



Pristine Nepal Treks & Expedition Pvt. Ltd

Bhagwan Bahal, Thamel, Kathmandu, Nepal

Phone: +977-01-4516729, 4516267, E-mail: info@pristineneal.com

Everest Base Camp Trek - 14 Days

 Destinaiton Nepal	 Activities Everest Base Camp Trek	 Region Everest Region
 Duration 14 Days	 Group Size 2+	 Distance 130+
 Meals Full Board Meal (Breakfast, Lunch, & Dinner)	 Transportation Private Vehicle Domestic Flight	 Max altitude 5545m/ 18192.26 feet (at Kalapathar)
 Walk Per Day 5 to 6 Hours Per Day	 Best Time MAR,APR,MAY, SEPT,OCT&NOV	 Difficulty Moderate/ Challenging

Outline Itinerary

- Day 01: Arrival in Kathmandu (1,400m/4,593ft) & transfer to the hotel
- Day 02: Fly to Lukla (2,860m/9,383ft) & trek to Phakding (2,600m/8,530ft)-3/4hrs
- Day 03: Trek to Namche Bazaar (3,440m/11,286ft)-6/7hrs
- Day 04: Rest/Acclimatization day at Namche
- Day 05: Trek to Tyangboche/Deboche (3,855m/12,648ft)-5hrs
- Day 06: Trek to Dingboche (4,410m/14,468ft)-5hrs
- Day 07: Rest/Acclimatization day at Dingboche
- Day 08: Trek to Lobuche (4,910m/16,109ft)-6hrs
- Day 09: Trek to EBC (5,364m/17,598ft) & back to Gorakshep (5,185m/17,011ft)
-6/8hrs
- Day 10: Hike to Kalapatthar (5,545m/18,192ft) & trek back to Pheriche
(4,250m/13,944ft)-7hrs
- Day 11: Trek back to Namche Bazaar (3,440m/11,286ft)-7hrs
- Day 12: Trek back to Lukla (2,860m/9,383ft)-7hrs
- Day 13: Fly back to Kathmandu (1,400m/4,593ft)
- Day 14: Departure from Kathmandu



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Price: USD 1255 per person

Cost Inclusion:

- ✓ Airport picks ups and drops (4 airport transfers: 2 for domestic and 2 for international)
- ✓ Two-night hotel in Kathmandu with breakfast on the basis of twin sharing
- ✓ Kathmandu-Lukla-Kathmandu flight tickets (June-September and December-March 20)
- ✓ Ramechhap-Lukla-Ramechhap flight tickets (March 21-May and October-November)
- 10kg luggage and 5kg hand carry
- ✓ Experienced trekking guide (Including salary, food, equipment & insurance)
- ✓ Porter (Including salary, food, insurance & weight restriction up to 20 kg only)
- One porter for two trekkers
- ✓ Lodge accommodation during trekking 5-night attached bathroom:Phakding(1N),Namche(3N),Lukla(1N)
- 6-night common room on the basis of twin sharing
- ✓ Trekking guide flight
- ✓ Full Board Meals during trekking (Breakfast, Lunch, and Dinner) with tea/coffee cup
- ✓ Seasonal fruits with dinner
- ✓ Water purification
- ✓ National park entrance fee
- ✓ Local rural municipality entrance fee
- ✓ Medical Kit including Oximeter to check Blood Saturation level
- ✓ Pristine Nepal Trek Duffle-Bag for Trekking
- ✓ Pristine Nepal Trek T-Shirt & Cap as a souvenir
- ✓ All paper works
- ✓ Free coordination in emergency cases
- ✓ Farewell dinner in Kathmandu

Cost Exclusion:

- Nepal visa fee ✗
- (USD \$ 30 for 15 Days, USD \$ 50 for 30 Days)
- Travel insurance ✗
- Tips to guide and porter ✗
- Personal expenses: such as laundry, hot shower, hot water, all kinds of drinks, desserts & snacks ✗
- Extra nightstay in case of early return from trekking ✗
- Any expenses other than the Price Include section ✗

Everest Base Camp Trek Overview

Everest Base Camp Trek is a popular trekking route in Everest Region that takes trekkers to the base camp of Mount Everest (8,849m), the highest mountain in the world. This classic trek retraces the footsteps of legends—Sir Edmund Hillary, Tenzing Norgay, and the intrepid pioneers who first dared to conquer Mount Everest. Every step you take echoes with the spirit of those who forged the path before you.

The trek typically takes about two weeks to complete, depending on the pace of the trekkers & route chosen. During the trek, you will counter breathtaking views of the Himalayas, including the famous peaks Ama Dablam, Lhotse,



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Nuptse, Taboche, and Cholatse among many others as well as a chance to experience the unique culture and hospitality of Sherpa people.

It is a challenging level trek in terms of difficulty and needs a good level of physical fitness, but the rewards of summiting the base camp of the world's highest mountain makes it an unforgettable experience.

Join the Pristine Nepal Treks, where the allure of adventure meets the grandeur of the Himalayas!

Highlights of Everest Base Camp Trek

The Everest Base Camp trek is truly a classic nature art. It's quite hard to point a certain highlight of the Everest Base Camp trek, since everyday gives you different experience and takes you closer to nature. If we have to be selfish and indicate some major highlights of Everest Base Camp, it would be:

1. Flight to one of the most beautiful airports in the world, Tenzing Hillary Airport – Lukla.
2. Visit the oldest and biggest trading hub of the Khumbu Region, Namche Bazar
3. Cross lots of popular suspension bridges including the Hillary Bridge.
4. Trek through the Sagarmatha National Park one of the UNESCO World Heritage Sites.
5. Get a dramatic view from one of the popular Hotel Everest View 3,880m.
6. Follow the footsteps of Tenzing Norgay & Sir Edmund Hillary to Everest Base Camp 5,364m/17,598ft
7. Hike to Kalapatthar for a panoramic view of the highest mountains; Mount Everest (8,849m), Lhotse (8,516m), Pumori (7,169m), Ama Dablam (6,812m), Nuptse (7861m), and Cholatse (6,440m)



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8. Experience the warm welcoming Sherpa culture and watch their daily lifestyles.
9. Visit one of the oldest and largest Tengboche Monastery in Khumbu Region
10. Package of beautiful flora & fauna with stunning Khumbu Glacier & Icefalls.

Why to choose the Pristine Nepal Treks?

