiar with the place this following day. Stay overnight at the Namche Bazaar.

### Day 5: Trek from Namche Bazaar to Tengboche

You will trek all the way to Tengboche through Phunki walking for at least 3 hours. Stunning views of Mt Everest, Nuptse, Lhotse, Cholatse, Kantaiga, Ama Dablam and Thamserku will please your eyes all along the way. You will have overnight stay at Tengboche.

### Day 6: Trek from Tengboche to Dingboche

You will begin our journey through the rhododendrons forests to make our way to Dingboche. We will be passing way to reach Dingboche where you will be staying at a guest house there.

### Day 7: Acclimatization in Dingboche

On the seventh day of your adventurous trek, you will be staying for one more day at Dingboche to acclimatize yourselves and be ready to continue the journey.

### Day 8: Trek from Dingboche to Lobuche

Continuing your journey; you will be climbing to the terminal rubble of Khumbu Glacier where you can see six monuments of Sherpa who passed away in Lobuche inundation. You will be staying overnight at an altitude of 4940 meters in Lobuche at a guest house.

### Day 9: Trek from Lobuche to Gorakshep and EBC, EBC to Gorakshep

The early morning you will start trekking to Gorakshep and about an hour of walk you will be reaching to the closest and most beautiful view of Mount Everest from its top to bottom at once sight. You will be returning back to Gorakshep for overnight stay.



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### **Day 10: Hike to Kala Pathar then Trek Back to Pangboche**

On this particular day of trekking, you will be at Kalapatthar at the mid of our trekking where every traveller dreams to be. Then after you will be at Pangboche to stay overnight.

### **Day 11: Trek from Pangboche to Namche**

You will gradually descent from Pangboche to Namche enjoying most striking natural beauty. Overnight stay at Namche Bazaar.

### **Day 12: Trek from Namche Bazaar to Lukla**

You will again descend to Lukla enjoying the splendid and incomparable scenarios on the path from Namche Bazaar. The pine, oak and rhododendrons tree, bids farewell to you as you reach Lukla for your overnight stay on this day.

### **Day 13: Fly back to Kathmandu from Lukla**

You will be taken back to Kathmandu and given space to refresh yourself in the day. After a long trek, we will try to acclimatize your body as soon as possible after reaching the hotel of Kathmandu. You will stay overnight at a guesthouse in Thamel, Kathmandu.

### **Day 14: Transfer to the airport**

We will accompany you to the airport for your departure to your home country.



## FAQ

### 1. 1. What is the best time to do the Everest Base Camp Trek?

The best times for the Everest Base Camp Trek are spring (March to May) and autumn (September to November). During these seasons, the weather is stable, with clear skies and spectacular mountain views. While monsoon and winter treks are possible, they require additional preparation due to rain, snow, and colder conditions.

### 2. 2. What level of fitness is required for the trek?

The trek is moderately challenging and requires good physical fitness. While no prior trekking experience is mandatory, regular exercise such as walking, jogging, or hiking can help you prepare. Mental resilience and the ability to adjust to altitude are equally important. It's advisable to start training at least 2–3 months before the trek.

### 3. 3. What kind of accommodation can I expect during the trek?

Teahouses are the primary form of accommodation along the route. These offer twin-sharing rooms with basic bedding and shared bathrooms. Some higher-end lodges provide attached bathrooms and better facilities. Hot showers, Wi-Fi, and charging facilities are available at most stops but may incur additional charges.

### 4. 4. How is altitude sickness managed during the trek?

Acclimatization is crucial during the trek to avoid altitude sickness. The itinerary includes rest days to help your body adjust to the altitude. Drinking plenty of water, eating carbohydrates, and avoiding alcohol or smoking can also help. If symptoms like headaches or nausea occur, it's important to rest and not ascend further. In severe cases, descent or medical evacuation may be necessary.

### 5. 5. What is included in the 14-day trek package?

The typical Everest Base Camp trek package includes Sagarmatha National Park permits, TIMS card, teahouse accommodations, and meals (breakfast, lunch, and dinner) during the trek. It also covers transportation with round-trip flights to and from Lukla, licensed guide and porter services, and safety equipment like a first aid kit and emergency oxygen. Exclusions generally include personal expenses, travel insurance, and tips for the guide and porter. Always verify the specific inclusions with your trekking agency.