

# Everest Basecamp Normal Trek



## Trip Overview

The Everest Base Camp trek on the south side is the most iconic basecamp of all, stands amongst the most well-known trekking trails in the Himalayas, and is gone by many trekkers every year at the foot of the greatest mountain in the world. Walking through sherpa country and small villages, we have enough time to get acclimatized before reaching our final destination in spectacular high-altitude scenery. Trekkers usually fly from Kathmandu to Lukla with spectacular views of mountains along the northern Himalayan range. Mt. Everest 8848mtr, the world's highest mountain attracts trekkers from around the world. Followed by a spectacular view of Mt Amadablam(6812 Mtr) "Mother with a jewel box", and the incredible Tyangboche Monastery and view of Everest from Tyangboche take us excitement towards Everest base Camp as well as the opportunity to climb Kalapattar (5545 Mtr) for magnificent scenery of the highest mountain of Earth.

## Trip Itinerary

- Day 1 - Arrival in Kathmandu and transfer to hotel
- Day 2 - Sightseeing in Kathmandu
- Day 3 - Flight to Lukla (2840 Mtr/9315 Ft )and Trek to Phakding 2610 Mtr/8560 Ft)

- Day 4 - Trek to Namche (3440 Mtr/11283 Ft)
- Day 5 - Trek to Khumjung (3790 Mtr/12431 Ft )via Khunde 3840 Mtr/12595 Ft
- Day 6 - Trek to Phortse (3840 Mtr/12595 Ft)
- Day 7 - Trek to Dingboche(4410 Mtr/14465 Ft)
- Day 8 - Rest Day in Dingboche (4410 Mtr) and hike to Ngangkarsang Peak
- Day 9 - Trek to Lobuche (4930 Mtr/16170 Ft)
- Day 10 - Trek to Gorakshep (5140 Mtr/16860 Ft )and day trip to Everest basecamp 5365 Mtr/17597 Ft)
- Day 11 - To kalapathar(5545 Mtr/18187 Ft and trek to Pheriche(4240 Mtr/13907 Ft)
- Day 12 - Trek to Tyangboche(3860 Mtr/12660 Ft)
- Day 13 - Trek to Namche(3440 Mtr/11283 Ft)
- Day 14 - Trek to Lukla( 2840 Mtr/9315 Ft)
- Day 15 - Flight to Kathmandu and transfer to hotel
- Day 16 - Free time in Kathmandu for shopping
- Day 17 - Departure for homeland

## **Cost Includes & Excludes**

### **Includes**

- All airport/hotel pick ups and drops within Nepal
- Flight Fare for both way (KTM-LUA-KTM)
- All trekking permits , TIMS card,Government and local taxes for the trek
- All Meals (Breakfast , Lunch and Dinner ) During the trek
- 3 Star hotel accommodation in Kathmandu with breakfast
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed trekking guide
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag for the trek

- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accomodation and equipments

## **Excludes**

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges ( can be carried only 15 Kg including in Airfare)

## **Gears and equipment**

- Head
  - Warm Hat
  - Cap
  - Face Mask / Muffler
- Upper Body
  - Wind stopper/Waterproof Jacket
  - Down Jacket
  - Fleece Jacket/ trousers
  - Thermol
  - T-shirts
  - Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)  
Underwear  
wind stopper/waterproof Pant  
Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks  
Sandals  
Trekking Boot  
Gaiters  
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)  
Small Day Pack  
Personal Medical Kit  
Chapstick/Sunscreen  
Water bottle  
Large Duffel bag  
Trekking Pole  
Spare batteries for Camera and Flash Light  
Hand Towel  
Head lamp with extra Batteries  
Sun Glasses with UV protection  
Suitcase (For stored in Kathmandu hotel for not needed items for trek)

## Faqs

### 1. What is the normal temperature in spring and Autumn season?

*Spring season starts from March, but until third week of march temperature will still be cold even in day time. But actually temperature depends on weather, if weather is mild temperature ranges from 10-15 Degree Centigrade. If the weather is clear, days will be warm. After the April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.*

*Autumn season starts from September, September will still be warm even the weather is not good. From october normally in morning and evening will be cold.*

**2. What is the normal temperature in spring and Autumn season?**

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**3. Can I use the foreign currency and Credit cards on the way in any shop or Lodge?**

*You can pay by foreign currency as well, but the exchange rate will not be same as Kathmandu, so we recommend you to exchange the money in Kathmandu and take a Nepalese Rupees. In mostly lodges they accept the credit cards but sometime due to internet problem it will not be 100% guarantee.*

**4. Is there any internet wifi facility on the way?**

*After your arrival in Kathmandu airport, we recommend to buy One ncell sim card. In Everest region until Panboche Ncell 4G works very well. Above Panboche there is good internet facility of Everest link. There are varieties of data cards as 10 GB, 20 GB. If you purchased bigger one it works all over the Khumbu and if you purchase 20 GB one it is enough for your whole trek and you can enjoy in social media, news and connect with your family friends and loved one.*

**5. What about the flight from Kathmandu-Lukla and vice versa?**

*Just about 25 minutes flight from Kathmandu takes us to Tenzing Hillary airstrip in Lukla but due to some circumstances, these days the flight to Lukla are operated from Ramechhap, which is 4 hours drive from Kathmandu and 15 min by flight to Lukla. There are options to fly by helicopter directly from Kathmandu to Lukla as well, which is bit expensive than regular flight. Sometimes the weather doesn't permit for the regular flight, then we should be compelled to hire the helicopter. The airlines companies have operated the first flight to Lukla directly from Kathmandu, so if you book your trip with us prior to 3 months, we can book the seat for direct flight.*

**6. How is the lodging and fooding facilities in EBC trek?**

*Along the trail to Everest basecamp, there are well facilities lodges are available with various types of foods. We provide you three meals a day with your own choice. We always provide the seasonal fruits as well. We always book in lodges with well management and facilities. Rooms are very nice and attached toilet until Dingboche. if you buy single supplementary package you will get single room.*

**7. How safe is Everest basecamp trek?**

*Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag incase of any injury and emergency.*

**8. What permit do I need for the Everest basecamp trek?**

*For trekking in the Everest Region, you need the following permits:*

***Local Governments Entry fee instead of TIMS ( Trekking information management system):****The local government is charging Rs 2000 per person in Lukla in the entrance of Everest Basecamp Trek.*

***Sagarmatha National Park Entry Permit:****To entry in the Sagarmatha National Park, One has to obtain the permit which cost Rs 3000+ government tax per head. the park that is home to the Mount Everest Region, you need to obtain an entry permit.*

**9. What is the best seasons to trekking in Everest Basecamp?**

*In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be differ as per your purpose and your suitable time for travelling in Nepal. You can read more about the most favorable seasons in our link below <http://www.khumbualpinetravel.com/nepal-travel-guide.html>*

**10. Why to go trekking in Everest Basecamp?**

*When you think Nepal, you will definitely think of world's highest mountain of the world. Trekking to everest basecamp is one of the most popular and adventures trip in the world. Every year thousands of trekkers come to see Mount Everest and to get to basecamp of Mount Everest which is life time experience trip.*