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15 Days Everest Base Camp Trek

URL: <https://nepalbasecamptreks.com/trip/15-days-everest-base-camp-trek/>

Trip Code

NBT 006

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu / Kathmandu

Duration

15

Per Person From

USD 1,570

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 and March to May

Activity Per Day

5-6 Hours

Transportation

Both way Domestic Flight

Tea-House / Lodge Basis.

Breakfast, Lunch, and Dinner

Strenuous

Our "Strenuous" 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

Embark on an unforgettable Himalayan adventure with the 15 Days Everest Base Camp Trek, a journey that combines breathtaking mountain views, rich Sherpa culture, and remarkable high-altitude experiences.

Following the legendary Everest Base Camp Trek route, you'll travel through charming villages, ancient monasteries, and dramatic alpine terrain before reaching the base of the world's highest peak. With proper acclimatisation and expert guidance, this trek offers an inspiring and rewarding experience for adventure seekers.

Highlights Of Everest Base Camp Trek

- Experience an exciting flight from Kathmandu to Lukla with amazing mountain views and a dramatic landing.
- Explore the busy Sherpa town, Namche Bazaar, with views of Kongde Ri, Thamserku, and glimpses of Everest.
- Visit this Tengboche Monastery with spiritual insights and panoramic views of Everest, Lhotse, Nuptse, and Ama Dablam.
- Walk through Sagarmatha National Park, a UNESCO World Heritage site full of wildlife like snow leopards and red pandas.
- Trek Khumbu Glacier and see the stunning icefall.
- Achieve the milestone of reaching Everest Base Camp at 5,364 meters (17,598 feet) and meet climbers preparing for their summit attempts.
- Climb Kala Patthar to 5,545 meters (18,192 ft) for the best close-up views of Everest and other peaks, with amazing sunrise or sunset scenes.
- Meet the friendly Sherpa people, known for their climbing skills and hospitality, and visit local villages, museums, and monasteries.

Why Choose the 15 Days Everest Base Camp Trek?

The 15 Days Everest Base Camp Trek is one of the most rewarding Himalayan adventures for travellers who want to experience the beauty of the Everest region while allowing enough time for proper acclimatisation. This itinerary balances adventure, safety, and cultural exploration, making it suitable for both first-time high-altitude trekkers and experienced hikers.

Unlike shorter itineraries, the Everest Base Camp Trek includes carefully planned acclimatisation days in Namche Bazaar and Dingboche. These rest days help your body adjust to the altitude while giving you additional opportunities to explore traditional Sherpa communities, Buddhist monasteries, and spectacular mountain viewpoints.

From the thrilling Lukla flight and the vibrant atmosphere of Namche Bazaar to the unforgettable achievement of standing at Everest Base Camp, every day offers a unique experience. The journey combines breathtaking Himalayan scenery, rich cultural encounters, and a strong sense of accomplishment that stays with trekkers long after they return home.

Trip Overview

The 15 days Everest Base Camp Trek takes you to the base camp of one of the highest mountains in the world. The highest point of the trek is 5545 meters at Kalapatthar. Taking this trek, you will see the breathtaking views of snow-capped mountains like Mount Everest, Lhotse, and Nuptse. The landscape varies from lush green forests of rhododendrons and pine in the lower valleys to barren, rocky terrain as

you ascend closer to the base camp.

Besides natural beauty, the trekking trail is also popular for the rich Sherpa culture and tradition. *Throughout the journey, you encounter traditional Sherpa villages such as Namche Bazaar and Tengboche.* The colorful prayer flags flutter in the wind, and ancient Buddhist monasteries perch dramatically against towering peaks.

The Everest Base Camp trek presents challenges due to its high altitude and rugged terrain. It is accessible to anyone with a good level of fitness and preparation. You should prepare for long days of walking and gradual altitude gain. You require proper acclimatization stops along the way. Spring from March to May and autumn from September to November are the best times to take this trekking route.