Pristine Nepal Trek stands out as the epitome of excellence in trekking services, making it the ideal choice for adventurers seeking a blend of quality, warmth, and reliability.

- Pristine Nepal Trek is a fully registered company with the government, ensuring legal compliance and a commitment to providing reliable and trustworthy trekking services.
- At Pristine Nepal Trek, we are committed to delivering top-notch services that exceed expectations. Our meticulous attention to detail ensures that every aspect of your trek, from accommodation to transportation, is of the highest quality.
- Transparency is a core value at Pristine Nepal Trek. We guarantee a pricing structure with no hidden charges, allowing you to plan your trek confidently without unexpected costs.
- The satisfaction of our customers is our ultimate goal. We take pride in the number of satisfied clients who not only choose us for their first trek but become repeat customers, a testament to the quality and excellence of our services.
- Our team at Pristine Nepal Trek comprises highly dedicated and experienced professionals who are passionate about ensuring your



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trekking experience is not only safe but also filled with valuable insights and memorable moments.

- Our 24/7 active support ensures that you are never alone in your journey. Whether it's a query, concern, or simply sharing a breathtaking moment, we are here for you every step of the way.
- Your journey is unique, and we understand that. Pristine Nepal Trek goes beyond the ordinary by customizing every aspect of your trek based on your preferences. We manage each and everything upon request, ensuring a personalized adventure that aligns perfectly with your dreams.
- Recognized by fellow travelers on TripAdvisor, our commitment to excellence is endorsed by the prestigious Travelers' Choice award.
- Pristine Nepal Trek is committed to sustainable and responsible tourism practices. We prioritize eco-friendly initiatives, respect local cultures, and work towards minimizing the environmental impact of our activities to ensure the beauty of the Himalayas is preserved for future generations.
- More than just a trekking company, Pristine Nepal Trek is a family. Rooted in familial values, our company provides a warm and welcoming environment, where every traveler is treated not just as a client but as a cherished member of our extended family.

Things to know before coming to Nepal

On Arrival Visa

'On Arrival' visa procedure is very quick and simple.

You can obtain a tourist visa on arrival at the Tribhuvan International Airport under the Department of Immigration. You can expect some queues during



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peak Tourist season. If you wish to skip those queues, you can also consider getting Visa from Nepalese Diplomatic Missions stationed abroad prior to your arrival. Choice is yours.

Here's a concise guide for the On Arrival Visa process for Nepal:

First Step: Arrival Card and Online Form

Fill in the 'Arrival Card' and complete the online 'Tourist Visa' form either before your arrival on the official Department of Immigration website or at the airport using Kiosk machines. Print the submission receipt with the barcode, valid for fifteen days.

Second Step: Payment at the Bank

Make the required visa payment at the bank based on your visa duration (15/30/90 days). Obtain the payment receipt.

Third Step: Immigration Desk

Proceed to the Immigration Desk with your online form, payment receipts, and passport. Submit the documents to the immigration officer for visa processing. Upon satisfaction, the officer will issue the visa to you.

On Arrival Visa Fee

15 Days – 30 USD

30 Days – 50 USD

90 Days – 125 USD

Travel Insurance

For the Everest Base Camp trek, it is essential to have travel insurance. We strongly recommend obtaining insurance coverage before arriving in Nepal.



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Your insurance should covers altitudes of up to at least 6,000 meters (19,685 feet), under which Everest Base Camp trek falls. This altitude coverage is essential as it accounts for the entire trek, allowing you to address potential health issues that may arise at high elevations. It is important to review your insurance policy to confirm that it specifically includes trekking at high altitudes and covers emergency helicopter evacuation, medical expenses, luggage lost or theft and trip cancellations related to altitude-related concerns."

While in Kathmandu

Who will come to pick me up in Airport on my arrival?

Upon your arrival, one of our dedicated company representatives will be present at the airport to welcome you. They will be easily identifiable with a company nameplate or your name card and will greet you with a traditional garland. Following the warm welcome, you will be comfortably transferred to the hotel via a private vehicle.

Accommodation in Kathmandu

The package comprises a two-night stay at a star-category hotel in Kathmandu, one on your arrival day and the other after your return from Lukla (Hotel Thamel Park, Hotel Jampa, or a similar option). Your accommodation package includes a bed and breakfast plan only (Lunch & Dinner not included), and the arrangement is based on twin sharing. However, you have the flexibility to choose and stay at a hotel of your preference in Kathmandu if you wish.

Any additional nights beyond this arrangement for an extended stay will be at your own expense.



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This accommodation plan ensures that you have a comfortable and convenient stay in Kathmandu, before and after the Everest Base Camp trek.

Briefing, Meeting with your Guide, and Settling Remaining Balance

Upon your stay at the hotel in Kathmandu, Mr. Chin Thapa, the company owner, will meet with you at the scheduled time to provide a comprehensive briefing about the trek. During this session, he will introduce you to your trekking guide and address any questions or concerns you may have about the trip or any other related topics. Feel free to inquire about any details during the briefing, ensuring you are well-prepared for your upcoming adventure.

Additionally, the remaining balance for the trek will be settled during this meeting. We encourage you to pay us the remaining cost on cash because if you make online payment our bank charges extra 3.5% interest.

Trek Preparations and Packing List

After the briefing, the crucial step is checking your packing list and ensuring everything is ready for the next day's trek. We will meticulously review your packing list, advising on any necessary inclusions or exclusions from your backpack. If needed, we will visit the nearest trekking shop to purchase essential items and arrange the rental of a down jacket and sleeping bag.

Subsequently, we'll accompany you to the money exchange counter to obtain local currency for use during the trek. We suggest you to exchange at least **USD 300-500** which will be used for the expense incurred during the trek like (laundry, Wi-Fi-internet, snacks, drinks and so on which are not included on the package).



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Once these preparations are complete, we'll conclude the day. Before parting, Mr. Chin will provide you with detailed information about the Lukla flight schedule for the following day. This ensures you are well-prepared and informed for the next leg of your journey.

