



Trip: Everest Base Camp Trek

Url: <https://www.megaadventuresintl.com/trip/everest-base-camp-trek/>

Overview

Total 16 days trip from Kathmandu to Kathmandu. Start after your arrival in Kathmandu. Final preparation and take a adventurous flight to Lukla, commence point of your trek . Total 8 days from lukla to Everest Base Camp including 2 different acclimatization day in Namche (3,440 m) and Dingboche (4,410). 3 days while coming Down back from Base camp to Lukla. Almost 62 miles of coverage in total . Each day 5-8 hours walking, ascending and descending different hills, crossing suspension bridge in every next corner, walking inside pine, oak and rhododendron forest, crossing Glacier river, moraine and boulder . Find yourself among the high mountains, feeling tired and ecstasy at once. Hot shower, WiFi internet services, warm dinning and cozy room makes your trip more comfortable, whereas different types of coffees, soups, healthy and hygienic food will boost your energy to gain your ultimate goal.

Highlights of the trek

- One of the most adventure flight in the world.
- The scenery of world's most spectacular mountains.
- Unique cultures and lifestyle of legendary Sherpa's.
- Follow the footsteps of renowned climbers; Tenzing Norgay Sherpa, Sir Edmund Hillary.
- Discovering some of the old and famous monasteries in the lap of mountains.
- Searching the mysterious and mythical snowman Yeti.
- Years old mani stone, engraved with Tibetan Buddhist prayers.
- Challenging hikes to Kalapathar, Nagakarshang, and Everest Base camp trekking in less oxygen.
- Flora and Fauna inside Sagarmatha National Park, listed by UNESCO.

Arrival City Kathmandu

Departure City Kathmandu

Price Per Person

\$1,750.00

Duration 16

days

Trekking Days 12

days

Difficulty Medium-Hard

Max Elevation 5555m/18225ft

Primary Activities

Trekking

Best Season March, April, May, September, October, November

Trip Route

Kathmandu- Lukla, Phakding-Namche, Khumjung-Tengboche-Dingboche- Lobuche- Gorakshep, EBC- Kalapathar, Pheriche- Namche- Lukla

Includes

- All necessary airport arrival departures.
- 4 nights hotel in Kathmandu with bed and breakfast plan.
- Flight fare from Kathmandu – Lukla- Kathmandu for members.
- Flight fare from Kathmandu- Lukla- Kathmandu for guides.
- Domestic airport departure taxes.
- Full board tea house trekking cost with breakfast, lunch, dinner & accommodation / you

can order your meal from the menu as much as you like but over ordering and wasting food is not allowed.

- Water Purification liquid during trekking.
- English speaking trekking guide and his salary.
- Porter to carry luggage during trekking.
- Trekking permit.
- Sagarmatha national park permit.
- City tour transport, tour guide, entry permit in Kathmandu as per itinerary
- Insurance for Nepali staffs.
- Government Tax and Vat

Excludes

- Lunch and dinner in Kathmandu (expect Farewell dinner)
- Boiled water, beverages and alcoholic drinks.
- Emergency medical evacuation.
- Tips for staffs.
- Personal expenses and extra services beyond itinerary.

Itinerary

- Days 01 : Arrival in Kathmandu (1400m/4600ft)
Mega Adventures representative will pick up you in the airport and to the transfer the hotel. Your trip manager meet you in the hotel for entire trip briefing.

- Days 02 : City tour and final preparation day before leaving your trek.
In the morning after having breakfast we begin tour around Kathmandu with professional English speaking guide. During the day you will cover some of the major historical and religious, world heritage sites;

Swoyambhunath –“the Self Existing One’. The oldest Buddhist stupa of Nepal situated in the small hill, from where you can see the nice view of Kathmandu valley. Historian believes that it is the oldest history of Kathmandu. No sooner you enter the periphery of Swoyambhunath you will see the monks, chanting religious words and monkeys chattering and hanging around the different temple and trees. It is also known as monkey temple, especially given by the tourist.

Bouddha nath Stupa: the ancient stupa of Boudhnath is one of the biggest Buddhist stupa of Nepal, situated in the northern part of Kathmandu valley, which is one of the trading routes of Nepal with Tibet in ancient time. Tibetan merchants used to take rest and offers praying in this place during their trading time. Later when Tibetan refugees enter Nepal in 1950s, most of them decided to stay around the same place. Even now most of the monk in Boudhanath is from Tibet. Around the stupa you can see some Buddhist painting school of traditional paints “Thangka”.

Pashupatinath Temple: Pashupatinath the national deity of Nepal is one of the most significant Hindu temples of Lord Shiva in the world, located on the banks of the Bagmati River in the eastern part of Kathmandu. The word Pashupatinath is derived from three Sanskrit words: “pashu” means organism, “pati” means protector, and “nath” means Lord. Hence in hindu mythology Pashupatinath means protector and Lord of all living things. The bank of Bagmati River is the cremation center of Hindu dead body. Where you can see the cremation process of Hindu people. Beside this you can see the color full sadhu ‘the holy devotee of Lord Shiva’ around the periphery of temple.

After sightseeing, final preparation for trekking. Trekking guide will check your final gear list. If anything is missing will assist you to hire or to buy around Thamel and give the final instruction for next day.

- Days 03 : Fly to Lukla (2860m/9383ft) and trek to Phakding (2650m/8695ft) –total 3 hours walking . Lunch @ Phakding.
Early morning fly to lukla – 30 minutes flight . Meet your porters, re manage your luggage, have your breakfast, refill your water bottles and start to walk towards phakding. Trail run form the right side of Dudhkoshi river, crossing different villages , holy mani walls, praying flags, and suspension bridges . Total 3 hours walking . Lunch @ Phakding.
Overall flat and gentle descending. (Easy day)
- Days 04 : Phakding to Namche (3440m/11286ft) – Around 6-7 hours walking. Lunch @ Jorsalle
Today is little bit long walking day. We continue walking along the bank of Dudh Koshi River, on the way you will pass different lodge, local bhattis (porter rest house) the trail climb up to Toktok village and continue steep climb after the village3 you will see the magnificent glimpse of Thamserkue Peak (6608m). Within one and half hour from Phakding you will be in village called Benker, where you can see the enough lodge for trekkers. Continue walking from Benker on the way you can see the forest of rhododendron and fir. The trail goes steep from chumoa to Monjo. Monjo is a nice village with lodge and local houses. You can see gompa, school and vegetables fields. Just above the Monjo village there is check point of Sagarmatha National Park. Guide will arrange all entry process in national park office. Now the trail descend down, cross the suspension bridge, gentle walking to Jorsalle. Lunch at Jorsalle . After Jorsalle re- cross the Dudhkoshi River over suspension bridge and follow the river bank. Slightly up few step and cross the high suspension bridge over Dudh koshi. Namche is yet 2 hours far from you, where the walk is little bit tough. It is Zigzagging ascent through the pine forest. Never rush while going up; in every step you are gaining the height, so there is a risk of altitude sickness. Climb slowly and drink enough water. 7-8 hours walking
- Days 05 : Namche – acclimatization – Hike up to Khumjung valley (3970m/1324ft) and back to Namche
Today is our acclimatization day in Namche. To adjust with high altitude and to avoid the AMS in further trail acclimatization is require for every trekkers, those who wants to conquer their goal safely. We hike to Everest View hotel to Khumjung Village– the green valley, not because of tree but because of green roof of local houses. On the way we will visit Namche Museum, where you can see the cultural, religious and some facts of mountains and climbers of Everest region. Cross Syanboche airport, the airport in the highest elevation in the world. While going further ahead you will see the breathtaking view of Mt. Amadablam and others mountains. Few minutes further waling you will be in Everest View Hotel, from where you can see the magnificent view of Mount Everest and Lohtse. Slightly descend down to Khumjug valley and visit Sir Edmund Hillary’s school and hospital at Khumjung and walk down to Namche.
- Days 06 : Trek Namche to Debuche (3800m/12467ft)- 6 hours walking
After Breakfast, slowly start to walk towards north leaving the namche back. Trail runs straight through the sloppy hills, somewhere covering with pine and Juniper’s trees. Crossing different mani walls and chortens, you will be in Sansa within 1 hours. From sansa trail gradually down inside the forest of Pine. Cross some smokey tea houses and continue descend few step. On the way you can see the thumb like view of Amadablam. No sooner you cross the suspension bridge; you will be in Phunki Tenga where you will recharge your energy for next steep climb towards Tengboche.
After having lunch, fill up your water bottle and ready to navigate the uphill. While climbing up gradually inside the rhododendren forest, it is as if you are playing a Hide and Seek game with different peaks. Drinks enough water and continue moving slowly, the trails bring you at one of the magnificent place of your trip. Don’t be confuse, towering big mountains in front of you are Mt. Everest (8848m) and Mt. Lohtse.

(8501m). Beside this tengboche offers the breathtaking view of Kwangde (6187m), Twachee (6542m), Amadablam (6812m) Nuptse (7879m), Kangtega and Thamserku. refresh yourself with some german cakes and coffee and Next 15 minutes smooth descending to reach Deboche

- Days 07 : Trek Tengboche to Dingboche (4410m/14468ft) : 5-6 hrs walking
Wake up early in the morning and capture some magnificent view of mountains, have some breakfast, gear up and ready to move towards Dingboche. Gentle flat walk inside the forest leads you to Imja Khola, cross the steel bridge and continues walking up hill towards Pangboche Crossing different stupa along the route; you will be in Pangboche within one and half hour from Tengboche. Pangboche offers enough lodges for trekkers. In the upper part of the village there is oldest Monastery of Khumbu, founded by Lama Sange Dorge in 17th century. Follow the path of Imja Khola, the trail slightly steep up to Somare , have a lunch and continue the trial along with Imja Khola , the trail leads you to the small bridge over Khumbu Khola, cross the bridge and climb around 1 hour, you will be in Dingboche the beautiful village with enough lodges for trekkers. The views are great from Dingboche. You can see Island Peak, Makalu and another face Mt. Amadablam.
- Days 08 : Acclimatization- Hike to Nagakarsang (5090m/16699ft) : 3-4 hrs walking
Acclimatization in Dingboche is mandatory for every trekker as like in Namche. After breakfast, slowly start to scale the Nagakarsang Hill. The view is magnificent from the hill. You can see different glacial lake and some of the best view from Nagakarsang. You can also see the Makalu (8463m) fifth highest mountain of the world. After hiking 2-3 hours up hill you can back down to Dingboche. In the evening explore the Dengboche village.
- Days 09 : Trek Dingboche to Lobuche (4940m/16207ft) . 5-6 hours walking.
We continue our journey from Dingboche through the high alpine region to the conclusion of Loboche and stay overnight. Trail goes just above the Pheriche. The gradually up trail leads you to Dhukla, within 2 hours. Before reaching Dukla you have to cross the small glacial stream. Have short rest and you're your lunch and gain more energy for coming tough walking. The trail is directly up Dukla for about one hour but the magnificent view of Cholatse, Lobuche, Pumori and Nuptse gives you more pleasure. At the top of the ridge you can see the memorials of climbers who lose their life in mountains. First gentle walk, crossing the Khumbu Glacier River and next 45 minutes ascending cross Dukla Pass. Take few minutes to go around and give some tribute to the late legendary climbers. Behold your heart continue walking next 1 hour to warm yourself inside the tea house of Lobuchce. When you are in lobouche you will feel completely different. Symptoms of high altitude may occur on you; drinks enough hot water, noodles and garlic soup.
- Day 10 : Trek to Gorakshep (5164m/16942ft) to Everest Base Camp (5360m/17585ft) and back to Gorakshep : 7-8 hours walking.
As usual after breakfast, start to trek towards Gorakshep. The first section of the trail goes through the narrow gap between the glacial moraine and the mountain wall. After rounding the bend you will the first views of Kala Pathar (5545m). This dark mound of mountains provides the best view of Everest and the massive mountains range. We can see Khumbu Glacier along the way to Gorakshep. After having short rest and lunch in Gorakshep, process towards Everest Base Camp. Though it looks close it takes around 2 hours to reach there. Spend few times @ base camp, take picture of different mountains and giant khumbu glacier and return back to Gorakshep. You can see lots of expedition tent and group in Everest Base Camp during expedition period in spring.
Total 3 hours to Gorakshep next 3 hours continue walk to reach Everest Base camp, after sending 30 minutes back to Gorakshep . 8-9 hours walking

- Days 11 : Early morning Hike up to Kalapathar top (5545m/18192ft) after breakfast trek down to Pheriche (4371m/14340ft) . 7-8 hrs walking.
Early in the morning fill up your water bottle and process towards Kalapathar. The way is straight line up above the Gorakshap along the grassy ridge. With the help of your torch light move continually towards the summit. The more you go up the more you feel cooler. Views are fantastic and breathtaking from the top. It takes around 2 hrs to reach the top. After spending few minutes at the top, the chilling atmospheres push you back down to Gorakshap. Take your breakfast and process down to Pheriche . 7-8 hours walking.
- Days 12 : Trek down to Namche (3440m/11286ft: 6-7 hrs walking.
After breakfast continue walking down to Namche Bazar , leaving behind some majestic mountains that you encountered.
- Days 13 : Trek down to Lukla (2860m/9383ft) : 6-7hrs walking
Today is your last trekking day in the himalaya.After breakfast continue trek down to Lukla. Enjoy evening with your crew members .
- Days 14 : Fly back to Kathmandu
Morning flight back to the Kathmandu city/ relax and rest in the city
- Days 15 : Leisure day in Kathmandu/Buffer day in case of bad weather
Today is the buffer day of your entire trip. Because of bad weather sometimes flight to lukla and from Lukla may cancel, that is why we need at least an extra day.

You can relax, drinks bear, explore the city, go to the massage or barber shop or to laundry, even you can take long day sleep

Evening farewell dinner in Nepali Traditional restaurant with cultural dancing program
- Day 16 : Departure from Nepal.
Here is the end of your life time memorable trip and your long holidays. Our guide will meet you at your hotel for your farewell and arrange a car to drop you to the airport.

Testimonials

Very Good Experience Travelling with Mega Adventures International

I had a very good time with Mega Adventures International team, they are well equipt tour agent in Nepal, I have been using them since 2005. Who would like to travel to Nepal. I would highly recommend using their services and you will never regret traveling with them.

– Bhutan Dragon Adventures, Bhutan

A well Organised EBC Trek by Mega

I just returned from a EBC trek organised by Mega Adventures. It was a life time trip and was excellently organised by Ganesh and his team. We could concentrate on only trekking as because every other thing like Acco, food, etc was fully taken care by them. Special thanks to Maniraj our guide who was our constant companion and in his soft spoken way always kept telling us the do's and don't's.

I would strongly recommend **Mega Adventures International** for a safe and sound trek.

Gautam Mascharak

Tata Steel

– Gautam Mascharak, India

“Trek to Everest Base Camp”

Trek to Everest Base Camp: **Mega Adventures International** was an absolutely stellar company, our guides were friendly and knowledgeable, the trek was hard, and they got us through it. Couldn't have asked for more from Ganesh, Ghanshyam, and the rest – thanks guys!

– Jordan Fitzpatrick, South Carolina- USA

Hike in Nepal

Hike in Nepal: I hired Mega Adventures to arrange a research trip to Khumbu. Everything worked perfect. Nepal showed its beautiful soul for us. Our guide was the best. We became friends and we will come back and do many treks with friends and children!

– 48bjorn, Gothenburg, Sweden

Everest Base Camp Trek

Did Everest base Camp trek with **Mega adventures International**. Great planning with extremely knowledgeable and professional guides. Smooth and safe journey all the way through. Wonderful experience!

– Corey Kreisel, Florida, USA

Trip of a Life Time !!

Trip of a Life Time !! Many of my friends dream of doing the trek that I just returned from. But they worry about not having the support they need in a foreign land under trekking conditions. I can now tell them that they can just focus on the trip if they use the OUTSTANDING guides and staff from **Mega Adventures International**! They can't control the weather but they can make your trip the safest and most certain toward success that is possible. All of us made it to Base Camp, Mt Everest, safe and sound! The guides and porters saw to our ever need (anticipating most of those before asked) and calmly guided us through the challenges presented to us by the Himalaya. We did not have any worries along the way. It was glorious for me to share this with my adult kids.

I would strongly recommend **Mega Adventures International** to anyone traveling to Nepal, Bhutan, and Tibet!

I am working with them to design a worry free trek for my 82 year old mom next Spring!

– Dr.David Fitzpatrick , Charleston, South Carolina- USA

A MEGA Adventures Indeed! Amazing Trip!

A MEGA Adventures Indeed! Amazing Trip! I cannot praise **Mega Adventures Intl.** enough for all the work they did for me and the friends I traveled with to Everest Base Camp. The trail staff were understanding of our limitations and could answer any questions we had (botany, politics, social issues, geology and more), and smiled often- when many others would not. I never felt anything but secure and well cared for. A guide was never more than a shout away, and they ALWAYS came running. The logistics were seamless- we never had to worry about where we would sleep, or if the food was at Western standards. Permits, domestic flights, hotels before and after the trek- we worried and wanted for nothing, so we could focus on the Beautiful Creation around us. I'm not certain how other companies do it, but if they don't do it the Mega Adventures way, I would not consider using them. Everest Base Camp is just ONE of the trips they provide! I am excited to return to see more of Nepal (our head guide Ghanshyam said, “One trip to Nepal is not enough!”), and bring my family. This wonderful company can accommodate any interests, skill level, or scheduling needs. The office staff is friendly and professional. They truly care that you are on the same page and that you are getting the trip you want. If you are researching or considering travelling, touring or trekking in Nepal, **Mega Adventures International**. is exactly who you are looking for.

– Seth_Kuehn, North Carolina, USA

Great Service! Great company !!

Great Service! Great company !! I went to Nepal last year for 3rd time and decided to book for some services with **Mega Adventures International**. They booked my return flight ticket to Lukla

and they also arranged for taxi to go to airport and coming back from airport. Their overall service was very smooth and excellent. I always enjoy travelling in Nepal and one of the main reasons is the warm hospitality from the local people there. And with Mega Adventures, I've made great friends with Dinesh, Ganesh and Ghanshyam. I also would like to thank Manesh for bringing me to Nepal Tourism Board to get my hiking permit. It was really fun to experience riding motorbike in Kathmandu. I hope to visit Nepal again in the future and for sure it's a must to visit them again and to book other activities with them. Dhanyavaad!

– Wah Harun, Kuala Lumpur, Malaysia

A dream come true – Thank you Mega Adventures!

A dream come true – Thank you Mega Adventures! What an Amazing trip!

Mega Adventures is a first class operation. They took care of us from start to finish and made our trip up into the Khumbu (Mt. Everest region) unforgettable. From the first stages of planning (while still at home), picking us up at the Kathmandu airport, showing us around the city, flying with us to Lukla, taking care of all our needs while having our minds blown by the unbelievable scenery, to getting us back to the airport once our Nepal adventures were over. These guys did a fantastic job with every aspect of our trip.

Experienced, knowledgeable, engaging guides and porters. We all became great friends, sharing so many laughs and great times. Their first concern is your enjoyment and safety. It will be impossible to forget these guys.

We stayed at nice, comfortable guest houses. We ate very enjoyable meals and met so many wonderful people along the way.

I can not say enough good things about **Mega Adventures**. We will definitely be using them again on our next trip to the Himalayas.

Thank you **Mega Adventures** !!

– Kevin M, Big Sky, Montana

Great outfit

Took a trip with **Mega Adventures** in April this year after a recommendation from another trekker on the EBC trek we took in Feb. We visited the Langtang region. The staff in the office- Dinesh and Tendi were really helpful, prompt answering my emails and friendly.

The organisation of our trek was tailor made to our specifications and we were happy with the price.

The guide, Chhiri, and the porter, Lakpa, were great guys- experienced, courteous, respectful and funny. They had good equipment and were cognisant to cultural requirements- ours and villagers that we met. All in all, great trip.

Recommended. More than happy to be contacted with any questions.

– Gill G, Western Australia

A wonderful trek in beautiful nature

We went with **Mega Adventures** to Nepal 2016. It was our second trip to this beautiful and friendly country. In 2012 we trekked to Everest Base Camp but this time it was time for a cultural trek to our guide, Chhiri Sherpas, home town – Changba. The friendly staff from MEGA meet us at the airport and we went straight to our hotel in Thamel. When we already had a tour of Kathmandu, 2012, we took the Jeep to our starting point for the trek, Jiri, next day. The trek was amazing together with Chhiri and our porters. The highlight, I double minded, was the walk up to the top of Pikey Peak (4065 m) and the view of the highest mountains in the Himalayas. It was we, as guests, who decided the speed and when we wanted to take a break. The trek went through many different nature scenes – incredibly beautiful. In Changba we met Chhiri's family and friends and spend a couple of wonderful days with them. We shared their everyday jobs and wonderful meals together in the kitchen. In a few days, new friends came to life. The last day the jeep met up and we got a beautiful trip back to Kathmandu. The trek, the people, the food and the nature were quite fabulous. MEGA's staff took great care of us and they learned us a lot about the culture and of the country, Nepal. We can really recommend **MEGA** as an organizer for your trip in Nepal and would you like to contact us to get more about

Nepal and why we can recommend MEGA, MEGA has our contact information. Hope you get a wonderful trip to Nepal.

– Lennart and Helena Berg, Stockholm, Sweden

FAQs

- What is the success rate for your trips?
We have 95% success rate for Everest base camp.
- Can I get single supplement services in Kathmandu and during trekking? What will be the extra cost?
Yes single supplement services are available. You should have to inform us during booking time. The cost for SS is USD 350 per person
- How can I pack my luggage? How much I can carry in the flight? Where to store the extra things in Kathmandu?
First separate the things that you need during trekking and packed it in your duffle bag. Your duffle bag will carry by your porter. Keep your valuable things in your day bag such as wallet, passport, camera, cell phone, money etc which you will carry during the entire trek. Extra things which are not necessary during trekking will store in your hotel safely at Kathmandu. The maximum weight limit to lukla flight is 15 kg including your hand bag.
- In case of bad weather if flight is cancel what will be the alternatives?
If this happen we will try the possible flight of next day also try the chopper flight to Lukla. All the ticket cost will refund if you took a Helicopter flight
- What sort of food can I expect in trekking? Can I get vegetarian food?
Both vegetarian and non vegetarian food is available, but we highly recommend you to have vegetarian food which is more healthy and hygienic. Various continental items are available and you can choose it from the menu. Consult with your guide before ordering the meal, they will suggest you the best.
- Can I order my food or fixed menu?
Yes you can order as per your interest, you may not know the quantity of the dishes so better to consult to your guide before make order.
- Can I get hot lunch or packed?
You can get hot lunch every day.
- What about Drinking water? And where can I get it?
We will provide water purification chlorine drops to purify your water. Your guide will assist you to fill the water bottle. You have to pay extra if you want to pay hot boiled water.
- Is hot shower available on the way?
Bucket hot will serve if you want to take shower. You can take shower in Phakding and Namche while going up. We don't recommend you to take shower in high altitude, above Namche bazaar while going up. You should have to pay extra for your shower, which is around \$3 for each shower.
- Do I need to carry toilet paper myself?
Toilet paper may not be available in every stop, that's why we strongly suggest you to carry your own.
- How many miles have to walk in entire trek?
You will cover 50 miles / 100km from lukla to lukla
- What about if my pace is slower than other trekkers?

There will be always some assistant guide with you can walk in your own pace.

- How can I communicate with my friends and family?
Let us know if you need local sim card for your cell phone when you are in Kathmandu, we will manage it for you. Cell phone covers almost all the way to Base Camp. You can also insert data services in your sim card.
- Can I charge my cell phone and camera on the way?
Most of the place the power source is solar, so the charging ports are only available on the lobby of the tea house. They will charge you (money) while recharging your devices. Better to consult your guide before charging the devices.
- How much extra money required?
We kindly suggest you to bring around USD 300 as extra money. You need extra money to tips, to buy some souvenirs, to use internet services and also for your shower and charging your devices.
- Are there bank on the way? Or can I use my credit card during trekking?
There is a bank in Namche which you can use. But we suggest you to bring extra money from Kathmandu. Credit is not accepted on the way. For extra services beyond the packages cost you need to pay my cash.
- When and how to tips guide and porter?
You can tips guide and porter at the end of trek in lukla. Collect the amount from all the trekkers, better to tips by the group rather than individually.
- What will be the minimum amount of that guides and porter expected as tips?
You can tips guide minimum USD 150 and porter 100 in total.