



# Kala Patthar With Everest Base Camp Trek- 16 Days - 16 Days

The Everest Base Camp (EBC) trek, combined with a visit to Kala Patthar, is among the most sought-after and iconic trekking experiences in the Everest region of Nepal. This adventure not only allows you to reach the base camp of the world's highest peak but also provides breathtaking views of the Himalayan giants, including the majestic summit of Everest, from the vantage point of Kala Patthar.

## TREK OVERVIEW

The journey typically begins with a scenic flight from Kathmandu to Lukla, a charming town in the Everest region. The trail follows the classic route, passing through picturesque Sherpa villages, lush forests, and suspension bridges spanning roaring rivers. Along the way, trekkers will encounter the unique culture and warm hospitality of the local Sherpa communities. The trek culminates at Everest Base Camp, situated at an altitude of 5,364 meters (17,598 feet). Before reaching base camp, the path leads through Gorak Shep, with the increasing altitude and colder temperatures presenting a rewarding challenge.

After a challenging hike of about an hour and a half across rugged terrain featuring gravel, icy slopes, and loose stones, you will arrive at Everest Base Camp. The stunning views of the towering 8,000-meter peaks, the dramatic Khumbu Glacier, and the Khumbu Icefall make the effort worthwhile. Standing at the base camp of Everest is a truly inspiring experience.

Following the visit to Everest Base Camp, trekkers hike up to Kala Patthar, a rocky outcrop situated at an elevation of 5,643 meters. From the summit of Kala Patthar, one can enjoy unparalleled panoramic views of Mt. Everest (8,848 meters) and neighboring peaks such as Lhotse, Nuptse, Ama Dablam, and others. The sight of the sunrise casting a golden glow on the snow-covered peaks is unforgettable.

## Important Information

### 1. Weather and Best Time to Visit

The best seasons for the Everest Base Camp trek with Kala Patthar are spring (April to May) and autumn (September to November). These months offer stable weather and clear views of the mountains.

**Spring:** This season is known for mild temperatures and excellent visibility. The clear skies provide stunning views of the surrounding peaks.

**Autumn:** Post-monsoon weather brings crisp air, cool temperatures, and optimal trekking conditions with exceptional visibility.

### 2. Required Permits



To undertake the EBC trek with Kala Patthar, you will need the following permits:

Sagarmatha National Park Entry Permit

Trekker's Information Management System (TIMS) Card

Khumbu Pasang Lhamu Rural Municipality Permit

These permits can be obtained through authorized trekking agencies registered with the government of Nepal.

### **3. Accommodation and Food**

During the trek, accommodations are provided in tea houses or lodges along the route. These establishments offer basic facilities, including a bed, blanket, and shared bathroom facilities. As you ascend to higher altitudes, the level of comfort may decrease. Meals are typically prepared by local cooks using fresh, locally sourced ingredients. The menu often includes a mix of Nepali, Tibetan, Indian, and international dishes, with popular items like rice, lentils, vegetables, soups, and noodles.

### **4. Altitude Sickness**

Altitude sickness can occur at elevations above 3,000 meters. Symptoms include nausea, headache, difficulty breathing, increased heart rate, and fatigue. To minimize risks, follow these guidelines:

Stop and rest if symptoms occur.

Avoid ascending higher for at least 24 to 48 hours.

Stay hydrated and avoid smoking, alcohol, or strenuous exercise.

Inform your guide immediately if symptoms persist.

### **5. Guides and Porters**

Trekking with an experienced and licensed guide is highly recommended to ensure safety and make the most of your trek. Guides provide valuable insights into local culture, traditions, and landmarks. Porters can carry heavy backpacks, allowing trekkers to travel with lighter loads.

Visitmount Trek Pvt. Ltd. offers skilled, friendly, and licensed trekking guides and porters, all insured for your peace of mind. Their expertise and cultural knowledge ensure a rich and safe trekking experience.

### **6. Travel Insurance**

Travel insurance is essential for trekking activities, especially those involving high altitudes like the EBC trek with Kala Patthar. Ensure your policy covers:

High-altitude trekking

Emergency helicopter evacuation

Medical emergencies

Flight cancellations or delays

Lost or stolen belongings

Visitmount Trek Pvt. Ltd. strongly advises obtaining comprehensive travel insurance for financial protection and



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peace of mind during your adventure.



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## **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
- TIMS card and National Park Permit fee
- 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
- Extra expenses due to any event such as strikes, weather conditions, or flight delay



## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu

On the day of arrival, our representative will be waiting for you at the airport to warmly welcome you holding your names in their placard. You will be transferred to the hotel in Kathmandu. Overnight stay in Kathmandu.

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

In the early morning we will take a flight of 40 minutes to reach Lukla. Our trekking begins as soon as you step your feet in the land of Lukla. We will begin our trek from Lukla to Phakding. Overnight stay will be at the hotels of Phakding.

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

We will head through the forest of rhododendron, pine, firs and junipers, which makes you like the nature is welcoming you for the trek. After a walk of 7 hours we will reach Namche Bazaar. We will stay overnight in Lukla.

### Day 4: Acclimatization day at Namche Bazaar

We will spend this day for acclimatization in Namche Bazaar leisurely walking through the village. We will also visit the local museum of this place. Overnight stay at Namche Bazaar.

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

We will trek through Phunki to Tengboche. We will view the beautiful views of Mt. Nuptse, Lhotse, Cholatse, Kantaiga, Ama Dablam and Thamserku on the way. We will stay overnight at Tengboche.

### Day 6: Trek from Tengboche to Pheriche

We will start our journey to Pheriche through the birch, conifers and rhododendron forest. We will pass our way through Imja River. We will stay overnight at a guest house of Pheriche.

### Day 7: Acclimatization in Pheriche

On the seventh day of our adventurous trek we will be staying for one more day at Pheriche to acclimatize ourselves from tired muscles and be ready to move further the next day.

### Day 8: Trek from Pheriche to Lobuche

On the way we will be climbing the terminal rubble of Khumbu Glacier where we can view six monuments of Shepa. We will stay overnight at a guest house in Lobuche.

### Day 9: Trek from Lobuche to Gorak Shep via Kala Patthar

Early in the morning, we will start trekking to Kala Patthar to get the closest and most magnificent view of Mount Everest. We will return back to Gorak Shep for overnight stay.

### Day 10: Trek from Gorak Shep to Lobuche

On this day, we will be at Mt. Everest Base Camp, at the mid of our trekking where every trekker's dream is to be. We will reach back to Lobuche to stay overnight.



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### **Day 11: Trek from Lobuche to Dingboche**

We will slowly descent from Lobuche to Dingboche enjoying most striking natural scenarios to stay overnight.

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

We will again go down to Namche bazaar enjoying the superb and incomparable scenarios on the way from Dingboche. The pine, oak and rhododendron tree bids farewell to you as you reach Namche Bazaar for your overnight stay on this day.

### **Day 13: Explore around Namche bazaar**

After a long trek we will try our body to acclimatize. We will spend this particular day on Namche Bazaar enjoying our trip. This day we will stay overnight at a guest house in Namche Bazaar.

### **Day 14: Trek from Namche Bazaar to Lukla**

This is the last day of our trek. On this day we will be trekking to Lukla from Namche Bazaar and stay overnight at Lukla.

### **Day 15: Fly from Lukla to Kathmandu**

We will take you back to Kathmandu and let you refresh in that day.

### **Day 16: Departure**

Departure