



info@nepalbasecamptreks.com
[+977-9851111874](tel:+977-9851111874)

16 Days Everest Base Camp Trek

URL: <https://nepalbasecamptreks.com/trip/16-days-everest-base-camp-trek/>

Trip Code

NBT 007

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu / Kathmandu

Duration

16

Per Person From

USD 1,650

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

5-7 Hours

Transportation

Both way Domestic Flight

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

Embark on an extraordinary Himalayan adventure with the 16 Days Everest Base Camp Trek, a journey that combines spectacular mountain scenery, authentic Sherpa culture, and unforgettable high-altitude experiences.

Following the legendary Everest Base Camp Trek route, you'll explore vibrant mountain villages, ancient monasteries, and breathtaking viewpoints before reaching the base of the world's highest peak. With additional time for acclimatisation and exploration, this itinerary offers a rewarding and comfortable trekking experience.

16 Days Everest Base Camp Trek Highlights

- 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 16 Days Everest Base Camp Trek?

The 16 Days Everest Base Camp Trek is designed for travellers seeking a more complete Everest region experience. In addition to reaching Everest Base Camp, this itinerary includes extra time for acclimatisation, cultural exploration, and sightseeing around Kathmandu Valley. The additional days help create a more relaxed trekking pace while allowing you to enjoy the journey without feeling rushed.

One of the key advantages of this itinerary is the opportunity to visit Nagarkot and Bhaktapur after completing the trek. These destinations showcase Nepal's rich cultural heritage and provide spectacular Himalayan views, creating a rewarding combination of adventure and cultural discovery.

The Everest Base Camp Trek remains one of the world's most celebrated trekking experiences, offering breathtaking mountain scenery, meaningful cultural encounters, and the unforgettable achievement of standing at the base of Mount Everest.

Trip Overview

The 16 Days Everest Base Camp Trek is one of the longest itinerary days of trekking adventure for the base camp. It takes you to the foot of the highest mountain in the world, Mount Everest. Taking this trail, you will navigate diverse landscapes, rugged terrain, and breathtaking views of snow-capped mountains. Throughout the trail, you will see amazing views of tall peaks like Mount Everest, Nuptse, Lhotse, and Ama Dablam.

Passing through Khumbu region, the base camp stands at **5346 meters**. The highest point of the trek is 5545 meters at Kalapatthar. The trail is not just popular for the natural scenery it offers. You will also have a huge chance to immerse in the deep Sherpa culture and traditions. You can also visit ancient monasteries and walk many trails and ridges adorned with prayer flags.

Trekking during spring and autumn is perfect for seeing the best surrounding views. *Furthermore, this trek welcomed all the trekkers, from novice to experienced.* Are you planning for 16 Days Everest Base Camp Trek? If so, Nepal Base Camp Treks are here for you. Make a booking with us and enjoy the beauty of Nepal Himalayas without any worries.

Trip Itinerary of 16 Days Everest Base Camp Trek

- 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 Deoboche 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: In Kathmandu for a sightseeing tour at places of interest.
- Day 16: 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 pick you up. They will transfer us to our hotel located in central Kathmandu. After checking in and freshening up, we will meet with the group for a briefing on our upcoming 16-day Everest Base Camp trek. In the evening, we will enjoy a delicious dinner at a local Nepalese restaurant.

Highest Altitude:

Kathmandu (1300 m / 4265 ft)

Meals:

Welcome Dinner

Accommodations:

International Guest House at Kathmandu

Day 02: In Kathmandu with optional sightseeing tour and trek preparation.

Today is a free day for us in Kathmandu. We can take a half-day sightseeing tour of Kathmandu's UNESCO World Heritage Sites. It includes Swayambhunath (Monkey Temple), Pashupatinath Temple,

Boudhanath Stupa, or Kathmandu Durbar Square. This tour will introduce us to the rich cultural heritage of Nepal. The rest of the day is to prepare for the trek to Everest Base Camp.

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 will take a thrilling flight to Lukla from Kathmandu early in the morning. During the 30-minute flight, we will see awe-inspiring views of the Himalayan peaks. Upon landing at Lukla, we will begin our trek towards Monjo village. The trail initially descends through Sherpa villages and lush forests of rhododendron, pine, and oak trees, following the Dudh Kosi River. We will finally end our first day upon reaching Monjo.