Here is the comprehensive packing list for the trek:

General

Daypack (35-45 liters recommended) with bag cover

Four-season sleeping bag (you can rent from us at USD 15 for whole trip)

Duffel Bag (provided by the company)

Headwear

Beanie (1pcs)

Sun hat or Cap (we provide free company cap) (1pcs)

Polarized Sunglass (1pcs)

Buff/Neck Gaiter (1pcs)

Headlight (1pcs)

Torso:

Insulating layers/thermal wear (2 pair)

T-shirt (2 pair)

Full sleeve t-shirt (thin and thick) (1 each)

Waterproof and windproof outer layers (1pcs)

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Fleece jacket (1pcs)

Down jacket 900-1100 max (can be rented)

Lower Body:

Hiking Pants (2 pair)

Comfortable pants for the teahouses (1pcs)

Hiking shorts (optional)

Hands:

Fabric liner gloves (1 pair)

Hard-shell outer glove (1 pair)

Feet:

Fabric warm socks (2/3 pair)

Hiking socks (2/3 pair)

Trekking boot high ankle recommended (1 pair)

Casual shoe for the teahouses

Gaiters (optional)

Other Essentials

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Undergarments (according to your needs)

Pajamas or sleeping clothes (optional)

Equipment:

Trekking poles (1 pair)

Normal water bottle (1 pcs)

Insulated water bottle/ thermal bottle (1 pcs)

Power bank for electronic devices

Camera or smartphone for capturing memories

Personal Items:

Personal hygiene kit (toothbrush, toothpaste, wet wipes, etc.)

Quick-drying towel

Sunscreen and lip balm with high SPF

Personal medications and a basic first-aid kit

Documentation:

Valid passport and necessary permits

Nepal visa

Travel insurance details

Emergency contact information

Website: www.pristineneal.com



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Money (local currency and small denominations)

Miscellaneous:

Snacks and energy bars

Trekking map and guidebook

Portable water purification system or water purification tablets

Trekking diary or journal

Waterproof/dry bags for carrying important documents and money

Where can I store my luggage in Kathmandu?

You can securely store any luggage or belongings you won't be taking on your Everest Base Camp trek at the hotel where you are staying in Kathmandu. The hotel will safely keep your items during the trek, and upon your return, you can retrieve them from the hotel. It is free of cost.

About Lukla Flight in Detail

Please be informed that the Lukla flight operates either from Kathmandu or Ramechhap. From June to September and December to March 20, the Lukla flight operates from Kathmandu. However, during the peak seasons of March 21-May and October-November, it is operated from Manthali Airport, Ramechhap. This adjustment is made to manage the high and busy air traffic during these months.



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Ramechhap is located 130 kilometers away from Kathmandu, and private transportation will be provided for the journey. To reach Ramechhap, it is necessary to commence the ride early in the morning, around 1 or 2 AM, ensuring arrival at Ramechhap in time for the Lukla flight. This scheduling is essential to accommodate the early flight and the distance to be covered.

Occasionally, adverse weather conditions or flight technical issues may hinder flights to or from Lukla. In such instances, utilizing a helicopter becomes a viable alternative. The additional cost for sharing a helicopter one way ranges from **USD 350 to USD 500**.

What is luggage weight limit?

On the domestic airport your luggage will be weighed before boarding to the plane. The Lukla flight weight limit is up to 10kg luggage and 5kg hand-carry. Exceeding more than this weight will incur additional fees, which you are responsible for paying.

What happens if the Lukla flight is delayed?

There are several scenarios if a flight to or from Lukla is delayed.

- If the bad weather caused the delay, the flight will be rescheduled for the following day when the weather is clear again. Trekkers may need to stay an extra day or two until the flight can take off.
- If the flight delay is due to technical issues with the plane, the airline may try to fix the problem and reschedule the flight for the same day. Alternatively, the trekkers may be asked to wait until the next day or until a replacement plane arrives.



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- If the delay is due to other unforeseen circumstances, the airline may provide compensation or refunds to the trekkers. However, this is not always the case and it is best to check with the airline's policies and terms and conditions.

In any case, trekkers should be prepared for flight delays and make sure they have enough supplies and backup plans in case of unexpected delays.

Also, we strongly advise you to have an additional spare days for this trek.

While on the Trek

Accommodations

The accommodation in Everest region is getting a lot better and better than before. The credit goes to its popularity which attracts thousands of trekkers every year.

The trek offers you the wide range of accommodations from teahouses to the luxurious hotels. You will have the option to choose all sorts of these accommodations that suits your budget and preferences.

The hotel, lodges and tea houses are well-maintained and standard enough to meet the essential needs of the trekkers. You can charge your electric devices, get the hot shower even in higher and remote part of the trail, internet services etc. but comes with an additional charges.

Our EBC package includes total 13 night of lodging on the basis of twins sharing.

You will stay two night in Katmandu (before and after the trek) on the basis of twins sharing with breakfast at a star-category hotel as mentioned above earlier.



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And during the trek you will get the five night private attached room at Namche (3N), Lukla and Phakding each one night respectively. Rest six night will be in the normal room at Tyangboche or Deboche (1N), Dingboche (2N), and Lobuche, Gorakshep and Pheriche each one night respectively.

Foods in Everest Base Camp Trek: What kinds of foods do we get offered?

Everest region is also evolving and trying to catch up with modern world. You can get continental, Indian, Chinese and popular Nepali cuisine easily in Everest region. The price is totally different from Kathmandu, because the transportation is not very easy in Everest region. As a means of transportation helicopter, yaks and people are only the available options which ultimately makes the prices of food high. Although you will find variety of foods items the taste may not be as good as you get in Kathmandu because of the lack of proper materials.

Our trip package covers three course meals, which are breakfast, lunch and dinner. Any kind of extra food or drinks like desert, snacks or alcoholic beverage is not included.

Breakfast:

Our trip package provides you 14 breakfasts in which you get options of cereal items like porridge, oats porridges, tsampa (Himalayan) porridge, bread, toast bread with jam, bread with eggs, muesli, pancakes and every basic breakfast possible, with drinks like tea, ginger tea, lemon tea, mint tea, black coffee, milk coffee and hot chocolate.

Lunch:



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In lunch you will have a lot of options like continental, Chinese, Indian, and Nepali cuisine which includes Dal Bhat Tarkari (Nepali local dish: plain white rice, lentil soup and seasonal vegetable curry) which is a perfect balance diet and give you energy for a long day trek. Foods like pizza, burger, spaghetti, sandwich, potato items such as fried potato, mashed potato, boiled potato, rice items such as fried rice, plain rice, noodles items, meat items such as chicken and yaks meat variety and other western foods.

Since you will be trekking even after eating food so we highly suggest you to eat food with high amount of carbohydrate which gives you energy.

Dinner:

After a long walk you will need to eat some good amount of food to restore the energy for next day. In dinner you will have similar options like in lunch.

Note: We don't recommend any meat items, dairy products and cake items for Everest base camp trek. All meats are carried on basket at least for three to seven days without refrigerating, as it is not allowed to kill any animal in this region.

Typical Day on the Trek

Every day begins with breakfast around 6:30-7:00 AM. Your breakfast is pre-ordered the night before to ensure prompt service. Prior to heading to the dining hall for breakfast, we recommend packing your duffel bag and leaving it ready. Our porter will pick it up and set off at their own pace. You'll only need your daypack with essential items.

After breakfast, the trek begins. Throughout the day, immerse yourself in the breathtaking scenery of the Everest region. Capture photos and explore local villages along the way.



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We will stop at certain lunch stop to refuel our body and then continue our trek again to our overnight stops. Upon reaching the teahouse, you can enjoy hot tea and relax. At the meantime your guide will likely take orders for dinner.

In the evening, around 6-7 pm, dinner will be served. Following dinner, fresh fruits will be served, and your guide will take your order for breakfast as well as brief you about the plan for the next day. In the meantime, you can engage in friendly conversations with fellow trekkers or your guide.

Once these activities conclude, you can choose to go to bed early, play cards, or enjoy some personal time according to your preference.

Trekking Permits

For the Everest Base Camp Trek, you are required to obtain two types of trekking permits. Your trekking guide will facilitate the acquisition of these permits at the Lukla checkpoint. Simply provide your passport to your guide and complete a quick and straightforward form for the permits. Your guide will keep all the permits and present them at various checkpoints throughout the trek, ensuring a smooth and hassle-free process.

You need two different kinds of permits which are as follows:

- Sagarmatha National Park Permit (NRS 3000 per person)
- Local Rural Municipality Entrance Permit (NRS 2000 per person)

Do the agency issue the permits for me?

Yes, your guide will arrange and obtain all the necessary permit for the trek. You don't have to worry about the permits or any documents for trekking.



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Shower during Trek

We understand the importance of a refreshing shower after a trek. Regarding shower facilities, until Namche, you will have the luxury of complimentary showers. The attached bathrooms in these areas provide hot shower facilities at no additional cost. However, after Namche, there will be an extra charge for showers at around Nepali rupees 300 to 700. Please note that the areas beyond Namche rely on solar energy, and consequently, hot showers are not available even in the attached bathrooms. We recommend taking showers until Dingboche only. After that, in Thukla and Gorakshep, it is advisable to refrain from showering to conserve resources.

Can we drink tap water during trek?

The water in Everest region comes from the Himalayas. Even though if the water looks very clean, it is not a very good idea to drink water from the tap during trek. First thing is the water is very cold and it might contain bacteria. It can cause you stomach pain and diarrhea during trek.

So as an alternative you can use water purifying tablet to filter the water and consume it after 30 minutes. Hot water is also available at every in every hotel. We suggest you to drink warm water.

Even the water coming from river and waterfall are also not safe to drink. You can buy mineral water on the way. Since we discourage plastic use, we suggest you to buy a portable water bottle and re use it.

Toilets along the way



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It's crucial to note that toilets or restrooms are not readily available along the trekking route. You will need to make stops at the nearest teahouses or hotels for toilet breaks. However, rest assured that your guide will assist in finding or arranging pit stops along the way in case of urgent toilet breaks. Your guide is there to ensure your comfort and address any necessities during the trek.

Wi-Fi Internet, Charging and Electricity Facilities

As mentioned till Namche, you can easily get all these kinds of basic facilities. But from here onwards you will have to pay additional costs to get any of these services.

As for the Wi-Fi, you can buy the internet pack that comes at a price of NRS 700 for 24 hours and NRS 1200 for 48 hours. You can buy these cards on every teahouse and work throughout the whole trek.

Electricity on the other hand is solely dependent on solar power so you will have to pay another NRs 500 - 1000 for charging your phones and electric accessories.

Acclimatization on the Trek

Altitude sickness is the most common questions to all the trekkers doing the Everest trek. Most of the time you will be trekking at elevations exceeding 3000 meters. The highest point we will reach is Kalapatthar, which is 5,545 meters. Hence, we need proper acclimatization for the EBC trek.

We have allocated two days of acclimatization at Namche on the third day and at Dingboche on the sixth day of the trek respectively. These two days are the crucial as it helps to adjust your body to the ascending altitudes throughout the trek.



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Our guide will check your oxygen level and heart rate (using oximeter) each day to ensure your safety from the altitude sickness.

We encourage you to drink plenty of fluids to prevent any possible altitude symptoms. Also, walk slowly and maintain your breathing. And, do not hesitate to let your guide know if you are having any difficulties.

What are we doing in the rest/acclimatization day?

At rest day in Namche, after breakfast you will first go to Tenzing Norgay Sherpa memorial park. Further, hike to the Everest viewpoint to catch the glimpse of Everest, Lhotse, Nuptse, Ama Dablam and many others. In the meantime you will also be going to the highest situated Hotel Everest View (3,962m/13000ft) for a tea break. Return back and you can explore the Namche Bazar thoroughly.

At Dingboche you will be hiking to Nangkartshang Peak (5,121m) which is a 3-4 hours hike. The top offers you the stunning view of Island peak, Lhotse, Ama Dablam among many others.

Can I add extra days for acclimatization?

Basically, two days are allotted for acclimatization in the standard Everest Base Camp trek plan. However, in case you need extra days then we can prepare the trip plan according to your request. Additionally, if you encounter any problems or difficulties while on the trek, we can extend the trip duration for an additional cost.

Does my trekking guide speak English?



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All of our guides speaks in English and possess a minimum of seven years of experience in leading the Everest Base Camp trek. Some of our guides boast extensive experience, surpassing 15 years in this region. They are highly dedicated, friendly, and hardworking individuals, ensuring a knowledgeable and enjoyable trekking experience for our clients.

Porters for Everest Base Camp Trek

We use porter from Lukla. Mostly porters are from mountain region. They are strong, honest and experienced in this trek. We have been using those porter who they did not have opportunity to go to school and now facing difficulties and really need a job.

About Tipping

Tipping is a customary way to express gratitude to your guide and porter for their hard work during the trek. While there is no fixed amount for tipping, it is generally recommended to give at least 15% of the total trek amount. Beyond this, you are welcome to give additional tips based on your discretion and satisfaction with the services provided. Tipping is a meaningful gesture to acknowledge the efforts of your support team and is appreciated in the trekking community.

Useful Information

Difficulty Level of Everest Base Camp Trek



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Everest Base Camp trek is considered a challenging trip. The high altitudes, strong winds, cold temperatures, trekking durations and rugged trails and terrain makes the trek a bit challenging for any kinds of trekkers. Without a proper training and guidance it will add more difficulties. Hence you have to be physically, mentally and spiritually fit to do the Everest trek.

You have to walk 5-7 hour daily on average while at the same time gaining elevation of 400-500 meters each day. Therefore, even seasoned hikers may find the trail challenging. Moreover, the tree line ends at Pangboche village (3,985 m), where there is a considerable drop in oxygen levels.

Therefore, if you are planning for the Everest base camp trek you have to be well prepared prior to hitting the trail to avoid any difficulties on the trek.

Preparation for Everest Base Camp Trek

There is two effective way to prepare for Everest Base Camp trek- Training and Guide. Training for Everest Base Camp includes building your stamina whereas Guide for Everest Base Camp means getting the top-notch tips from professionals.

To make it easy to understand, we have highlighted only the main points to prepare for the Everest Base Camp trek.

Preparing EBC trek by Training:

Training for Everest Base Camp means building your stamina. Without any stamina to walk further, you will never complete your EBC journey. Thus, here are some exercises that you can try to prepare for the EBC trek:

- Short hiking
- Cardio Exercise
- Cycling



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- Jogging
- Running
- Swimming

If you want detailed information about how you can maximize your stamina then check our [“How to train for EBC trek for beginners”](#) guide.

Preparing EBC trek with tips:

If you are like me who always seek information before heading to the destination then the idea of [“50 best tips for EBC”](#) may sound awesome. Why not right? It’s all for success. However, I will only point out the best and most used tips among those 50 tips.

Here are the most used tips in Everest Base Camp Trek:

- Always walk slowly & stay hydrated
- Bring extra Nepalese currency with you in trekking
- Pack your backpack light & important gears only
- Avoid any hard drinks during the trekking
- Choose the best time to trek Everest Base Camp
- Always start your trek early

All pros and beginners follow these tips. If you are new to trekking then you might also like [“Top 7 beginners tips for 2022”](#)

How fit should I be for the EBC trek?

You should have moderate level fitness for the Everest trekking. Additionally, becoming mentally and spiritually fit is just as important as becoming



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Bhagwan Bahal, Thamel, Kathmandu, Nepal

Phone: +977-01-4516729, 4516267, E-mail: info@pristineneal.com

physically fit. If you have any prior hiking or trekking experience, the better. We advise you to engage in cardiovascular and aerobic exercises like running, swimming, yoga, etc.

Can a beginner complete the EBC trek?

Of course. With proper fitness, right mindset and guidance anybody can do this trek. Altitude is the major difficult factor during the Everest trek. However, you have to walk slow and steady to cope with the higher altitude. Be sure to take in a plenty of fluids and listen to your guide instructions.

How to prevent altitude sickness During Everest Base Camp trek?

During the trek you will be achieving the max altitude of 5545m. Which is a remarkable altitude. If you commit this high altitude without proper preparation then, the mountains will not be very friendly.

There is a difference between dehydration headache and altitude sickness. Both will cause you headache but there is big difference between two of them. You can continue after a dehydration headache also after some care and medicine but if you catch altitude sickness then we suggest you to descend as soon as possible and concern to hospital.

Here are some useful tips to prevent altitude sickness during Everest Base Camp trek in Nepal:

- Avoid ascending more than 500m a day
- Slow and steady wins the race
- Have a rest day after gaining the altitude of 600 to 900m



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- Avoid flying directly to high-altitude areas
- Drink plenty of water and don't let yourself feel thirsty. If you feel thirsty then understand that you are slowly getting dehydrated.
- Strictly avoid alcoholic products and smoking
- Consume a high-calorie diet
- Avoid exposure to extreme sunlight

What is the best time to do Everest Base Camp trek?

The best time for the Everest Base Camp trek is during the spring (March to May) and autumn (September to November) seasons. In spring, the weather is mild with clear skies, and the landscape is adorned with blooming rhododendron flowers, offering ideal conditions for trekking and stunning photographic opportunities.

Autumn boasts stable weather, providing clear skies and excellent visibility for panoramic views of the majestic Himalayas. The temperatures are moderate in both seasons, ensuring a comfortable trekking experience. These periods are favored for their favorable weather conditions, making them the best times to embark on the Everest Base Camp trek, with breathtaking scenery and manageable trail conditions.

Know more in details about the ["best time for the Everest Base Camp Trek"](#)

Can I pre-book the Everest Base Camp Trek?

Yes. You can easily make reservation or online booking through our website depending on the time you have on your disposal. Fill out the form in our contact or inquiry section, which is accessible on the package, and submit it to us. We will respond to your mail within 24 hours.



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To confirm your booking, you will need to pay USD 300 of the total price (this is for to confirm and book the Lukla flight ticket) and the rest can be paid in Kathmandu. Also, you need to send us your passport scan-copy, and passport size photos and later on you can send us your international flight tickets copy.

Online Payment System

We have quick, easy and secure online payment gateway system in our website. Find the online payment portal which is located at the top/header of our website or it is available inside the package too.

Other Useful FAQ of Everest Base Camp Trek

Here are some other useful FAQ of Everest Base Camp Trek that you may find useful.

During Departure, who will assist me in the Airport?

Upon departure, a private vehicle will be arranged to pick you up from your hotel 2-3 hours prior to your scheduled time. One of our representatives will accompany you and ensure you reach the airport safely. While our assistance is readily available, you have the option to choose whether you prefer assistance during this process.

What happens in case of early arrival or late departure?

In the event of an early arrival for the Everest Base Camp trek, we will gladly pick you up from the airport and transfer you to your hotel. However, any additional accommodation costs incurred due to early arrival will be your responsibility. Similarly, in the case of a late departure, we will arrange a



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private vehicle for your drop-off at the airport, but any extra night stays in Kathmandu will require payment on your part. We are happy to assist with logistics, but additional accommodation beyond the planned itinerary will be at your own expense.

Do we get laundry facility during trek?