Brief Itinerary:

Day 01: Arrival in Kathmandu and transfer to hotel.
Day 02: In Kathmandu with an optional sightseeing tour and trek preparation.
Day 03: Fly to Lukla 2,820 m (30 mins flights) and trek to Monjo 2,860 m - 05 hrs.
Day 04: Trek to Namche Bazaar 3,440 m - 04 hrs.
Day 05: At Namche Bazaar hike to Everest View Hotel and Khumjung, Khunde 3,880 m.
Day 06: Trek to Deboche 3,760 m via Thyangboche Monastery 3,867 m - 05 hrs.
Day 07: Trek to Dingboche 4,260 m - 05hrs.
Day 08: At Dingboche with a rest day for short hike and excursion.
Day 09: Trek to Lobuche 4,930 m - 05 hrs.
Day 10: Trek to Everest Base Camp 5,364 m and return to Gorakshep 5,180 m - 06 hrs.
Day 11: Hike to Kalapatthar 5,545 m and walk to Pheriche 3,210 m - 05hrs.
Day 12: Trek to Namche Bazaar - 07 hrs.
Day 13: Trek to Lukla - 06 hrs.
Day 14: Fly back to Kathmandu and transfer to respective hotels.
Day 15: International departure homeward bound.

Day 01: Arrive in Kathmandu and transfer to hotel

Our guide and team will meet you when you arrive at Kathmandu airport. They will take you to your hotel in Kathmandu city center. After you check in and freshen up, you'll join the group for a briefing about our 15-day trek to Everest Base Camp. Later in the evening, we will enjoy dinner together at a nice Nepalese restaurant.

Highest Altitude:

Kathmandu (1300 m / 4265 ft)

Meals:

Welcome Dinner

Accommodations:

International Guest House at Kathmandu

Day 02: Trek Preparation Day with optional sightseeing tour around

Kathmandu

Today is dedicated to preparing for your upcoming trek and exploring the cultural treasures of Kathmandu Valley. In the morning, our team will assist you with a detailed trek briefing, gear check, and final preparations. Afterward, enjoy a guided sightseeing tour of some of Kathmandu's most iconic UNESCO World Heritage Sites.

You'll visit **Swayambhunath Stupa** (also known as the Monkey Temple), a sacred Buddhist site perched on a hill offering panoramic views of the city. Next, explore **Pashupatinath Temple**, Nepal's holiest Hindu shrine located on the banks of the Bagmati River, where you can observe traditional rituals and cremation ceremonies. The day also includes a visit to **Boudhanath Stupa**, one of the largest Buddhist stupas in the world, revered for its spiritual ambiance and Tibetan cultural influence.

In the evening, return to your hotel to rest and finalize your backpack. Get ready to embark on your Himalayan adventure!

Highest Altitude:

Kathmandu (1300 m / 4265 ft)

Meals:

Breakfast

Accommodations:

International Guest House at Kathmandu

Day 03: Fly to Lukla (2,860 m/9,383 ft) and trek to Monjo (2,835 m/9,301 ft)

We start the day early with a 30-minute scenic flight from Kathmandu to Lukla, a small town at 2,820 meters above sea level. The flight offers stunning views of Mount Everest and other majestic peaks. From Lukla, our trek begins as we walk to Monjo village, situated at 2,860 meters. The trail initially descends and then ascends through Sherpa villages and beautiful forests of rhododendron, pine, oak, and fir trees along the Dudh Kosi River.

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

Today's trek takes us from Monjo to Namche Bazaar, a bustling Sherpa town at 3,440 meters. Along the way, we enter Sagarmatha National Park, known for its rich biodiversity and stunning mountain views. The trail leads us through lush forests and the Dudh Kosi River, offering glimpses of snow-capped peaks

in the distance. Upon reaching Namche Bazaar, we have the afternoon free to explore its narrow streets filled with shops, bakeries, and restaurants and visit the local Saturday market.

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

This day is dedicated to acclimatization in Namche Bazaar. We hike to the Everest View Hotel, located at 3,880 meters. From here, we enjoy breathtaking views of Mount Everest, Lhotse, and Ama Dablam, among other peaks. The hike also takes us to Syangboche, where an old airstrip offers historical context. For those interested, there's an option to visit the villages of Khumjung and Khunde.

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

Continuing our trek, we ascend from Namche Bazaar to Deboche at 3,760 meters. The trail initially climbs Namche Ridge, offering panoramic views of Everest and Ama Dablam. We then descend through rhododendrons and pine forests to Phunge Tenga for lunch before a gradual ascent to Thyangboche Monastery at 3,867 meters. This picturesque monastery is a spiritual center with stunning views of Everest, Nuptse, Lhotse, and other peaks. After exploring the monastery, we descend to Deboche 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 Deboche

Day 07: Trek to Dingboche (4,410 m/14,470 ft)- (Last Biggest Village of the region)

From Deboche, we trek to Dingboche. The trail descends to cross the Imja River and then gradually ascends through open landscapes where tree lines begin to fade. We pass through Pangboche, the last permanent village before Everest Base Camp, and continue our ascent to Dingboche. This village offers stunning views of Ama Dablam and Island Peak, with its picturesque setting in the wide Imja Valley.

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 08: Dingboche: Acclimatization (optional: trek to Chhukung Valley (4,730 m / 15,518 ft))

Today is a rest day in Dingboche for proper acclimatization before heading higher toward Everest Base Camp. For those feeling energetic, there's an optional hike to Chhukung, which offers panoramic views of the surrounding peaks and the Imja Valley. It's a chance to further adjust to the altitude and enjoy the beauty of the Himalayan landscape.

Trek Distance:

4.5 km / 2.8 mi to Chhukung Valley

Trek Duration

4 Hours

Highest Altitude:

Chhukung Valley (4,730 m / 15,518 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Good Luck at Dingboche

Day 09: Dingboche to Lobuje (4,940 m/16,207 ft) via Thukla

Leaving Dingboche behind, we trek to Lobuche. The trail ascends gradually with spectacular views of the Khumbu Glacier and surrounding peaks. We pass through Thugla, where we pause to see memorials dedicated to climbers who lost their lives in the Everest region. After a steep climb to Thugla Pass, we continue to Lobuche, our final stop, before reaching Everest Base Camp.

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

Today, our adventure takes you to Everest Base Camp. Our main goal and highlight of the trip is walking for a few hours with a short steep climb between the glacier and the moraine. Then, we will reach Gorakshep, beneath the lofty peak of Pumori and Kalapatthar rocky hill. The walk continues towards Everest base camp. We will enjoy views of the massive Khumbu Ice Fall and glaciers at base camp. After an exciting time with the experience of a lifetime, retrace the journey back 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 11: Hike to Kalapatthar (5,545 m/18,192 ft) and walk to Pheriche 4 (4,210 m/13,812 ft)

Early morning climb on top Kalapatthar at 5,545 m, the highest point of the adventure with a fantastic panorama of mountains facing Mt. Everest at close distance. After a great moment with excellent views, we descend back to Gorakshep for breakfast. Then, we will continue to walk to Thugla, from here, 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 12: Pheriche to Namche Bazaar (3,440 m/11,286 ft)

From Pheriche, we trek back to Namche Bazaar, retracing our steps through Pangboche and Thyangboche. It's a day to reflect on our journey and enjoy the familiar sights of the Khumbu region. As we descend, we take in the last views of Everest and the surrounding peaks before reaching Namche Bazaar for our overnight stay.

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 13: Namche Bazaar to Lukla (2,860 m/9,383 ft)

From Namche, our last day of walking, the adventure leads to a long descent on the same route towards the Sagarmatha National Park entrance. We will reach Monjo village, and from here on, the gentle, gradual trail crossing bridges to reach Phakding. From Phakding on the way to Lukla, there were a few ups and downhills and a last and final climb of an hour to Lukla for the last overnight stop in Khumbu and Everest region.

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 14: Fly back to Kathmandu and transfer to respective hotels.

We take an early morning flight from Lukla back to Kathmandu, enjoying a final glimpse of the Himalayas from the air. Upon arrival in Kathmandu, we transfer to our respective hotels and have the rest of the day free to relax and explore the bustling streets of Thamel or visit cultural sites we may have missed earlier.