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 will be a challenging day as we trek towards Namche Bazaar. We will start by entering Sagarmatha National Park near Monjo. The trail ascends gradually alongside the Dudh Kosi River. It offers occasional views of snow-capped peaks like Thamserku and Kusum Kanguru. After crossing several suspension bridges, including the famous Hillary Suspension Bridge, we will embark on a steep climb that leads us to the bustling streets of Namche Bazaar.

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

Today is set aside for acclimatization in Namche Bazaar to ensure our bodies adjust to the increasing altitude. We plan to hike to Everest View Hotel (3,880 m), which offers panoramic views of Everest, Lhotse, and Ama Dablam. Optionally, we will visit Khumjung and Khunde villages, including a visit to Khumjung Monastery, which houses a revered Yeti scalp. Continuing to Khunde, we will explore the Khunde Hospital, established by Sir Edmund Hillary. After exploring these cultural landmarks, we will descend 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 06: Trek to Deboche (3,760 m/12,335 ft) via Thyangboche Monastery (3,867 m/12,687 ft)

Leaving Namche Bazaar, we will ascend towards Namche Ridge, offering excellent views of Everest and Ama Dablam. The trail will then descend to Phunge Tenga for lunch, crossing the Dudh Kosi River. Continuing uphill through dense rhododendrons and pine forests, we will reach Thyangboche Monastery. Thyangboche, surrounded by lovely green woods, holds an important, colorful festival Mani-Rimdu, every year in the month of October. With the visit to the monastery, a short walk downhill brings you to an isolated spot in Deboche.

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)

Today's trek will begin with a descent to the Imja River, crossing a suspension bridge. We will continue through open landscapes where tree lines diminish, providing panoramic views of mountains like Ama Dablam and Island Peak. After a gradual ascent, we will reach Pangboche, the last permanent settlement

before Everest Base Camp. Continuing uphill, we will arrive in Dingboche, located in a wide Imja Valley with stunning views of the surrounding peaks.

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, we will rest in Dingboche to get used to the high altitude before continuing our trek. We might go on a short hike to Chhukung (4,730 m), which offers impressive views of peaks like Lhotse and Island Peak. This helps us adjust to the altitude while enjoying the beautiful scenery of the Khumbu region.

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

Leaving Dingboche, we will ascend to a steep ridge with stunning views of Taboche Peak and Cholatse. Continuing along the lateral moraine of the Khumbu Glacier, we will pass through Thugla (Dughla) and see memorials of climbers. A steep climb to Thugla Pass (4,900 m) will reward us with panoramic views of Pumori and other peaks. Descending to Lobuche, we will settle for the night amidst the tranquil landscape.

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 marks the highlight of our trek as we set out for Everest Base Camp. We will follow a trail that winds through rocky moraines and across the vast Khumbu Glacier, with occasional steep climbs. Arriving at Base Camp, we will see towering peaks and the immense Khumbu Icefall, a surreal and awe-inspiring sight. After soaking in the experience and capturing memories, we will trek back to Gorakshep for an overnight stay amidst the Himalayan wilderness.

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)

We will hike up to Kalapatthar early in the morning, the highest point of our trek, for breathtaking sunrise views of Everest, Nuptse, and Changtse. Descending to Gorakshep for breakfast, we will continue towards Pheriche, descending through Thugla and the scenic Imja Valley. Pheriche offers a tranquil setting surrounded by mountains, where we will spend the night.

Trek Distance:

14 km / 8.6 mi

Trek Duration

7-8 Hours

Highest Altitude:

Kalapatthar (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)

Walk leads on the easy path with a short climb and descend to Pangboche village and then on the same route from Pangboche onward to reach scenic Thyangboche Monastery, allowing you with more time on this beautiful spot for more views, from Thyangboche walk downhill to a river with uphill for an hour, and then with 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 13: Namche Bazaar to Lukla (2,860 m/9,383 ft)

Today is our final day of trekking, retracing our steps back to Lukla. We will follow the familiar trail through Phakding and Monjo, crossing several suspension bridges over the Dudh Kosi River. Passing through picturesque Sherpa villages and enjoying the scenic landscapes one last time, we will arrive in Lukla. Here, we will celebrate the successful completion of our trek with the local Sherpa community.

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 visit to Nagarkot (2,175 m / 7,136 ft)

After an early breakfast, we take a scenic **morning flight back to Kathmandu** from the nearest mountain airstrip from Lukla. Upon arrival at **Tribhuvan International Airport**, our representative will meet you and assist with the **drive to Nagarkot**, a serene hilltop village just 32 km east of Kathmandu.

The drive to Nagarkot takes approximately **1.5 to 2 hours**, offering beautiful countryside views and a refreshing change of pace. Situated at an elevation of 2,175 meters, **Nagarkot** is famed for its panoramic Himalayan vistas, including **Mount Everest** and other major peaks of the eastern range on clear days.

Upon arrival, check into your hotel and enjoy some leisure time. In the evening, don't miss the spectacular **sunset view over the Himalayas**, a truly unforgettable experience.

Overnight stay at a hotel in Nagarkot.

Trek Distance:

32 km / 20 mi (Drive to Nagarkot)

Trek Duration

1.5 Hour (Drive)

Highest Altitude:

Nagarkot (2,175 m / 7,136 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Viewpoint at Nagarkot

Day 15: Drive back and Sightseeing tour of Bhaktapur City on the way back

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, Lunch, and Dinner

Accommodations:

Botique Hotel at Kathmandu

Day 16: International departure

Our adventure in Nepal comes to an end today. After breakfast at the hotel, we will transfer to Tribhuvan International Airport for our departure flight. With fond memories of the Himalayan trek, cultural experiences, and breathtaking landscapes, we bid farewell to Nepal and embark on our journey homeward bound.

Meals:

Breakfast

Inclusions In the 16 Days Everest Base Camp Trek Price

- Private Transportations (Hotel-Airport-Hotel)International/Domestic in Kathmandu
- 3 Nights Hotel accommodations (star***3) with breakfast in Kathmandu
- 1 Night Hotel accommodations on Nagarkot at Hotel Viewpoint
- 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 1,690
3 - 5	USD 1,670
6 - 9	USD 1,650
10 - 14	USD 1,620
15 - 19	USD 1,600
20 - 30	USD 1,560

An Iconic Route For Everest Trek in Nepal

We begin our trek to Everest Base Camp by flying from Kathmandu to Lukla. The flight will show us beautiful views of the mountains, getting us ready for our adventure. After landing at Lukla's small airport, we walk towards Everest Base Camp. We pass through villages like Phakding and Monjo, where Sherpa people live surrounded by big mountains. Along the way, we see old monasteries and busy farms.

As we go higher, we reach Namche Bazaar, a busy town where we take a day to get used to the higher altitude. Then, we continue to Tengboche. Navigating through diverse terrain and uphill and downhill, we will finally reach the Everest Base Camp. Upon reaching there, we see the beautiful surrounding views and capture the moment. Then, we finally walk back down the same path.

The next day's trek takes us to the trek's highest point, Kalapatthar. This can be one of the most challenging parts of the overall trek. Finally, our trek back to Kathmandu starts here. We descend following the same path, passing Tengboche, Namche, and finally reaching Lukla. Finally, we flew back from Lukla to Kathmandu. Finally, our journey ends here with lots of memories and adventures.

The Popularity of EBC Trek in Everest Region

Everest Base Camp

The Everest Base Camp trek is popular because it leads to the base of the world's highest mountain, Mount Everest. Reaching this iconic destination is a dream for many adventurers, providing a sense of accomplishment and an opportunity to stand in the shadow of Everest.

Well-developed Trails

The route to Everest Base Camp is well-developed and clearly marked, making navigation easy for trekkers. The trail infrastructure includes numerous teahouses and lodges that offer meals and accommodation, ensuring a comfortable journey.

Rich Sherpa Culture and Tradition

The trek passes through Sherpa villages, allowing trekkers to experience the rich culture and traditions of the Sherpa people. Visits to monasteries and interactions with locals provide deep insights into their way of life, adding a cultural dimension to the adventure.

Trekking for All

The Everest Base Camp trek is moderately difficult, making it accessible to many people with a reasonable fitness level. While the trek is challenging due to the high altitude and long distances, it doesn't require technical climbing skills. Thus, it is suitable for both seasoned and beginners.

The Views and Scenic Route

The trek offers stunning views of the Himalayas. You can see famous peaks like Lhotse, Nuptse, and Ama

Dablam. Meanwhile, the scenic route takes you through diverse landscapes, from lush forests to high-altitude deserts.

What Makes the Everest Base Camp Trek a Bucket-List Adventure?

The Everest Base Camp Trek attracts adventurers from across the globe because it combines natural beauty, cultural immersion, and personal achievement in a single journey. Every day presents new experiences, from crossing suspension bridges above rushing rivers to walking beneath some of the highest mountains on Earth.

Trekkers have the opportunity to explore traditional Sherpa villages, visit centuries-old monasteries, and witness spectacular views of Everest, Lhotse, Nuptse, Ama Dablam, and other iconic Himalayan peaks. The sense of accomplishment gained upon reaching Everest Base Camp and Kala Patthar makes this adventure one of the most rewarding trekking experiences available.

Beyond the scenery, the journey offers a deeper connection to the Everest region's history, culture, and mountaineering heritage, creating memories that last a lifetime.

Expedition Possibilities To Cherish

Besides being mesmerized by taking in the breathtaking visuals of the Everest Base Camp, you will get ample scope to set out on other challenging treks.

This super 16 days Everest Base Camp Treks journey package includes awe-aspiring views of:

- **Mount Everest (8,848m)**
- **Mt. Lhotse (8,518m)**
- **Mt. Nuptse (7,855m)**
- **Mt. Khumbutse or Lho-La (6,036m)**
- **Mt. Lingtren (6,749m)**
- **Mt. Changtse (7,583m)**
- **Mt. Pumori (7,161m)**
- **Mt Ama- Dablam (6,812m)**
- **Mt. Kangtenga (6,782m)**
- **Mt. Thamserku (6,623m)**
- **Mt Kongde (6,011m)**
- **Mt. Kusum Khanguru (6,373m)**
- **The Sacred peaks of Mt. Khumbi-La (5,761m)**

Exploring the 5th highest range of Mt. Makalu (8,463m), and other popular peaks like Imjatse or Island Peak (6,160m), Mt Lobuje (6,119m), and Mt. Pokhalde (5,806m) are also included!

Essential Preparation for the Everest Base Camp Trek

Preparing for the 16 days Everest Base Camp Trek begins well before arriving in Nepal. Building cardiovascular fitness, improving endurance, and practising long walks or hikes can help make the journey more enjoyable. Travellers should also invest in quality trekking gear, including sturdy hiking boots, layered clothing, and appropriate cold-weather equipment.

Proper hydration, acclimatisation, and following guide recommendations play an important role in supporting a safe trekking experience. Arriving prepared allows you to focus on the incredible scenery, cultural experiences, and personal achievement that make this adventure so memorable.

What Permits Are Necessary?

Sagarmatha National Park Entry Permit

This permit is necessary because the Everest Base Camp trek falls within the Sagarmatha National Park. You can obtain the Sagarmatha National Park Entry Permit at the Nepal Tourism Board office in Kathmandu or directly at the park entrance gate in Monjo. The cost may vary:

- Foreign national: 3000 per person
- SAARC: 2000 per person

Khumbu Pasang Lhamu Rural Municipality Entrance Permit

This permit is necessary to enter the Khumbu region beyond Monjo village. It includes popular villages like Namche Bazaar, Tengboche, Dingboche, and Gorakshep. You can obtain the Khumbu Permit in Lukla upon arrival or at the entrance gate in Monjo village. The permit costs NPR 2,000 (approximately USD 20) per person.

Who Is the 16 Days Everest Base Camp Trek Suitable For?

The 16 Days Everest Base Camp Trek is suitable for anyone with a good level of fitness, a positive mindset, and a desire to experience the Himalayas. While previous trekking experience can be beneficial, it is not a requirement for completing the journey successfully.

This itinerary is particularly appealing for travellers who prefer a more gradual pace, allowing extra time for acclimatisation and exploration. The trek is ideal for adventure seekers, nature enthusiasts, photographers, and those looking to experience the unique culture and traditions of the Khumbu region.

With proper preparation, guidance, and determination, many first-time trekkers successfully complete this remarkable Himalayan adventure each year.

Best Season To Trek

The best seasons for trekking to Everest Base Camp is Spring (March to May) and Autumn (September to November). During these months, the weather is clear and stable, offering excellent visibility of the breathtaking Himalayan peaks. The days are sunny and cool, perfect for hiking without extreme cold or snow. The trails are also less muddy, making walking easier and safer. This period is peak season, so expect more trekkers and lively tea houses along the route.

Avoid trekking in the monsoon season (June to August) due to heavy rain that makes trails slippery and views obscured by clouds. Winter (December to February) is very cold, with harsh conditions at higher altitudes, including the risk of heavy snowfall and limited facilities. Spring (March to May) is another good time to trek, with warmer temperatures and blooming rhododendrons, though trails can be dusty and crowded.

Trek Difficulty

Trekking to Everest Base Camp is challenging because of high altitudes and rugged terrain. The trails often go up and down steep hills, which can be tiring and tough on your legs. Altitude sickness is a risk as you go higher, causing symptoms like headache, nausea, and dizziness. *Going slowly and acclimating to the altitude is important to reduce the chances of getting sick.*

Weather can also be a factor, with cold temperatures and occasional snow even in the best seasons. The trek requires good physical fitness and stamina, as you may walk for several hours daily. However, with proper preparation and a gradual approach, many people of different ages and abilities complete the trek to Everest Base Camp.

Tips For Safe Trek and Travel

- Pack warm clothes, sturdy shoes, and essentials like water and snacks.
- Drink plenty of water to prevent altitude sickness and stay energized.
- Pace yourself while trekking to avoid exhaustion and altitude problems.
- Rest if you feel tired or unwell to avoid overexertion.
- Stick to marked paths to stay safe and avoid getting lost.
- Be aware of changing conditions and carry appropriate gear.
- Inform someone about your plans and carry a charged phone or communication device.
- Be mindful of customs and traditions to show respect and avoid misunderstandings.

Frequently Asked Questions

Is acclimatization important during EBC treks?

Acclimatization is crucial for Everest Base Camp. The air gets thinner as we ascend. It can lead to altitude sickness if you climb too quickly. Taking rest days, staying hydrated, and ascending slowly helps your body adapt to the lower oxygen levels, reducing the risk of altitude-related illnesses.

Is travel insurance necessary for trekking to Everest Base Camp?

Yes, travel insurance is highly recommended for trekking to EBC. It can cover emergency medical evacuation in case of altitude sickness or other injuries, medical expenses, trip cancellations, and lost or stolen belongings.

Do I need prior trekking experience to trek to Everest Base Camp?

While prior trekking experience is helpful, it's not strictly necessary for Everest Base Camp. We need a good level of physical fitness to endure the diverse uphill and downhill and the unpredictable weather conditions.

Can I go to the Everest Base Camp trek without a guide?

Hiring a guide for trekking to Everest Base Camp is recommended, especially for first-time trekkers or those unfamiliar with the region. A guide provides local knowledge of the trails, helps with navigation, ensures safety, and can assist in case of emergencies.

What are the main attractions of trekking to Everest Base Camp?

Trekking to Everest Base Camp offers stunning panoramic views of the world's highest peak, Everest. Other attractions include:

- Namche Bazaar
- Tengboche Monastery
- Sherpa culture and villages
- Khumbu Glacier
- Sagarmatha National Park
- Stunning Himalayan landscapes

Why choose a 16-day Everest Base Camp itinerary?

A 16 days Everest Base Camp trek itinerary allows more time for acclimatisation, cultural exploration, and recovery. It provides a balanced trekking experience while reducing the pressure of a tighter schedule.

What is the highest altitude reached during the trek?

The highest point of the trek is Kala Patthar at 5,545 metres (18,192 feet). This viewpoint offers some of the best panoramic views of Mount Everest and the surrounding Himalayan peaks.

How physically demanding is the Everest Base Camp Trek?

The trek is considered moderately challenging. Trekkers should be prepared for several hours of walking each day on varied terrain while gradually gaining altitude.

What makes this itinerary different from shorter Everest Base Camp treks?

This itinerary includes additional time for acclimatisation, a visit to Nagarkot for Himalayan sunrise views, and a cultural excursion to Bhaktapur, creating a more comprehensive Nepal experience.

Address

Nepal Base Camp Treks Pvt. Ltd

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal