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11 Days Everest Base Camp Trek

URL: <https://nepalbasecamptreks.com/trip/11-days-everest-base-camp-trek/>

Trip Code

NBT 002

Destination

Nepal

Activity

Treks

Start / End Point

Lukla to Lukla

Duration

11

Per Person From

USD 1,400

Accommodation

Tea-House / Lodge Basis.

Region

Everest Region Treks

Max. Altitude

5364 m / 17,598 ft.

Nature Of Trek

Lodge to Lodge Trekking

Best Season

September to November & March to May

Activity Per Day

5-6hrs

Transportation

Both Way Fly

Tea-House / Lodge Basis.

Breakfast, Lunch, Dinner

Challenging

Our “Challenging” trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

11 Days Everest Base Camp Trek Overview

Step into a world of towering peaks and vibrant culture on the 11 Days Everest Base Camp Trek, where every moment offers breathtaking views, immersive experiences, and adventure at the world’s highest mountains. From the thrilling flight into Lukla to the panoramic vistas atop Kalapathar, this trek promises a journey filled with wonder, challenge, and unforgettable memories.

11 Days Everest Base Camp Trek Highlights

- Take a dramatic touchdown at Lukla Airport, the gateway to the Everest region.
- Trek right through the Sagarmatha National Park.
- Witness the diverse Himalayan flora and fauna.
- Explore Chhukkung Valley and Mt.Makalu View point
- Enjoy the breathtaking and up-close views of the world's highest mountain, Mount Everest.
- Climb to the Everest Base Camp (5,364 m / 17,598 ft) and Kalapathar (5,545 m/18,192 ft).
- Visit age-old monasteries, gompas, and stupas.
- Get insight into the vibrant Sherpa culture, traditions, and lifestyle.

Trip Overview

If you are looking for a short-frame scenic trekking route in Nepal, then 11 days Everest Base Camp Trek is for you. This trail will take you to the foot of the world's highest mountain (8849 meters). It is one of the most popular trekking destinations across the world. The trek is full of adventure and thrills, and at the same time, it is budget-friendly. Upon reaching the base camp, you will see the breathtaking views of snow-capped mountains, such as Ama Dablam and Lhotse, along Khumbu Glacier.

Besides its scenic natural beauty trial, the trek is popular for its culture and tradition. Most of the people residing here are Sherpa. If you want to experience the unique culture Sherpa people follow, this trek is your go-to. For more in-depth cultural immersion, you can stay at teahouses or guesthouses. You can also try the cushion while enjoying the natural beauty offered.

Our 11 Days Trek Package Itinerary For 2025

Day 1: Kathmandu-Lukla-Monjo

Day 2: Monjo-Namche Bazaar

Day 3: Namche Bazaar-Khumjung-Khude-Namche

Day 4: Namche-Tengboche

Day 5: Pangboche-Somare-Dingboche Village

Day 6: Thukla-Lobuje

Day 7: Lobuje-EBC-Via Gorakshep

Day 8: Hike to Kalapatthar-Gorakshep-Pheriche

Day 9: Pangboche-Tengboche-Namche

Day 10: Monjo-Phkding- Ghat-Lukla

Day 11: Lukla-Kathmandu Via Ramechhap Manthali Airport Either Direct

Day 01: Fly to Lukla (2,860 m/9,383 ft) and trek to Monjo (2,835 m/9,301 ft)

Today, we start our 11 Days Everest Base Camp Trek. We will fly to Lukla, enjoying views of Mt. Everest and surrounding peaks during our 30-minute flight. Upon arrival, we will begin our trek to Monjo village. Our walk will be mostly downhill with short uphill sections, passing several Sherpa villages and through a coniferous forest with tall rhododendrons, pine, and oak trees.

Following the Dudh Kosi River and passing the trek to Phakding, we will reach Monjo for our overnight stop. This initial trek offers an excellent introduction to the region's stunning landscape and rich Sherpa culture, setting the tone for our journey.

Trek Distance:

13 km/8.8 mi

Trek Duration

3-4 Hours

Highest Altitude:

Monjo (2,835 m / 9,301 ft)

Flight Hours:

35-40 Minutes Flight

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House/Hotels at Monjo

Day 02: Trek to Namche Bazaar (3,440 m/11,286 ft)

We will embark on a long climb to Namche Bazaar. Initially, we will enter Sagarmatha National Park near Monjo village. Our walk will lead us along the riverbed, followed by a few hours of climbing through forested areas with views of snow-capped peaks until we reach Namche Bazaar.

The afternoon will be free for us to explore the streets filled with shops, stores, and restaurants, including bakeries. We can also visit the Saturday Market, held once a week. As the economic hub of the Khumbu region, Namche Bazaar offers a lively atmosphere and a chance to acclimate while enjoying modern amenities.

Trek Distance:

8 km / 5 mi

Trek Duration

6 Hours

Highest Altitude:

Namche Bazaar (3,440 m / 11,286 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Nest Hotel at Namche Bazaar

Day 03: A day at Namche Bazaar hike to Everest View point (3,880 m/12729 ft) and Khumjung, Khunde

Today, we will acclimatize by hiking to Everest View Hotel, situated at 3,880 meters, offering stunning views of Mt. Everest, Lhotse, and Ama Dablam. Our hike will take us to Syangboche, which has a small airstrip, and we will gradually climb to the hotel. From there, we can walk to Khumjung and Khunde villages, explore the old monastery in Khumjung that houses a Yeti scalp, and visit the hospital in Khunde built by the Edmund Hillary Trust.

We will then return to Namche Bazaar via a downhill trail. This day allows us to gain altitude gradually and soak in panoramic mountain vistas, aiding our acclimatization process.

Trek Distance:

5 km / 3.10 mi to Everest View point

Trek Duration

2-3 Hours

Highest Altitude:

Namche Bazaar (3,440 m / 11,286 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Nest Hotel at Namche Bazaar

Day 04: Trek to Deboche (3,760 m/12,335 ft) via Thyangboche Monastery (3,867 m/12,687 ft)

We will trek up to Namche ridge, enjoying views of Everest, Ama Dablam, and other peaks. Our trail will wind gradually before descending to Imjatse River and reaching Phunge-Tenga for lunch. After lunch, we will climb through rhododendron and pine forests with grand mountain views until we reach Thyangboche Monastery.

After exploring the monastery and observing monks in prayer, we will continue with a short downhill walk to Deboche, set amidst a woodland area. The spiritual ambiance of Thyangboche Monastery, combined with its breathtaking backdrop, makes this day a memorable highlight of our trek.

Trek Distance:

9.2 km / 5.7 mi

Trek Duration

6-7 Hours

Highest Altitude:

Thyangboche Monastery (3,867 m/12687 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Good Luck at Deboche

Day 05: Trek to Dingboche (4,410 m/14,470 ft)

Our morning walk will descend to the Imjatse River, followed by a crossing and then an uphill trek to Pangboche village. From Pangboche, the last permanent village on the route, we will gradually climb to Somara for lunch. We will continue with a short climb to Dingboche village, located in the scenic Imjatse valley, offering excellent views of Ama Dablam and Island Peak. Dingboche's wide-open spaces contrast the forested trails we have traversed, and the village's unique setting allows for further acclimatization and relaxation.

Trek Distance:

10.5 km / 6.5 mi

Trek Duration

5-6 Hours

Highest Altitude:

Dingboche (4,410 m / 14,470 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Good Luck at Dingboche

Day 06: Rest Day at Dingboche

We will have a Rest Day.

Highest Altitude:

Dingboche (4,410 m / 14,470 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Good Luck at Dingboche

Day 07: Trek to Lobuche (4,940 m/16,207 ft)

After a pleasant stop at Dingboche, our morning walk leads to a short, steep climb with excellent views of peaks. Then, we will walk on the gradual uphill trail to reach Thugla for lunch, where massive Khumbu glaciers melt into raging rivers.

Here, the path from Pheriche and Dingboche joins the Everest Base Camp route. After a break, we will climb steeply for an hour to Thugla Pass, where you can see stone memorials of unfortunate climbers who died climbing Mt. Everest, Lhotse, or other high mountains. From here, we will take a gentle walk to Lobuche for an overnight stop.

Trek Distance:

8 km / 5 mi

Trek Duration

6-7 Hours

Highest Altitude:

Lobuche (4,940 m / 16,207 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Sgarmatha Hotel at Lobuche

Day 08: Trek to Everest Base Camp (5364 m/17,598 ft) and return to Gorakshep

Today, our adventure takes us to Everest Base Camp, our main goal and highlight of the trip. We have to walk for a few hours, with a short steep climb between the glacier and moraine, before reaching Gorakshep. The village of Gorakshep lies beneath the lofty peak of Pumori and Kalapathar rocky hill.

We will continue to trek towards Everest base camp. Once we reach Everest Base camp, you can enjoy views of the massive Khumbu Ice Fall and glaciers. After an exciting time with the experience of a lifetime, we will retrace the journey to Gorakshep for an overnight stop.

Trek Distance:

15km / 9.3 mi

Trek Duration

6-7 Hours

Highest Altitude:

Everest Base Camp (5364 m / 17,598 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Himalaya Hotel at Gorakshep

Day 09: Hike to Kalapatthar (5,545 m/18,192 ft) and walk to Pheriche (4,210 m/13,812 ft)

We will take an early morning climb on top of Kalapathar at 5,545 m. It is the highest point of the adventure, with a fantastic panorama of mountains facing Mt. Everest at a close distance.

After a great moment with excellent views, we return to Gorakshep for breakfast and continue walking to Thugla. From here, we will trek downhill to Pheriche around the windy valley.

Trek Distance:

14 km / 8.6 mi

Trek Duration

7-8 Hours

Highest Altitude:

Kalapathar (5,545 m / 18,192 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Himalaya Hotel at Pheriche

Day 10: Trek to Namche Bazaar (3,440 m/11,286 ft)

The trail leads us on an easy path with a short climb and descends to Pangboche village. Then, on the same route from Pangboche, we will head to the scenic Thyangboche Monastery. The trek back to the monastery allows you more time in this beautiful spot for more views. From Thyangboche, we will walk downhill to a river and uphill for an hour. Then, we will have a nice, pleasant walk back to Namche Bazaar for an overnight stop.

Trek Distance:

20-22 km/12-14 mi

Trek Duration

6-7 Hours

Highest Altitude:

Namche Bazaar (3,440 m / 11,286 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Nest Hotel at Namche Bazaar

Day 11: Trek to Lukla (2,860 m/9,383 ft) and Fly back to Kathmandu

From Namche, our last day walk of the adventure leads us to a long descent on the same route towards Sagarmatha National Park entrance to reach Monjo village. We will walk on the gentle, gradual trail while crossing bridges and trekking to Phakding.

The trail to Lukla from Phakding includes a few ups and downs. At the last and final stretch, we will climb for an hour to Lukla, the last overnight stop in the Khumbu/ Everest region.

Trek Distance:

13.5 km / 8.3 mi

Trek Duration

6-7 Hours

Highest Altitude:

Lukla (2,860 m / 9,383 ft)

Flight Hours:

35-40 Minutes

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Echo Paradise Hotel at Lukla

What's Included

The following services are included

- All Airport Transportation in Kathmandu.
- Pickup and Drop service from Airport to Hotel.
- Flight Fair Kathmandu-Lukla-Kathmandu.
- 11 Nights Best Tea House From Lukla To Lukla.
- Choice of meals (11 Breakfast, 11 Lunch, 11 Dinner)
- Choice of hot beverages Tea/Coffee/Ginger Tea.
- National Park Permit and Local Permit.
- Mountain guide, Fluent English-speaking.
- Emergency Helicopter Service paid by your travel insurance company.
- 1 Porter for each 2 trekkers during the trek.
- A first aid kit will be available on trek.
- All government taxes and service charges.
- 1 Guide during trek (+ 1 assistant guide if group people exceeds 10)

What's Excluded

The following services are not included

- Deserts (cakes, bakes, and pies).
- Any size of Pots Hot Drinks.
- Bottled drinks (Mineral Water).
- Boiled water for Drinking.
- Electronic device recharge.
- Hot shower during the trek.
- Telephone, Laundry, Wi-Fi.
- Personal Porter On Trek
- All Personal expenses.
- Your Travel insurance.
- Your Medical Insurance.
- Tip for Guide and Porter.

Group Discounts Available

No. of Persons	Price per Person
1 - 2	USD 1,450
3 - 5	USD 1,430
6 - 9	USD 1,400
10 - 15	USD 1,380

No. of Persons	Price per Person
16 - 20	USD 1,360
20 - 40	USD 1,340

Trip Information

Trekking Route and Trail Around 11 Days EBC Trek

The 11-day trek to the Everest Base Camp **starts in Lukla**. We take a 40-minute flight from the capital, Kathmandu, following the Dudh-Kosi River past the nice traditional Sherpa villages of Ghat-Phakding-Monjo-Jorsalle. We enter into the deep alpine forests by making our way through prayer walls. Then, *we will reach Namche Bazaar and **acclimatize** for a day*. The following day, you can also take a short hike to Everest View Hotel (one of the highest hotels in the world).

How long is the 11 Days Everest Base Camp Trek and what is the daily walking distance?

The trek spans 11 days, with daily walks averaging 5-8 hours over varied terrain.

Our 11 Days Everest Base Camp Trek with an ups and downhill trail to the *oldest and most beautiful **Thyangboche Monastery***. Upon reaching here, you can see a scenic view of **Mt. Everest**-Lhotse and Ama Dablam. Leading up above, our journey gets closer to Everest base camp 5463m. We make our way through dry and thin air, finally reaching the base of the world's highest Mt. Everest. From there, you can see the massive Khumbu icefalls and glaciers.

The next day, we will hike to the *highest and tallest spot of our trek, **Kala Patthar**, at 5,545 m high*. Finally, we will go down, follow the same route, and reach Lukla. Then, we will take a scenic flight to Kathmandu, which will give us an incredible time and a great experience on [Everest Base Camp trekking](#).

Best Time For Everest Base Camp Trek

The **best time** for the Everest Base Camp trek is during the **pre-monsoon** (spring) and **post-monsoon** (autumn) seasons. The weather is generally stable in spring, typically from March to May, with clear skies and mild temperatures, making it ideal for trekking. You will also see a trail full of blooming rhododendrons and other wildflowers. You can also witness stunning views of the surrounding mountain peaks, such as Mount Everest, Lhotse, and Ama Dablam.

Similarly, autumn, from September to November, is another ideal time for the EBC trek. The weather is stable, with clear skies and mild temperatures like in Spring. The post-monsoon season brings crisp, dry air, offering superb visibility of the mountains and landscapes. Autumn also coincides with the harvest season, allowing trekkers to experience the vibrant culture and festivities of the local **Sherpa communities** along the trail.

11 Days Everest Base Camp Trek Difficulty Level

The Everest Base Camp trek presents a **moderate to challenging** difficulty, requiring a reasonable level of physical fitness and endurance due to the high altitude and varied terrain. You will need to walk *5 to 8*

hours daily on the steep and not smooth path. Ascending forward can make you feel sick and can cause altitude sickness. So you need to get used to it slowly.

The unpredictable weather is another difficult factor in trekking to EBC, as it can get cold, windy, and sometimes snowy. However, with adequate preparation, including physical training, acclimatization, and proper gear, along with the guidance of experienced guides, the Everest Base Camp trek is a rewarding adventure achievable by many.

In short, some difficulty factors include:

- High altitude
- Varied terrain (rocky paths, steep ascents, and descents)
- Long trekking hours
- Altitude sickness risk
- Harsh weather conditions
- Limited access to amenities and medical facilities
- Physical endurance required
- Potential logistical challenges

Accommodation and Meals

During the Everest Base Camp trek, accommodation typically consists of **tea houses or lodges**. These tea houses offer basic but comfortable lodging options. The rooms are generally equipped with twin beds, blankets, and pillows. While amenities may vary, most tea houses provide communal *dining areas, shared bathroom facilities, and sometimes hot showers for an **additional fee***. Also, staying in these locations gives you an in-depth understanding of local culture and traditions.

What kind of accommodations and meals can trekkers expect during the Everest Base Camp Trek?

Accommodation is in tea houses or lodges, offering simple rooms and three meals daily including local Nepalese dishes.

Regarding meals, you can expect hearty and filling meals served at tea houses. Breakfast typically includes eggs, toast, porridge, and hot beverages like tea or coffee. For lunch, trekkers can enjoy a packed lunch. Dinner includes family-style dishes, such as rice, dal, vegetables, and meat or protein. You can replenish your energy with these nourishing meals while enjoying the camaraderie of fellow trekkers and the warmth of the tea house environment.

Acclimatization

During the Everest Base Camp trek, there are several strategic points where you can make an **acclimatization** stop. It helps you adjust to the high altitude gradually. These include Namche Bazaar, Dingboche, and Lobuche. **Namche Bazaar**, situated at 3,440 meters, offers an extra day for acclimatization. It allows you to explore the surrounding area and hike to Everest View Hotel for stunning views of Everest and neighboring peaks. Dingboche, at 4,260 meters, and Lobuche, at 4,930 meters, provide additional opportunities to acclimatize before reaching higher altitudes, such as Everest Base Camp.

- Acclimatization reduces the risk of altitude sickness by helping the body adjust gradually to lower

oxygen levels.

Spending extra time at intermediate altitudes increases red blood cell production, improving oxygen uptake in the bloodstream.

- It helps to reduce symptoms like headaches, nausea, and fatigue commonly associated with altitude sickness.
- Acclimatization furthers physical performance, enabling you to maintain a steady pace.

Permits For Everest Base Camp Trek 11 Days

Are permits required to trek on the 11 Days Everest Base Camp Trek route?

Yes, trekkers must obtain Sagarmatha National Park and Khumbu Pasang Lhamu Rural Municipality permits.

Sagarmatha National Park Entry Permit

This permit is necessary for all trekkers entering **Sagarmatha National Park**, which encompasses the Everest region. It helps fund conservation efforts and infrastructure maintenance within the park. You can get this permit at the entrance gate of the park, usually in Monjo or Jorsalle, and it needs to be shown at various checkpoints along the trekking route to Everest Base Camp. The Sagarmatha National Park Entry Permit costs approximately NPR 3,000 (about USD **30**) per person.

Khumbu Pasang Lhamu Rural Municipality Entry Permit

In addition to the national park permit, trekkers also need to obtain an entry permit from the local government authority of the **Khumbu region**, known as Khumbu Pasang Lhamu Rural Municipality. This permit further supports local development projects and services in the region. It's usually acquired in Lukla or at the Sagarmatha National Park entrance gate before beginning the trek. The Khumbu Pasang Lhamu Rural Municipality Entry Permit costs approximately NPR 2,000 (about **\$20** USD) per person.

Trek Safety

Safety is really important when you're trekking, especially in places like Everest Base Camp. It keeps everyone safe and makes the trip more enjoyable. To stay safe during the trek, remember to:

- Listen to experienced guides and porters who know the area well.
- Take breaks and drink water to avoid feeling sick from the high altitude.
- Wear warm clothes and good shoes to stay comfortable.
- Stick to the marked trails and don't wander into dangerous areas.
- Bring important things like a first aid kit, a phone, and a map.
- Be careful of things like rocks falling or slippery paths.
- Tell your guide if you feel unwell or if something doesn't feel right.
- Respect the rules and nature to keep the place clean and safe for everyone.

Frequently Asked Questions

Why is the Everest Base Camp trek so popular?

The Everest Base Camp is one of the most popular trekking digests. This is because of its legendary status as the gateway to the world's highest peak, Mount Everest. Furthermore, it offers you a chance to immerse in the stunning beauty of the Himalayas and experience the unique Sherpa culture. Also, challenge themselves physically and mentally.

What are the major attractions along the Everest Base Camp trek?

Major attractions include the vibrant Sherpa culture and villages, iconic monasteries like Tengboche, breathtaking views of Everest and neighboring peaks from viewpoints like Kala Patthar, and the opportunity to visit Everest Base Camp.

How difficult is the Everest Base Camp trek

The Everest Base Camp trek is challenging but manageable for those with a reasonable level of fitness. It involves long days of walking at high altitudes, steep ascents and descents, and varying weather conditions.

What are the accommodation options along the Everest Base Camp trek?

Along the trekking route, teahouses and lodges are providing basic accommodation and meals. These range from simple dormitory-style rooms to more comfortable private rooms, with shared bathroom facilities.

How do I prepare for altitude sickness during the Everest Base Camp trek?

There are several measures by which you can prevent altitude sickness. The first and foremost thing to do is to include proper acclimatization days in your trekking route. Also, consider taking medication like Diamox as a precaution and be aware of the symptoms of altitude sickness.

What should I pack for the Everest Base Camp trek?

Pack light but include essentials such as sturdy hiking boots, warm clothing layers, a down jacket, a sleeping bag, sunscreen, sunglasses, a hat, and personal toiletries. Don't forget your camera to capture the breathtaking scenery!

Is it safe to drink water along the Everest Base Camp trek?

Drinking boiled or treated water is recommended to avoid waterborne illnesses. Most teahouses and lodges along the route provide safe drinking water for a small fee, or you can use water purification tablets or a filter.

Are there emergency evacuation services available along the Everest Base Camp trek?

Yes, there are helicopter rescue services available in case of emergencies. However, EBC trek with helicopter return services can be expensive and are typically arranged through your trekking agency or

insurance provider.

What are the bathroom facilities like along the Everest Base Camp trek?

Bathroom facilities vary along the trekking route, ranging from basic squat toilets to more modern flush toilets in some lodges. It's advisable to carry your own toilet paper and hand sanitizer.

Do I need travel insurance for the Everest Base Camp trek?

Yes, travel insurance is highly recommended for the Everest Base Camp trek, covering medical emergencies, evacuation costs, trip cancellations, and loss of belongings. Make sure your insurance policy specifically covers high-altitude trekking in Nepal.

Are there alternative routes or variations to trek to Everest Base Camp?

Yes, besides the classic route from Lukla, there are alternative treks like the Gokyo Lakes trek. It offers stunning views of Everest and additional lakeside scenery. Another option is the Three Passes trek, Langtang Valley Trek, and Manaslu Trek.

Why is the 11 Days Everest Base Camp Trek so popular?

The 11 Days Everest Base Camp Trek is popular for its ability to offer a complete Himalayan adventure within a compact schedule. Trekkers can explore iconic sites like Namche Bazaar, Tengboche Monastery, and Kalapathar while experiencing the breathtaking views of Mount Everest, Lhotse, and Ama Dablam. Its combination of cultural immersion, thrilling trails, and accessible logistics makes it ideal for travellers seeking both adventure and efficiency.

What are the main attractions along the Everest Base Camp Trek?

The Everest Base Camp Trek takes you through some of the most scenic and culturally rich areas of Nepal. Highlights include traditional Sherpa villages, ancient monasteries such as Thyangboche, panoramic viewpoints like Everest View Point and Kalapathar, and the legendary Everest Base Camp itself. Along the way, trekkers also witness glaciers, suspension bridges, and diverse Himalayan flora, offering both adventure and natural beauty.

How physically demanding is the 11 Days Everest Base Camp Trek?

The 11 Days Everest Base Camp Trek involves walking 5-8 hours daily over varied terrain, including steep ascents, rocky trails, and high-altitude paths. While challenging, the trek is designed with acclimatisation days at Namche Bazaar, Dingboche, and Lobuche to help trekkers adjust gradually to thinner air. With proper preparation, guidance, and pacing, even first-time trekkers can complete this extraordinary journey safely.

What preparations are needed for the Everest Base Camp Trek?

For the Everest Base Camp Trek, preparation is key to enjoying the adventure safely. Trekkers should engage in cardiovascular and strength training, pack layered clothing and sturdy hiking boots, and familiarise themselves with altitude sickness symptoms. Planning your itinerary with proper

acclimatisation days, obtaining the necessary permits, and travelling with licensed guides ensures both safety and a fulfilling experience.

Address

Nepal Base Camp Treks Pvt. Ltd

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