Laundry facilities are generally not available during the trek, except in main towns like Namche or Dingboche. Therefore, it is advisable to bring enough clothing for the trek to ensure you have sufficient clothing throughout the journey.

Can I get refund if I don't finish my trekking?

We regret to hear if you are unable to complete your trekking. Unfortunately, we are unable to provide a refund in such cases as we incur advance costs for permits, guides, porters, and Lukla tickets. These expenses are prearranged and non-refundable, making it challenging for us to reimburse the trek cost in the event of non-completion. We appreciate your understanding of these circumstances.

How much money should I bring extra for Everest base camp trek?

It is advisable to have extra money even when purchasing a trek package. This is for covering personal expenses such as hot showers, snacks, desserts, bar bills, Wi-Fi, meals outside of the trek, and tipping for guides and porters. Additionally, it serves as a contingency for emergency situations like altitude sickness, natural disasters, or flight cancellations. We recommend keeping



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Bhagwan Bahal, Thamel, Kathmandu, Nepal

Phone: +977-01-4516729, 4516267, E-mail: info@pristineneal.com

approximately NRS 20,000 to 30,000 extra with you to ensure you are well-prepared for any unforeseen circumstances during the Everest Base Camp trek.

How cold will be my room on the trek?

The Everest region is one of the high altitude treks, thus the rooms there will be cold most of the time, especially in the morning and evening. However, the lodges or teahouses provides you an additional sheet of blankets on requests. You need to carry sleeping bag -20 degree for this trek. Either you can bring with you or you can rent in Thamel.

How long do we need to walk per day during our Everest Base Camp trek?

During the 14-day Everest Base Camp trek, you will be walking for a total of 11 days, including two acclimatization days. On average, you can expect to walk for approximately 5 to 7 hours each day. It's important to note that the trek includes rest periods and breaks for water and snacks along the way to the next destination. The itinerary is designed to balance trekking and acclimatization, ensuring a manageable pace for participants.

Everest Base Camp Trek Itinerary

Day 01: Arrival in Kathmandu and transfer to the hotel

We will meet you at Tribhuvan International Airport. Unless you have obtained a visa prior to your arrival in Nepal, you will need to get a visa-on-arrival in the immigration department of the airport. Sometimes, this takes some time due to many tourists, but you should clear the airport within 30-1:20 hours and we will be waiting there with your name on the Pristine Nepal Treks name board.



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Phone: +977-01-4516729, 4516267, E-mail: info@pristineneal.com

We will then drive the 7 km to Thamel (30-minutes) to your hotel where you will meet your trekking guide. We will brief you regarding your Everest Base Camp trek and if you need any trekking gear, we will help to arrange it. Normally, we provide a sleeping bag and down jacket for trekking, so we will go together to the store to obtain these.

We confirm your trip once you have paid a deposit of 20-30% through our online system and now it's like to settle your remaining balance. Our bank takes 3.5% of online payments and charges 3.5 to 4% for card payments so we request people to pay the remaining balance in cash.

Day 02: Fly to Lukla (2,860m/9,383ft) & Trek to Phakding (2,600m/8,530ft)

There are sufficient flights to Lukla with domestic airlines for the Everest base camp trek, but most airlines operate their flights from Ramechhap during the busy season. Kathmandu has only one airport with a single runway where both international and domestic airlines operate flight so it has a high volume of air traffic.

Lukla weather is also unpredictable, so it can take a long time for a Lukla round trip. It is a 30-minute flight to Lukla from Kathmandu so it should take 90-minutes for the round trip but it generally takes more than two and half hours. This is why all the domestic flights operate from Ramechhap to Lukla during the busy season.

It is a 4 to 5-hour drive to Ramechhap from Kathmandu and the domestic airlines fly to Lukla early in the morning, because Lukla weather is comparatively better in the morning. You need to be in Ramechhap before 7 am so will need to depart from Kathmandu around 2 am.

Once you reached Lukla you will meet our porter, have breakfast and prepare for the day in Phakding. There is a Pasang Lhamu municipality check post at



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Phone: +977-01-4516729, 4516267, E-mail: info@pristineneal.com

Lukla where we need to buy trekking permit (Sagarmatha National Park and Khumbu Municipality Fee). You will see the Pasang Lhamu statue on top of the exit gate before you leave Lukla. Pasang Lhamu Sherpa was the first woman from Nepal who summited Mount Everest on 22 April 1993.

The trekking trail leads you slowly down to Chaurikharka, Chheplung, one of the popular Sherpa villages. After this, you will follow the old trekking trail to Thadokoshi village, Ghat, Chhuthawa and finally Phakding. There will be short downhill and short uphill stretches, but most of the time trail continues at a similar altitude. Villages are not very big in this area and most of the local people are involved in tourism. You will see hydro project pipelines on the way that provide locals with electricity.

You will follow this EBC trail along the Dudhkoshi riverside. After walking for approximately four hours you will reach Phakding, a tourist-oriented village, at 2,660m. There are about 20 lodges, guest houses, hotels and restaurants, and almost all the trekkers stop at Phakding for the first night.

3 hours

Includes: Breakfast, Lunch, Dinner

Day 03: Trek to Namche Bazar (3,440m/11,286ft)

After having a wonderful night at Phakding, the second day of the Everest base camp trek will start after a delicious breakfast. Today you trek to the famous Namche Bazar 3,440m. Namche Bazar is called the gateway of Mount Everest. All trekkers and climbers have to come through Namche Bazar to go to Mount Everest.

You should cross the suspension bridge in Phakding which brings you to the other side of the Dudhkoshi River, and you have to follow this beautiful Dudhkoshi River all the time in this Everest trek. You will cross at least five



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Bhagwan Bahal, Thamel, Kathmandu, Nepal

Phone: +977-01-4516729, 4516267, E-mail: info@pristineneal.com

suspension bridges before Namche Bazar. Passing through Tok Tok village, Bangker, Monjo, and Jorsalle will be a fantastic walk in the afternoon. We have to stop at Monjo checkpoint before officially entering the Sagarmatha National Park. After Monjo, as soon as you cross the river you will stop at Jorsalle for lunch.

After lunch, you will again cross the river and then you will have a steep uphill climb. Approximately one-hour walking will bring you to Larja Dovan where you will see the famous Hillary Bridge with colorful Buddhist prayer flags. Then you need to trek uphill for two hours to Namche Bazar.

6 hours

Includes: Breakfast, Lunch, Dinner

Day 04: Acclimatization day | Visit Syangboche for Mt. Everest View

It is very important to have an acclimatization day here. Namche Bazar is located at an elevation of 3,440m above sea level and you are trekking to EBC which is 5,364m. You need to stop at many places over 4,000m before EBC. There is always the possibility to have altitude sickness after 3,000m. It is advisable to walk slowly and stay at a place for two nights to avoid altitude sickness.

We suggest you hike even though this is the rest day in the Everest base camp trek.

Normally, our guide will take you to Char camp which is on top of the Namche Bazar where you can see beautiful mountain views including Mount Everest. You will witness the statue of late Sherpa mountaineer Tenzing Norgay and a view of Mount Everest 8,848m, Lhotse 8,516m, Ama Dablam 6,838m, Thamserku 6,608m, Kusum Kangaru Himal 6,367m, Kongde Himal 6,187m,



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Khumbila, Tawache 6,495m, Nuptse 7,861m and many other high peaks from Char camp.

Go further up to Syangboche 3,800m. It is a steep uphill climb but not too long. Syangboche is famous for two things: its airport which is the highest airport in Nepal, built at an elevation of 3,780m above sea level; and the Everest View Hotel, which is said to be the highest hotel in the world. Enjoy the view of Mount Everest with a hot drink, then go back to Namche Bazar.

Namche Bazar is popular for its market on the weekend, and on Saturdays people from different villages come to Namche Bazar to shop and farmers bring their products to sell. As well as the market, this place offers many trekking and climbing gear shops, banks, restaurants, hotels and lodges, health post, security post, military base, Sagarmatha pollution control committee, small departmental store, sauna bath center, massage center, etc.

2-4 hours

Includes: Breakfast, Lunch, Dinner

Day 05: Trek to Tyangboche or Deboche (3,855m/12,648ft)

After stopping at Namche Bazar for two nights, your EBC trek starts again from here to Tyangboche. The first part of the trail is so smooth and nice with a beautiful Everest view. The path is wide and clean through a constant elevation. You will have a panoramic Lukla valley view in the south and a gorgeous view to the North-East. Two hours of pleasant walking will bring you to Lausasa where two trekking routes diverge. The north uphill trail goes to Gokyo lake valley and the east downhill trail takes you to Tyangboche.

You need to hike approximately one hour downhill to Phungi Thanga where we stop for lunch. You will cross another suspension bridges, then you will climb uphill to Tyangboche for approximately two hours. Tyangboche is an important



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Bhagwan Bahal, Thamel, Kathmandu, Nepal

Phone: +977-01-4516729, 4516267, E-mail: info@pristineneal.com

place in the Khumbu region. It has the oldest monastery and it is the center of the religious faith of the Buddhist Sherpa people.

Monks live in this monastery and they perform puja every day, in the morning and afternoon. You can go here and get a blessing from a monk. Tyangboche has just five lodges and is very busy in the high season. If you walk half an hour further down, Deboche offers some nice accommodation and we will stop here overnight.

6 hours

Includes: Breakfast, Lunch, Dinner

Day 06: Trek to Dingboche (4410m/14,468ft)

Today you will trek to Dingboche which is over 4,400m. After a delicious breakfast at Deboche you will commence your hike along a beautiful horizontal path through the rhododendron forest to the Dudhkoshi River. Then you trek uphill to the famous Sherpa village, Pangboche at 4,000m. This village has produced many Sherpa mountain climbers. The tree line is only present in north-facing areas. Pangboche and Somare face south and do not have a tree line at this 4,000m altitude.

After this village, you will travel along the horizontal path for half an hour and then uphill to Somare where you will have an hour-long lunch break. The path is horizontal to Dingboche but the elevation gradually starts to increase. It takes about two and half hours to reach Dingboche at 4,410m. This comparatively large village is the last in this area and you will spend two nights here.

5 hours

Includes: Breakfast, Lunch, Dinner



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Day 07: Second acclimatization day at Dingboche

Trekking to EBC is always challenging due to its high altitude. Many trekkers suffer from altitude sickness in this region. It is not only due to the high elevation: weather conditions also play a major role in altitude sickness. Going slowly and taking acclimatization days at these places will be very helpful to adapting to the environment. Your body will adapt and you will be more likely to make it to Everest Base Camp.

Hiking to Nangkartshang peak 5,121m will be very helpful on this day. It is a steep uphill climb from Dingboche and takes 2 hour and 30 minutes. This peak offers beautiful Mount Makalu 8,463m views including Ama Dablam, Lhotse, Island Peak, Kangtega, Thamserku, Tawache, Cholatse, Nuptse, and many other high mountains.

You should then return to Dingboche before lunch and rest for the day. Going up and stopping at a lower elevation is perfect for acclimatization. Even if you are very careful you can experience altitude problems at this elevation. You must tell your guide if you have a problem. Usually, it will be fine after spending two night here.

5 hours

Include: Breakfast, Lunch, Dinner

Day 08: Trek to Lobuche (4,910m/16,109ft)

After having two nights at Dingboche you will continue to Lobuche today. The first part of the trail is a gradual uphill trek for 20 minutes. Then you follow a smooth gradual horizontal path heading to Thukla for 2-3 hours. You should cross Small River before Thukla 4,600m. This river comes from the Khumbu



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Bhagwan Bahal, Thamel, Kathmandu, Nepal

Phone: +977-01-4516729, 4516267, E-mail: info@pristineneal.com

glacier and due to the fast melting of the glacier, it always changes its path. Sometimes in summer, it is also very wide. There is no fixed bridge. Local people fix the bridge but it is not stable.

You will stop at Thukla (also called Dukla) at 4,600m for lunch. There are only two lodges and one tea shop therefore it becomes very busy in the high season as most trekkers stop here for lunch.

You need to hike uphill after lunch at Thukla. This part is one of the famous uphill of the EBC trek. It is not that long but trekking here in the afternoon will be difficult and challenging, but also interesting. Approximately one hour of climbing brings you to the top of the mountain where you can witness a popular mountaineer's memorial, where it is always windy and chilly. Then you need to trek another one and half hours to reach Lobuche.

Normally, the trail is fine here except for during winter. It is a horizontal path but a lot of snow makes it challenging in winter. Lobuche is a tourist-stopping center before Gorakshep and Everest base camp. There are only 6-7 lodges, all of similar categories. Due to its high altitude, many trekkers complain about sleeping here and many trekkers suffer with headaches. A mild headache is acceptable but you have to be very careful if the headache worsens, and you should be fine after having a rest.