Highest Altitude:

Kathmandu (1300 m / 4265 ft)

Flight Hours:

35-40 Minutes Flight

Meals:

Breakfast, and Farewell Lunch/Dinner

Accommodations:

Botique Hotel at Kathmandu

Day 15: Sightseeing tour of Bhaktapur City

Today, we journey to **Bhaktapur**, one of the three ancient royal cities of the Kathmandu Valley, renowned for its well-preserved medieval architecture, vibrant culture, and timeless traditions.

Strolling through the cobbled streets of **Bhaktapur Durbar Square**, you'll encounter exquisite temples, intricately carved wooden windows, and centuries-old palaces that showcase the city's rich Newari heritage. Key highlights include the **55-Window Palace**, **Vatsala Temple**, **Nyatapola Temple** (the tallest pagoda-style temple in Nepal), and the **Golden Gate**.

Bhaktapur is also known for its traditional pottery and woodcraft. You'll have the opportunity to visit the famous **Pottery Square**, where artisans shape clay by hand, and perhaps even try your hand at the wheel. The town offers a step back in time, allowing you to witness Nepal's cultural soul untouched by modernity.

After a day immersed in history and artistry, we return to Kathmandu for an evening of relaxation and final trek preparations.

Highest Altitude:

Bhaktapur (1401 m / 4596 ft)

Meals:

Breakfast, and Lunch

Accommodations:

Botique Hotel at Kathmandu

Day 16: International departure homeward bound

Our journey to Everest Base Camp concludes today as we prepare for our international departure. After breakfast at the hotel, we transfer to the airport for our flight home, carrying with us memories of a lifetime from the majestic Himalayas and the warm hospitality of the Nepalese people.

Meals:

Breakfast

Inclusions In the 15 Days EBC Trek Price

- Private Transportations (Hotel-Airport-Hotel)International/Domestic in Kathmandu
- 4 Nights Hotel accommodations (3 star) with breakfast in Kathmandu
- 11 Nights Tea-Houses accommodations (twing sharing on trek)
- Meals at your choice (Breakfast,Lunch & Dinner) with 3 cup of tea or coffee per day
- Sightseeing tour of Temples, Stupas, and local market around Kathmandu with Private Transportation
- Sightseeing tour of Bhaktapur City which includes Bhaktapur Durbar and Local Market.
- Flight Tickets (Kathmandu-Lukla-Kathmandu) or Optional Ramechhap
- Trekking Permits (National Park Permit) and Local Community Entrance Fee at Lukla
- An experienced English-speaking Govt. certified guide from Lukla or Kathmandu depending on size of group
- Group size 01 to 03 (Guided from Lukla),Group size above 4 travelers guided from Kathmandu,and group size above 6 travelers will get a assisatant guide from Lukla
- Equipment: Sleeping bag, jackets, Walking/Trekking Poles and Duffel bag
- Snacks: Chocolate Energy Bar and Coconut Cookies, Seasonal fresh fruits deserts every day
- Kathmandu to Everest Base Camp Trekking Route Map /Adventure/Achievement Certificate
- 1 porter for each 2 trekkers from Lukla-EBC-Lukla
- Emergency Helicopter service paid by your Travel Insurance company and Service Charges.

Price Excludes

- Deserts(cakes, bakes and pies),Additional size of Pots Hot Drinks
- Bottled drinks, Boiled water, Electronic device re-charge, Hot shower, On the trekking Wi- Fi
- Personal expenses any type, Travel insurance and evacuation insurance.
- Tipping for Guides and Porters appreciated if you satisfied with our services during the trek

Group Discounts Available

No. of Persons	Price per Person
1 - 2	USD 1,620
3 - 5	USD 1,600
6 - 9	USD 1,570
10 - 14	USD 1,550
15 - 19	USD 1,530
20 - 30	USD 1,500

Trekking Route

The 15 Days Everest Base Camp Trek is promising. It starts with a flight from Kathmandu to Lukla. From Lukla, you trek to Phakding and then to Namche Bazaar, where you spend an extra day to acclimatize. The journey continues to Tengboche, known for its beautiful monastery, and then to Dingboche, where you take another acclimatization day. Next, you trek to Lobuche and from there to Gorak Shep.

From Gorak Shep, you hike to Everest Base Camp and then return to Gorak Shep for the night. The next day, you climb Kala Patthar for stunning views of Everest. After that, you descend, retrace your steps through Pheriche, Namche Bazaar, and finally back to Lukla. The trek ends with a flight from Lukla back to Kathmandu. Each day involves 4-8 hours of walking through beautiful landscapes and Sherpa villages.

Major Attraction of the Trek

Namche Bazaar: A bustling Sherpa town is known for its markets and stunning mountain views. It's a hub where you acclimatize and experience local culture.

Tengboche Monastery: A beautiful Buddhist monastery surrounded by majestic peaks. It offers peaceful vibes and hosts religious ceremonies that you can witness.

Dingboche: A village with breathtaking views and a gateway to Island Peak. you stay here to acclimatize and enjoy the scenic landscape of the Imja Valley.

Kala Patthar: A high point near Everest Base Camp offering the best panoramic views of Mt. Everest and neighboring peaks. It's a highlight for you seeking the closest view of Everest.

Everest Base Camp: The ultimate destination where climbers prepare to ascend Everest. You visit to experience the base camp atmosphere and get up close to the world's highest peak.

What Makes the Everest Base Camp Trek So Popular?

The 15 days Everest Base Camp Trek attracts adventurers from around the world because it offers far more than a mountain journey. It is an opportunity to follow the historic route used by legendary mountaineers while experiencing the culture, traditions, and hospitality of the Sherpa people.

One of the most memorable aspects of the trek is the constantly changing scenery. Trekkers walk through forests, suspension bridges, mountain villages, glacial valleys, and rugged alpine terrain before reaching Everest Base Camp at 5,364 metres. Along the way, panoramic views of Mount Everest, Lhotse, Nuptse, Ama Dablam, and other Himalayan giants create unforgettable moments.

The sense of achievement gained from completing the Everest Base Camp Trek is equally rewarding. Reaching the base of the world's highest mountain represents determination, preparation, and perseverance, making it a bucket-list adventure for outdoor enthusiasts worldwide.

Who Is the Everest Base Camp Trek Suitable For?

Many travellers wonder whether the Everest Base Camp Trek is suitable for beginners. While previous trekking experience can be helpful, it is not essential. Anyone with a good level of fitness, determination, and adequate preparation can successfully complete the journey.

The trek is ideal for adventure seekers, nature lovers, photographers, and travellers who want to experience the Himalayan region beyond traditional sightseeing. Daily walking distances are manageable when taken at a steady pace, and the itinerary includes important acclimatisation days to support a safer and more comfortable trekking experience.

Preparing with regular walking, hiking, cardiovascular exercise, and strength training before arrival can significantly improve your trekking experience and help you enjoy every stage of the adventure.

Best Time To Trek EBC

The best time to trek to Everest Base Camp Trek is during the spring (March to May) and autumn (September to November) seasons. During these times, the weather is stable, the skies are generally clear, and the moderate temperatures make it comfortable for trekking. In spring, the hills come alive with blooming rhododendrons and other wildflowers, adding beauty to the landscape. Autumn offers crisp, clear views of the mountains after the monsoon season has cleared the air of dust and pollution.

It's better to avoid trekking during the monsoon season, from June to August, because there's a lot of rain. The trails can become muddy and slippery, which makes walking difficult. Also, it's not a good idea to trek in winter, from December to February, because it gets very cold. The high mountains can be very challenging in winter, and some teahouses may be closed.

Difficulty Level

The Everest Base Camp trek is moderately challenging. You must make your way through diverse terrain continuously uphill and downhill. Also, a continuous hike of about 5 to 7 hours is necessary. The altitude increases gradually but can reach over 5,000 meters at times. One of the significant challenges is high altitudes, which can cause altitude sickness. The trek covers a total distance of about **130 kilometers**. So, it's a long journey that requires endurance.

However, most reasonably fit people can complete the trek with proper preparation. It's important to go slowly and steadily to acclimatize to the altitude. Experienced guides and Sherpa helpers are available along the route to provide support and guidance. Teahouses are also available for accommodation, making it easier to rest and recover each day.

Acclimatization

Acclimatization is the process of the body adjusting to changes in altitude and the reduced oxygen levels found at higher elevations. It's crucial for trekkers and climbers heading to high-altitude destinations like Everest Base Camp. Proper acclimatization helps to avoid altitude sickness and ensures a safer and more enjoyable journey.

But how can you acclimatize? Here are some basic tips you can include for proper acclimatization:

- Increase elevation slowly, allowing the body to adjust to higher altitudes.
- Drink plenty of fluids to help regulate body functions and cope with dehydration caused by dry mountain air.
- Take regular breaks and avoid overexertion to minimize fatigue and stress on the body.
- During acclimatization hikes, ascend to higher elevations during the day and return to lower altitudes to sleep.
- Monitor yourself and fellow trekkers for signs of altitude sickness and respond promptly if symptoms appear.

Packing List

- Warm, insulated jacket
- Waterproof and windproof jacket
- Fleece or down jacket
- Trekking pants (convertible to shorts)
- Thermal base layers (tops and bottoms)
- Moisture-wicking hiking shirts
- Woolen or synthetic hiking socks
- Sturdy, waterproof hiking boots
- Hat or beanie for warmth
- Gloves or mittens
- Sunglasses with UV protection
- Headlamp or flashlight with extra batteries
- Trekking poles (optional but helpful)
- Sleeping bag suitable for cold temperatures
- Daypack or backpack
- Water bottles or hydration bladder
- Personal toiletries and medications
- Sunscreen and lip balm with SPF
- First aid kit
- Camera or smartphone for capturing memories

Frequently Asked Questions

Do I need previous trekking experience to do the Everest Base Camp trek?

Previous trekking experience is not mandatory for the Everest Base Camp trek. However, being physically fit and prepared for the challenges of high-altitude trekking is important.

Is it mandatory to hire a guide, or can I trek independently?

According to Nepal Government regulations, hiring a licensed guide is mandatory for trekking in certain regions, including Everest Base Camp. Guides ensure safety, provide local knowledge, and support in emergencies, enhancing the trekking experience.

What permits do I need to trek to Everest Base Camp, and how do I obtain them?

To trek to Everest Base Camp, you need two permits: the Sagarmatha National Park Entry Permit and the Khumbu Pasang Lhamu Rural Municipality Entrance Permit. These permits can be obtained through registered trekking agencies in Kathmandu or at the park entry points.

Is travel insurance necessary for the Everest trek?

Travel insurance is highly recommended for the Everest Base Camp trek. It should cover emergency medical evacuation, trip cancellation, and medical expenses in case of accidents or altitude-related issues.

How can I prevent altitude sickness in the EBC trek?

To prevent altitude sickness, ascend gradually, stay hydrated, and acclimatize properly by taking rest days. It's crucial to descend if symptoms worsen despite preventive measures.

How long does the Everest Base Camp Trek take?

The standard Everest Base Camp Trek generally takes between 12 and 16 days, depending on the itinerary, acclimatisation schedule, and weather conditions. This 15-day itinerary provides sufficient time for gradual altitude adjustment and a more enjoyable trekking experience.

What is the highest point of the 15 Days Everest Base Camp Trek?

The highest point reached during the 15 days Everest Base Camp Trek is Kala Patthar at 5,545 metres (18,192 feet). This viewpoint offers some of the most spectacular close-up views of Mount Everest and surrounding Himalayan peaks.

Is altitude sickness common during the Everest Base Camp Trek?

Altitude sickness can affect trekkers at higher elevations. Proper acclimatisation, hydration, steady pacing, and following guide recommendations help reduce the risk. The itinerary includes acclimatisation days designed to support safer trekking at altitude.

What fitness level is required for the Everest Base Camp Trek?

A moderate level of fitness is recommended. Trekkers should be comfortable walking for several hours daily on uneven terrain while carrying a daypack. Regular training before the trek can significantly improve comfort and endurance.

Address

Nepal Base Camp Treks Pvt. Ltd

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal