



## Everest base camp yoga trek in Nepal - 14 Days

The Everest base camp yoga trek in Nepal combines the adventure of reaching [Everest base camp](#) with the practice of yoga and meditation in the Himalayan Mountains and the surrounding countryside. It is a demanding trekking destination located in the Khumbu region of [Nepal](#), renowned for its stunning Himalayan landscapes and rich spiritual heritage, making it an ideal destination for such a journey. This unique journey allows you to immerse yourself in the natural beauty of the [Everest region](#) while nurturing your mind, body, and spirit. Throughout the trek, experience [yoga instructor](#) will guide you through various yoga poses, meditation, breathing exercises, and relaxation techniques to harmonize your mind, body, and spirit in serene natural settings, such as monasteries, mountain viewpoints, or designated yoga spots. As you continue ascending you will pass through iconic places, before reaching [Gorak Shep](#)- the last settlement before Everest base camp. From there, you will make the final trek to Everest base camp.

Everest base camp situated at an altitude of approximately 5364 m (17598 ft) is the starting point for climbers attempting to summit [Mount Everest, the world's highest peak](#). Standing at Everest base camp is a significant achievement, as it offers an incredible opportunity to witness the majesty of the Himalayas and challenge oneself physically and mentally in a breathtaking mountain environment. Hence, the combination of trekking and yoga allows you to find a balance between physical exertion and mental relaxation. The trek takes you through various beautiful villages, forests, and rugged mountain terrain. It also provides an excellent opportunity to connect with nature, rejuvenate your body and mind, and deepen your yoga practice amidst the awe- inspiring [Himalayan](#) landscapes.

### One of the suitable time for Everest base camp yoga trek

The weather in mountains is ever- changing due to which specific season is considered as favorable time to undertake this trek. They are spring (March, April, and May) and autumn (September, October, and November). However, winter and summer is also suitable for the trekkers seeking more adventure and want to experience thrill during the trek. As these seasons offer challenging trekking routes due to the heavy rain and snow as well.

Spring (March, April, May) at Everest is one of the best times of the year to visit. The temperature warms up rapidly but the night remains still cold and chilly, dropping to below freezing. The weather is generally bright with clear skies, days are longer with enough sunlight hours and few clouds, and view of the summit is awesome.

Autumn (September, October, and November) is another best season for Everest with the skies being clear once more after the monsoon rains and the landscape still and verdant as ever. Bright sunshine is warming, with highs of up to 17°C, though the winds can still be strong and cold, making it feel cooler. The heavier clouds are gone now, and the summit of the mountain is once more clearly visible from the base camp.

### Monsoon and winter

Monsoon (June, July, and August) season sees a much higher rainfall than throughout the rest of the year. Temperature is high, reaching up to around 22°C, but the higher rainfall can make the area muddy and hard to traverse. Trekking during this month is for adventure seekers and nature lovers. Winter (December, January and February) is the months for snowfall, ice-cold season of the year, but the trek is entirely enjoyable at this time.



## Permits required for Everest base camp yoga trek

To trek to Everest base camp, you need two permits:

- 1) The Sagarmatha National Park Permit: You will also need to obtain the Sagarmatha National park entry permit as well, since the Everest base camp yoga trek takes you through [Sagarmatha National park](#), which is a protected area in the Himalayas of eastern Nepal. Obtaining this permit not only help preserve the natural beauty of the area but also contribute to the sustainable development of the region and the well- being of its inhabitants. You can obtain this permit in Kathmandu or at the park entrance in [Monjo](#).
- 2) Trekkers' Information Management System (TIMS) card: This is a mandatory permit for all the trekkers planning for Everest base camp [trek in Nepal](#). You can obtain a TIMS card through the Nepal tourism board (NTB) or its' authorized agents in Kathmandu or Pokhara. It is designated to help ensure the safety and security of trekkers. The card contains name, passport number, nationality, and the trekking route of the trekkers. If you have any queries about obtaining permits, [Visit Mount Pvt. Ltd](#) is always here for you.

## Is hiring Guide and Porters is helpful during the Everest base camp yoga trek?

Hiring a local guide and porter for Everest base camp yoga trek is always beneficial as a guide can help with navigation, provide local insights, ensure your safety and a porter can assist you by carrying heavy backpack, allowing you to enjoy the trek without the added physical strain. Similarly, a guide can help identify suitable locations for your practice as well as choose a suitable times and places for yoga sessions. Moreover, having a guide can be crucial in case of an emergency, including health issues or altitude sickness, for obtaining assistance quickly during the trek. They can also make your trek more convenient by arranging your permits, transportation, foods and [accommodations](#) during the trek. This allows you to fully enjoy the trek and yoga experience. Thus, with physical and logistical aspects taken care of by porters and guide, you can focus on mesmerizing scenery, your yoga practice, and the overall experience of the trek.

Keep in mind, while hiring a guide and porters can enhance your trekking experience, it's important to choose reputable and experienced individuals or agencies. Therefore, we recommend you to join Visit Mount Pvt. Ltd to obtain the best services of guide and porters. We have experienced licensed trekking guide with minimum 15 years of experience. They are well trained, qualified, active, and friendly with the trekkers. They always carry essential safety equipments, gear, and first aid kit. To conclude, we can provide you technically competent licensed guide with their insurance.

## Food and accommodation during the Everest trekking route, what to expect?

Along the Everest base camp trek route, there are several tea houses and lodges that provide basic accommodation facilities. Rooms are available on a twin-sharing basis. Each room comes with two beds, blankets, and occasionally shared bathrooms. Almost all tea houses have hot showers available which are mostly gas heated somewhere they offer buckets filled with hot water for bathing purpose. Wifi is available everywhere in the [khumbu \(Everest\) region](#). A good and reliable speed is not guaranteed. Similarly, [teahouses](#) offer a variety of dishes, which are often a mix of Nepalese and western cuisine. Dal Bhat (lentil soup with rice), Noodles, Momo (dumplings), and chapati (flatbread) are common options.

## Is Travel insurance mandatory for Everest base camp yoga trek?

We (Visit Mount Pvt. Ltd) strongly recommend you to get travel insurance for any [trekking adventure in Nepal](#),



including the Everest base camp yoga trek. Remember that, your insurance should covers high- altitude trekking, emergency medical expenses, evacuation by helicopter if needed, and trip cancellation. Check with different insurance providers to find the best coverage for your needs. Travel insurance can offer you with peace of mind and cover you financially in the event of an unforeseen accident.

### **Altitude sickness and trek difficulty during the Everest base camp yoga trek**

Altitude sickness is common in mountains above the altitude of 3000 meters. The trail to Everest base camp can be challenging and remote. Therefore it is concern when trekking to high elevations, Everest base camp at 5364 meters / 17598 feet above sea level. Altitude sickness symptoms may include nausea, headache, dizziness, fatigue, and the severe cases can lead to High altitude pulmonary edema (HAPE) OR High altitude cerebral edema (HACE). These symptoms occur when you ascend to higher altitudes too quickly, and the lack of oxygen becomes a challenge for your body to adapt. That's why it's necessary to acclimatize properly, stay hydrated, and be aware of your body's signals to minimize the risk of altitude sickness during the Everest base camp yoga trek. Furthermore, cardiovascular endurance, flexibility exercises, and strength training can help prepare your body for the demands of the trek. Similarly, while passing through villages like Namche, Dingboche, and Groakshep, going slowly and spending time acclimatizing can help your body adjust to the decreasing oxygen levels.

The Everest base camp yoga trek involves trekking through remote area which includes steep ascents and descents, rocky paths, and potentially snowy conditions. So it is considered moderately to strenuously challenging trek but a highly rewarding and achievable adventure for all the trekkers with a good level of fitness and the ability to acclimatize properly. Trekkers may experience cold temperatures and also have a high chance of getting altitude sickness, especially at higher altitudes as the trek takes you to above 5000 meters (16400 feet), where the air is thin and the oxygen levels are lower.



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## **PRICE INCLUDES**

- Airport Pick up and drop by private vehicles
- Two night accommodation in 2- star category Hotel in Kathmandu (B & B)
- Flight from Ramechhap to Lukla to Kathmandu
- Kathmandu to Ramechhap by Jeep
- Trekking permits and TIMS card
- 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

## **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
- Entrance fees during the sightseeing
- Extra expenses due to any event such as strikes, weather conditions, or flight delays
- Yoga mat and other gears



## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu and transfer to hotel

After you arrive at the airport, our staff will pick you up from the airport take you to the Hotel. And our staff will give you a short brief about our trek. Later in the afternoon, you will have yoga session and mediation.

### Day 2: Drive to Ramechhap then fly to Lukla and trek to Phakding

Our trek will start from this day. We will take early flight to Lukla (Tenzing Hillary Airport) from Kathmandu (Tribhuvan International Airport). Viewing beautiful scenery of mountains and cities for around 30 minutes from the sky, we will arrive at Lukla. We will have lunch and head to Phakding. We will do evening yoga at Phakding. And stay overnight there in well managed Guest House.

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

We will begin our journey with a meditation session and light breakfast. We will cross a large suspension bridge surrounded with beautiful prayer flags. After few hour of trek, we will enter in Sagarmatha National Park. We will enter in Namche Bazaar which is also known as Gateway of Everest. To end the day, we will have another 2 hours of yoga and meditation session. We will stay here for 2 nights and will discover Namche Bazaar.

### Day 4: Acclimatization day at Namche Bazaar

It is a rest day or an acclimatization day at Namche Bazaar. After doing yoga and meditation for an hour we will have our breakfast, then we will do a short trek to Hotel Everest View. From here we can get picturesque scenery of Mount Everest from every Hotel room. We will enjoy our lunch in here. After returning to Namche bazaar, we will do evening yoga.

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

We will do quick 1 hour yoga session in front of the mountain. Then, we will start our trek. We can see the view of Mount Everest, Mount Ama Dablam, Mount Khumbila and other mountains. We can discover some species in our trek like Danfe (National bird of Nepal), Musk deer etc. we can also see a lots of rhododendron (National Flower of Nepal). After 4-5 hours of trek, we will reach to our today's destination Tengboche. We can witness the one of the largest monasteries of Khumbu region. Indeed there will be an hour yoga session to end our day. We will stay at finest tea house.

### Day 6: Trek from Tengboche to Dingboche

With 1hour yoga and meditation session and having breakfast in the morning, we will start our trek with beautiful trails. We will cross Deboche village and Pangboche village. We will explore Upper Pangboche with their monasteries. After exploring places and sceneries we will reach at Dingboche. We will stay here for another day also. And we will discover Dingboche.

### Day 7: Acclimatization day at Dingboche

To avoiding health issues like high altitude sickness and to adopt the weather, we will stay for one more night. We will do short hike to Chukkung. After an hour meditation and having breakfast, we will start our hike to Chukkung. We will



explore chukkung village and capture the mesmerizing view of mountain ranges.

### **Day 8: Trek from Dingboche to Lobuche**

We will start our day with 1 hour yoga and meditation. After staying 2 nights in Dingboche we will start our journey to next destination Lobuche. It will take around 6 hours to reach there. Between the journey we can see Khumbu glacier and panorama view of mountain valley. We can watch the beautiful sunset over Nuptse Mountain.

### **Day 9: Trek from Lobuche to Gorakshep via Everest base camp**

This day, we will reach to our final destination that is EBC (Everest Base Camp). With 1 hour of yoga session, we will start our trek early in the morning. We will have our lunch in Gorakshep and then we will continue our journey to EBC. This will be a challenging journey because of the altitude and lack of oxygen. We will walk with the view of Mount Everest and snowy path. We will reach to EBC after around 3 hours. From there we can see the world's tallest mountain Mount Everest. We will be in the lap of Everest. The mesmerizing view of Himalayas will take all your pain through the journey. After spending few hours in base camp, we will return to Gorakshep and where we will spend the night. And to end our day we will take an hour meditation session.

### **Day 10: Trek from Gorakshep to Pheriche via Kalapatthar**

On this day, we will return from our trek but first we will trek to Kala Patthar. From there we can see the magnificent view of the Everest other mountains. We will trek to Kala Patthar very early in the morning to see the sunrise in the mountain and we will do a yoga session with the view of sunrise. We can even see the summit route from here. We will return to Gorakshep after spending a quality time in Kalapatthar. And after having lunch we will head to Pheriche for the night.

### **Day 11: Trek from Pheriche to Namche Bazaar**

It will be a long trip today, so early 1 hour of yoga and meditation we will continue our journey. We will have our lunch in Thyangboche (Tengboche) after crossing Pangboche village. Ascent and descend in the route with enormous views of mountains we will head towards Namche Bazaar. After reaching to Namche Bazaar we will do evening yoga and meditation for 2 hour and we will stay in good guest house.

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

We will do regular 1 hour yoga and start our day to Lukla. It will be our final day in Everest National Park. We will head to Lukla along with Dudh Koshi. We will leave behind National Park. After having a lunch in Phakding we will take a rest for around 15 minutes. Then we will start to trek to Lukla. We will stay at Lukla for 1 night. We will do an evening meditation in Lukla.

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

We will fly back to Kathmandu this day. After reaching Kathmandu we can do either shopping sightseeing or take a rest in the hotel. And we will have a farewell dinner together at night.

### **Day 14: Final departure from Kathmandu**

This will be your final day in Nepal you shall be transferred to the airport at least 3 hours before your flight our representative will drop you to the airport.