Meals here are not that tasty and both Lobuche and Gorakshep do not have variety of food because bringing food here is a huge challenge. Most trekkers have little sleep at this altitude.

Our team always carries an oximeter during trekking. You can measure the proportion of oxygenated hemoglobin in the blood of your body. It will help to monitor how your body reacts to this altitude.

6 hours

Includes: breakfast, Lunch, Dinner



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Day 09: Trek to Everest Base Camp (5,364m/17,598ft) via Gorakshep (5,180m/17,011ft) and back to Gorakshep for an overnight

Today is your Everest Base Camp day. You need to get up early, have some warm breakfast and start your hike around 6 AM. The first hour walking will be easy even though this is high-altitude. You will have a gradual horizontal path in the first section. After walking approximately an hour you should have a steep 20-minute uphill climb to Lobuche pass 5,110m. Then the path is formed by melting glaciers so it is unstable in every season. It is about a two-hour walk to Gorakshep but the views are incredible here. Once you reached Gorakshep 5,180m you can take a break for some food.

After stopping for a while you will continue to Everest Base Camp. It is only one and a half hours normally to Base Camp from Gorakshep. If you feel very tired, go slowly and take your time. The trail to base camp from Gorakshep is moderate but is also formed by melting glaciers. Everest Base Camp is also very unstable due to ice melting. Unfortunately global warming is causing the glacier to melt very quickly. The base camp, where all expedition teams pitch their tents, is located just before the Khumbu icefall area.

Once you reach Everest base camp, we congratulate you. Everest Base Camp is not only a mountain base camp it is the highest mountain base camp. It is a dream destination for all adventure lovers, all nature lovers, and all mountain lovers. Everest Base Camp is located over 5,364m above sea level. This is the highest base camp of the highest peak. It is called that you are not a real adventurer if you have not been to Everest base camp.

So take pictures, celebrate your achievement, and enjoy the moment of Everest base camp. After an unforgettable time at Everest base camp you will go back to Gorakshep for an overnight sleep.

7 hours



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Includes: Breakfast, Lunch, Dinner

Day 10: Hike to Kalapatthar (5,545m/18,192ft) early morning – 1:30 hours for sun rising view, Back to Gorakshep and trek down to Pheriche (4,200m/13,944ft)

This day is also important day on this Everest base camp trek. You cannot see Mt Everest from Base Camp so you need to hike up to Kalapatthar 5,545m to see the view of Everest. Sunset from Kalapatthar is the best for Everest view. Most people cannot hike to Kalapatthar in the evening after a long day trekking to base camp. You need to hike around 90 minutes to Kalapatthar from Gorakshep so it is advisable to start from Gorakshep before sunrise. After seeing the view from Kalapatthar, go back to the hotel for breakfast then walk down to Pheriche.

You will follow the same trail you trekked to Lobuche and Thukla. After Thukla 4,600m, (you need to cross the River) you take the right trail instead of going left to Dingboche. Pheriche is another Sherpa village situated an elevation of 4,200m above sea level. There is a hospital here which is very popular among the high altitude trekkers.

All Nepalese guides and porters receive free treatment in this hospital, but tourists need to pay a high fee. This hospital opens only in the busy season. You will see yaks here most of the time in the year. You will have a pleasant sleep here after the nights over 5,000m.

8 hours

Includes: Breakfast, Lunch, Dinner

Day 11: Trek to Namche Bazar



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After stopping overnight at Pheriche, today you will have a long day to Namche Bazar. You need to cross Pheriche Pass 4,470m in the first section for less than half an hour. Then trek down to Orsho 4,190, Somare 4,010m and Pangboche village. It will be a constant gradual downhill trek. You will continue walk down and cross Imja Khola (River) then reach Milingo 3,750m, passing through Deboche and reaching to Tyangboche 3,860 is uphill a little. Then it will straight downhill to Phungi Thanga 3,250m from Tyangboche for an hour walk. Normally, Phungi Thanga will be a lunch stop and then you will trek uphill to Lausasa for an hour. The trail will now be a gradual horizontal path to Namche Bazar for a two hour walk. You will have a lovely room with private bathroom at Namche Bazar and you will enjoy having a hot shower.

7 hours

Includes: Breakfast, Lunch, Dinner

Day 12: Trek back to Lukla

Today is the last day of walking on the Everest base camp trek. After a delicious breakfast, you will follow the same trail you hiked up. The first section of the day will be downhill, past the popular Hillary Bridge with colorful Buddhist prayer flags at Larja Dovan and Jorsalle. You will check out from the Sagarmatha National Park at Monjo, then follow Dudhkoshi river through Bangker, TokTok, Zam Fute, and stop for a lunch at Phakding.

It will be a long day walking through Chhuthawa, Nurning, Ghat, Thado Koshi gaun, Chheplung, Chaurikharka and Lukla. The night in Lukla will be the last night on the mountain of Everest base camp trek. Your porter will finish their hard-working job here at Lukla, so don't forget to celebrate and don't forget to tip them.

7 hours



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Includes: Breakfast, Lunch, Dinner

Day 13: Fly to Ramechhap/Kathmandu and drive to the hotel

After having an incredible time on the Everest base camp trek, today you will fly back to Kathmandu.

Lukla flights are operated only from Ramechhap in the high season due to the high air traffic of Kathmandu airport, so we will most probably fly to Ramechhap from Lukla. It is only a 15-minute flight to Ramechhap. Then we will have 5 hours' drive to Kathmandu.

We will take you to your hotel and the afternoon will be free. We are pleased to offer a farewell dinner at a reputable traditional Nepali restaurant in the evening.

Note: Lukla to Kathmandu (June to September and December to March) And Lukla to Ramechhap (April to May and October to November)

Includes: Breakfast, Farewell Dinner

Day 14: Final Departure from Kathmandu

Finally, we will drop you at the airport according to your flight schedule. We hope you will always retain fond memories of Nepal and your Everest Base Camp trek and will recommend Nepal and Everest base camp to your friends.

Have a wonderful journey ahead. Thank you so much.

Trek Map

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Pristine Nepal Treks & Expedition Pvt. Ltd

Bhagwan Bahal, Thamel, Kathmandu, Nepal

Phone: +977-01-4516729, 4516267, E-mail: info@pristineneal.com



Website: www.pristineneal.com