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13 Days Everest Base Camp Trek

URL: <https://nepalbasecamptreks.com/trip/13-days-everest-base-camp-trek/>

Trip Code

NBT 004

Destination

Nepal

Activity

Treks

Start / End Point

Lukla to Lukla

Duration

13

Per Person From

USD 1,460

Accommodation

Tea-House / Lodge Basis.

Region

Everest Region Treks

Max. Altitude

5545 m/ 18,192 ft

Nature Of Trek

Lodge to Lodge Trekking

Best Season

September to November & March to May

Activity Per Day

5-6 Hours

Transportation

Both way Domestic Fly

Tea-House / Lodge Basis.

Breakfast, Lunch, and 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.

Trip Highlights

The 13 Days Everest Base Camp Trek is an extraordinary journey into the heart of the Himalayas, combining breathtaking mountain views, authentic Sherpa culture, and the achievement of reaching Everest Base Camp. With a well-paced itinerary and scenic trekking trails, this adventure offers an unforgettable experience beneath the world’s highest peak.

13 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.

13 Days Everest Base Camp Trek Overview

13 Days Everest Base Camp Trek offers a fantastic experience in the heart of the Himalayas. You will trek about 130 kilometers, starting from Lukla, at **2,828 meters**. The highest point you will reach is Everest Base Camp, at 5,364 meters, and you will also visit Kalapathar. To reach the EBC, you will pass through many remote villages, lush forests, and diverse terrain.

This trial shows stunning views of Mt. Everest, Lhotse, Ama Dablam, and other nearby peaks. You will also have the chance to experience the rich Sherpa culture. You can also stop by some of the ancient monasteries. Besides, staying at the teahouses or guesthouses also offers a deeper understanding of the culture and their way of life. Best for novice and experienced trekkers, more than 1000 people take this trial annually.

Are you interested in the **13 Days Everest Base Camp Trek**? If so, consider us. Nepal Base Camp Treks are a government-certified company. Booking with us provides you with several benefits. If you book with us, our package includes transportation, food, accommodations, a guide, a porter, and permits. Also, we offer customization features. Thus, you can plan your itinerary based on your preference and budget.

Why Choose the 13 Days Everest Base Camp Trek?

The 13 Days Everest Base Camp Trek is ideal for travellers seeking a complete Everest experience with ample time for acclimatisation and exploration. Unlike shorter itineraries, this trek allows you to enjoy the journey at a comfortable pace while maximising opportunities to experience the region's natural beauty, cultural heritage, and iconic mountain viewpoints.

From the vibrant streets of Namche Bazaar to the unforgettable views from Kala Patthar, every stage of the trek offers something unique. The combination of adventure, culture, and world-famous Himalayan scenery makes the 13 Days Everest Base Camp Trek one of Nepal's most rewarding trekking experiences.

Brief Trek Itinerary On 13 Days Trek

Day 01: Arrival in Kathmandu and transfer to hotel.

Day 02: Fly to Lukla 2,820 m (30 mins flights) and trek to Monjo 2,860 m – 05 hrs.

Day 03: Trek to Namche Bazaar 3,440 m – 04 hrs.
Day 04: At Namche Bazaar hike to Everest View Hotel and Khumjung, Khunde 3,880 m.
Day 05: Trek to Deboche 3,760 m via Tengboche Monastery 3,867 m – 05 hrs.
Day 06: Trek to Dingboche 4,260 m – 05hrs.
Day 07: Trek to Lobuche 4,930 m – 05 hrs.
Day 08: Trek to Everest Base Camp 5,364 m and return to Gorakshep 5,180 m – 06 hrs.
Day 09: Hike to Kalapatthar 5,545 m and walk to Pheriche 3,210 m – 05hrs.
Day 10: Trek to Namche Bazaar – 07 hrs.
Day 11: Trek to Lukla – 06 hrs.
Day 12: Fly back to Kathmandu and transfer to respective hotels.
Day 13: International departure homeward bound.

Day 01: Arrive in Kathmandu and transfer to hotel

Upon our arrival at Kathmandu International Airport, our guide and staff will greet us and take us to our hotel in the heart of Kathmandu. After checking in and refreshing, we will join the group for a briefing on the **13 Days Everest Base Camp Trek**. In the evening, we will enjoy dinner at a nice Nepalese restaurant, experiencing the local culture and cuisine.

Highest Altitude:

1300 m / 4265 ft

Meals:

Welcome Dinner

Accommodations:

International Guest House at Kathmandu

Day 02: Fly to Lukla (2,860 m/9,383 ft) and trek to Monjo (2,835 m/9,301 ft)

We will take a thrilling flight to Lukla in the morning, enjoying spectacular views of Mt. Everest and other towering peaks during the 30-minute journey. Upon landing, we will meet our porters and trek to Monjo village – as part of our **13 Days Everest Base Camp Trek** package. The walk will be mostly downhill with short uphill sections, passing through several charming Sherpa villages and lush coniferous forests. We will follow the scenic Dudh-Kosi River, pass through a short trek to Phakding, and finally reach Monjo for our overnight stay in a cozy teahouse.

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:

Mt. Kailash Lodge at Monjo

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

On the 3rd day of the **13 Days Everest Base Camp Trek**, we will climb long to Namche Bazaar, first entering Sagarmatha National Park entrance near Monjo village. From here, a pleasant walk on the river bed leads to a climb for a few hours into forested areas with views of snow-capped peaks as our walk reaches Namche Bazaar. In Namche afternoon, you are free to explore the streets of Namche Bazaar, full of shops, stores, and many good restaurants with bakeries. Namche holds a Saturday Market once a week.

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

Today is an acclimatization day to help our bodies adjust to the higher altitude. We will hike to the Everest View Hotel, located at 3,880 meters, which offers stunning panoramic views of Everest, Lhotse, Ama Dablam, and other peaks. From there, we will descend to the villages of Khumjung and Khunde. In Khumjung, we will visit the local monastery, home to a purported Yeti scalp. As part of the **13 Days Everest Base Camp Trek**, we will also visit the Khunde Hospital, built by the Hillary Trust, and learn about its importance to the local community. After exploring these villages, we will return to Namche Bazaar for the night.

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

From Namche, we will start our day by climbing to Namche Ridge, where we will see excellent views of Everest, Ama Dablam, and other peaks. Our walk will then follow a gradual and scenic winding path, eventually descending to the Imjatse River. Here, we will stop at Phunge-Tenga for lunch. In the

afternoon, we will climb uphill through a forest of tall rhododendrons. After a few hours of scenic climbing, we will reach the Tengboche Monastery, where we will marvel at the views of Mt. Everest, Nuptse, Lhotse, Kangtenga, Thamserku, Kongde, and the magnificent Mt. Ama Dablam.

Our **13 Days Everest Base Camp Trek** package will give you the afternoon to explore the monastery and observe the monks and priests in prayer. Following the Buddhist Luna calendar, Tengboche hosts the important Mani Rimdu festival every October. After visiting the monastery, we will take a short downhill walk to Deoboche, a peaceful spot amidst woodland, for our overnight stay.

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 Deoboche

Day 06: Trek to Dingboche (4,410 m/14,470 ft)- (Last Biggest Village of the region)

In the morning of the **13 Days Everest Base Camp Trek's** 6th day, we will walk downhill to the Imjatse River, cross a bridge, and enter the open country where the tree lines fade. We will then trek uphill to Pangboche village at 3,900 meters, the last permanent village on the route to Everest Base Camp. From Pangboche, we will have a slow climb to Somara for lunch, followed by a short climb to Dingboche. Dingboche is in the wide Imjatse Valley and offers excellent views of Ama Dablam's North Face and the stunning Island Peak. We will spend the night in this scenic village, acclimatizing to the altitude.

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

After a pleasant stay in Dingboche, we will start our day with a short steep climb, enjoying excellent views of the surrounding peaks, as part of the **13 Days Everest Base Camp Trek**. We will then walk on a gradual uphill trail to Thugla for lunch, where we can see the Khumbu glacier melting into raging rivers. Here, the path from Pheriche and Dingboche joins the route to Everest Base Camp. After a break, we will face a steep climb to Thugla Pass, where we will find stone memorials for climbers who lost their

lives on Mt. Everest, Lhotse, and other high mountains. From the pass, we will continue on a nice walk to Lobuche, where we will spend the night.

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

Accomodations:

Sgarmatha Hotel at Lobuche

Day 08: Trek to Everest Base Camp (5364 m/17,598 ft) and return to Gorakshep (5,164 m / 16,942 ft)

On the 8th day, we will reach the main goal of our **13 Days Everest Base Camp Trek**: The Everest Base Camp. We will start with a few hours of walking, including a short steep climb through glaciers and moraines, to reach Gorakshep, located beneath the lofty peak of Pumori and the rocky hill of Kalapatthar. We will then continue our walk towards Everest Base Camp, enjoying the views of the massive Khumbu Ice Fall and surrounding glaciers. After spending time at the base camp, taking photos, and soaking in the experience, we will return to Gorakshep for the night.

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

Accomodations:

Himalaya Hotel at Gorakshep

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

Early in the morning, we will climb to the top of Kalapatthar, the highest point of our **13 Days Everest Base Camp Trek** at 5,545 meters. From here, we will enjoy a fantastic panorama of mountains, including a close view of Mt. Everest. After capturing memorable photos and enjoying the views, we will descend back to Gorakshep for breakfast. We will then continue our walk to Thugla, and from there, we will head downhill to the windy valley of Pheriche for the night.

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)

Today's walk will lead us along an easy path with short climbs and descents to Pangboche village. From Pangboche, we will follow the same route and trek back to the scenic Tengboche Monastery, giving us more time to enjoy the views and take photos - because the **13 Days Everest Base Camp Trek** should be as fun as thrilling. From Tengboche, we will descend to the river, then climb uphill for an hour before taking a pleasant walk back to Namche Bazaar for our overnight stop. We will spend

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)

From Namche, we will begin our last day of trekking, descending on the same route towards the Sagarmatha National Park entrance to reach Monjo village. From Monjo, we will follow a gentle, gradual trail, crossing bridges to reach Phakding. After passing Phakding, we will trek with a few ups and downs and a final climb to Lukla. In Lukla, we will have our last overnight stop in the Khumbu region, celebrating the completion of our **13 Days Everest Base Camp Trek** with our fellow trekkers and guides.

Trek Distance:

13.5 km / 8.3 mi

Trek Duration

6-7 Hours

Highest Altitude:

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

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Echo Paradise Hotel at Lukla

Day 12: Fly back to Kathmandu and transfer to respective hotels

We will transfer to the Lukla air terminal in the morning for our flight back to Kathmandu. The flight will give us one last opportunity to enjoy the stunning mountain views. Upon arrival in Kathmandu, we will transfer to our respective hotels. We can spend the rest of the day exploring the vibrant city, shopping for souvenirs, or simply relaxing at the hotel. Our **13 Days Everest Base Camp Trek** has ended, but the memories will last a lifetime.

Highest Altitude:

Kathmandu (1300 m / 4265 ft)

Flight Hours:

35-40 Minutes Flight

Meals:

Breakfast, Lunch, and Farewell Dinner

Accommodations:

Botique Hotel at Kathmandu

Day 13: International departure homeward bound

After a memorable time at Everest Base Camp and experiencing the culture and natural beauty of Nepal, we will prepare for our departure. Our guide and staff will assist us with our transfer to the airport. We will bid farewell to the land of the world's highest mountains. Finally, we head towards our respective destinations, carrying with us the unforgettable experiences and stories from our trek.

Meals:

Breakfast

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.
- 2 Night Botique Hotel in Kathmandu
- Choice of meals (12 Breakfast, 12 Lunch, 12 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)
- Equipment includes such as Down Jacket, Sleeping Bag, Duffle Bag, Trekking Pole

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 1,510
3 - 5	USD 1,490
6 - 9	USD 1,460
10 - 15	USD 1,440
16 - 20	USD 1,420
20 - 30	USD 1,380

Route for EBC Trek

The 13 days Everest Base Camp Trek begins with an exciting flight from Kathmandu to Lukla, the gateway to the Khumbu region. From Lukla, we start our trek, passing through charming villages like Phakding and walking alongside the Dudh Kosi River. We then go to Namche Bazaar, a bustling town in Sherpa, where we spend an extra rest day acclimatizing. We can explore the local markets and hike to

nearby viewpoints during our acclimatization. After Namche, our trek continues to Tengboche, where we visit the famous Tengboche monastery. It is the oldest monastery in the Everest Region.

From Tengboche, we trek to Dingboche, a picturesque village in the Imja Valley, where we spend another day acclimatizing. The journey then takes us through rugged terrain to Lobuche and finally to Gorakshep, the last stop before Everest Base Camp. From Gorakshep, we hike to the base camp, where we will see spectacular views of the Khumbu Icefall and surrounding peaks.

The following day, we climbed to the top of Kalapatthar for a panoramic view of Everest at sunrise. After soaking in the views, we descend, retracing our steps back through Pheriche, Namche Bazaar, and finally to Lukla, where we fly back to Kathmandu.

Major Attraction of Everest Base Camp Trek 13 Days

Mount Everest

The major attraction of this trekking trail is the Mount Everest. Opting for this trek, you will be standing at the foot of the highest mountain in the world, Mount Everest. You will witness the breathtaking views of Mount Everest and other surrounding peaks such as Lhotse, Ama Dablam, and more. *However, make sure upon reaching the EBC trek point, you cannot see the view of Mount Everest.* However, a major attraction is the Khumbu Glacier.

Kala Patthar

Kala Patthar is the highest point of the Everest Base Camp Trek. It is located at an elevation of 5545 meters. This point offers the most stunning views of snow-capped mountains along with diverse terrain. Upon reaching this point, you will see the best views of Mount Everest and other surrounding snow-capped peaks. *However, being located at a high altitude can be one of the most difficult parts of this trekking route.* With steady climb and proper acclimatization, you can easily achieve.

Sagarmatha National Park

Do you know the Everest Base Camp route passes by the Sagarmatha National Park? Yes, the trail of the EBC trek goes through a UNESCO World Heritage Site. Going through this path, you will witness the breathtaking views of the Himalayas and the diverse landscapes of the hills with dense forest. This National park is home to a variety of flora and fauna. You will have a chance to see some endangered species, such as the red panda and the snow leopard.

Tengboche Monastery

Tengboche Monastery sits high at 3,867 meters (12,687 feet) and is the most important monastery in the Everest area. Built in 1916, it has been rebuilt twice after fires and earthquakes. Monks live here and perform daily Buddhist rituals like chanting and prayers. The monastery also hosts the famous Mani Rimdu festival each year. It draws people from all over the world for its spiritual celebrations and cultural events. You will also see the breathtaking views of the Himalayas from the place.

Sherpa Villages and Culture

The Everest region is popularly known for its natural beauty and the rich culture and traditions it follows. Passing through villages like Namche Bazaar, Khumjung, and Pangboche gives you in-depth cultural insights. Bordering Tibet, the Sherpa culture revolves around Tibetan Buddhism. Also, staying in the teahouses and guesthouses helps you understand their culture and daily lives.

Permits For The Everest Base Camp Trek

There are two permits necessary if you are going on an Everest Trek. Both permits are crucial for trekking to Everest Base Camp. You cannot enter or continue your trek within these protected areas without them. It is advisable to keep these permits with you at all times during the trek, as there are several checkpoints where you will need to show them.

Sagarmatha National Park Entry Permit:

This permit is essential for entering Sagarmatha National Park, a UNESCO World Heritage Site encompassing the Everest region. It helps conserve and maintain the national park. You can obtain this permit either in Kathmandu at the Nepal Tourism Board office or at the park's entrance in Monjo. The permit costs around NPR 3,000 (approximately USD 30) for foreigners and **NPR 1,500** (approximately USD 15) for SAARC nationals.

Khumbu Pasang Lhamu Rural Municipality Permit:

This local permit is necessary to enter the Khumbu region, which includes Lukla, Namche Bazaar, and other villages on the way to Everest Base Camp. A new permit was introduced to replace the former TIMS (Trekkers' Information Management System) card for trekkers in the Everest region. You can obtain this permit in Lukla or Monjo. This permit costs around NPR 2,000 (approximately USD 20) per person.

Who Can Join the 13 Days Everest Base Camp Trek?

The 13 Days Everest Base Camp Trek is suitable for both first-time trekkers and experienced hikers who have a reasonable level of fitness. While the route involves several days of walking at high altitude, no technical climbing skills are required.

Participants should be prepared to walk between five and seven hours per day across varied terrain. With proper preparation, gradual acclimatisation, and a positive mindset, many travellers successfully complete this remarkable Himalayan adventure.

Difficulty Level

The Everest Base Camp Trek is moderately challenging. Trekkers must walk for several hours daily, often on steep and rocky trails. The high altitude adds to the difficulty, as it can cause altitude sickness. However, with proper acclimatization and a steady pace, many people of varying fitness levels complete the trek.

While the trek does not require technical climbing skills, it involves long walking days and the risk of altitude sickness. Proper acclimatization and taking it slow are crucial. With preparation and a positive attitude, many people find the trek rewarding and achievable.

Accommodation and Meal In Mount Everest Base Camp Trek

During the Everest Base Camp Trek, most trekkers stay in teahouses, small lodges run by local families. These teahouses offer basic but comfortable accommodations with beds, blankets, and shared bathrooms.

Rooms are typically twin-sharing, and in peak seasons, it is advisable to book in advance. Some teahouses provide amenities like hot showers, charging facilities, and Wi-Fi, though these services have limitations and are more expensive as you ascend higher into the mountains.

Meals in teahouses are nutritious and energy-boosting. Breakfast usually includes items like pancakes, porridge, eggs, and bread with jam or honey, along with tea and coffee. *Trekkers can enjoy options such as dal bhat (lentil soup with rice), noodles, pasta, momo (dumplings), and soups for lunch and dinner.*

These meals are often homemade and provide the necessary sustenance for the demanding trek. Along the way, you can find snacks like chocolate bars, biscuits, and energy drinks, but it's also wise to carry your high-energy snacks like nuts and dried fruits. Staying in teahouses allows trekkers to experience local culture and hospitality while ensuring they are well-fed and rested for each day's journey.

Travel Insurance For Trek Package

Travel insurance is crucial for anyone planning the Everest Base Camp Trek. It protects against any unforeseen circumstances. The most important aspect of travel insurance for this trek is high-altitude rescue and medical coverage. *Should you suffer from altitude sickness, injuries, or other health issues, insurance will cover helicopter evacuations to the nearest hospital, which can be very costly without coverage.*

Additionally, travel insurance protects against trip cancellations and delays. Weather conditions can often disrupt flights to and from Lukla, the starting point of the trek, leading to delays. With comprehensive travel insurance, you can recover costs related to these disruptions, ensuring peace of mind throughout your adventure. Always check that your policy covers trekking at altitudes up to **5,600 meters** and includes emergency evacuation services.

Frequently Asked Questions

How long does the Everest Base Camp trek take?

The Everest Base Camp trek typically takes about 12-14 days. This includes acclimatization days to help your body adjust to the high altitude.

What kind of physical training should I do before the trek?

Engaging in cardiovascular exercises like running, cycling, and hiking is important. Strength training for your legs, core, and overall body fitness is also recommended. Starting your training at least three months before the trek is ideal.

Do I need to hire a guide or porter for the trek?

While it is possible to trek independently, hiring a guide or porter can greatly enhance your experience. A guide provides valuable knowledge about the region and ensures your safety, while a porter can carry your heavy bags, making the trek more manageable.

What should I pack for the trek?

Essential items include sturdy boots, warm clothing (layers are best), a good quality sleeping bag, a backpack, trekking poles, a first aid kit, water purification tablets, and snacks. Don't forget the necessary documents like permits and insurance.

Is altitude sickness a concern, and how can I prevent it?

Yes, altitude sickness is a concern when trekking to Everest Base Camp. Prevent it by ascending slowly, staying hydrated, eating well, and taking prescribed medication like Diamox if a doctor advises. Listen to your body and rest if you feel unwell.

What is the highest point of the 13 Days Everest Base Camp Trek?

Kala Patthar, at 5,545 metres, is the highest point of the trek and offers one of the best panoramic views of Mount Everest. During the 13 Days Everest Base Camp Trek, this viewpoint is often considered the most rewarding location for photography and sunrise views.

How difficult is the 13 Days Everest Base Camp Trek?

The trek is considered moderately challenging due to the altitude and daily walking distances. The 13 Days Everest Base Camp Trek includes a well-paced itinerary that helps trekkers acclimatise gradually and enjoy a safer trekking experience.

Do I need previous trekking experience?

Previous trekking experience is helpful but not essential. Many travellers successfully complete the 13 Days Everest Base Camp Trek with good fitness, proper preparation, and determination.

What is the best time to complete the trek?

Spring (March to May) and autumn (September to November) provide the most favourable weather conditions and mountain views. These seasons also offer clear skies and comfortable temperatures for trekking in the Everest region.

How many kilometres is the trek?

The round-trip distance is approximately 130 kilometres, depending on the exact route and side excursions. Daily trekking distances vary based on altitude, terrain, and acclimatisation requirements throughout the journey.

Address

Nepal Base Camp Treks Pvt. Ltd

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal