

Everest Base Camp Trek

<https://www.tmgadventure.com/packages/everest-base-camp-trek/>

Trips Facts

- **Trip Code:** TMG-EB100
- **Group Size:** 1-12 pax
- **Included Meals:**
- **Trip Mode:**
- **Elevation:** 5550m
- **Accommodation:**
- **Transport:** 208
- **Start Point:** Kathmandu
- **End Point:** Kathmandu
- **Best Season:** March, April, May, August, September, October, November

Trip Highlights

- World famous trekking trail
- Mountain life and culture
- Everest Base Camp
- Tengboche Monastery- a very famous buddhist monastery in Khumbu region, Everest
- Namche; a town in the mountain
- Tenzing Hillary Airport Lukla; dare to do adventure

Everest Base Camp Trek is the name of the trekking destination in the world you know it from a search engine, social media, YouTube or most probably from your friends who had already done Everest Base Camp Trek in the previous year. Everest is the highest mountain in the world in which official height is 8,848m from the sea-level. There might be few travelers who are quite unknown about the Everest and the trekking routes in the Everest Region. To know about your trekking routes, please read our details itinerary where we have also mentioned the day-wise photographs of the trekking routes. This might be helpful for you to get closer to your trip details. You can also find lots of resources regarding Everest Base Camp Trek in online publications, papers, or online video channels.

You might have some queries about how it goes in real it's full of adventure. In real experiences, you should do a trek once in your lifetime. After all, this will be in real-time. As being local trekking leaders, for us, in each trekking, we found it in a different way that emerges with the full utmost freedom and exploration. In the trekking time, we every time learn lots of things from nature and our global trekkers. We share our experiences in the Himalayas and also learned lots of things by doing and learning. It might be an inspiration or doing kindness.

This is the fact you have to make in your mind say “YES,” after all, you are heading to Everest Base Camp. You might feel hard doing trekking but the thing is never and ever forget the joy that we are going to find it from the top of the world’s base camp. The towering mountains, Sherpa (local people) lifestyles, and cultures spending some time in nature and beyond it.

Unleash your dream through TMG Adventure; as we are called storyteller from the Himalayas. Trekking to Everest Base Camp Trek will always be the greatest trek of all time.

When you have decided to do the trek in the Everest Region, you should make the least effort to know what it is called in the Sherpa language. It’s called the Khumbu. The Sherpas, who are the locals of the [Khumbu Region](#), are famous in Nepal for their kindness, physical strength, and hospitality. You will always find the Everest Region beautiful because it is loaded with beautiful snow-capped mountains which will attract your eyes and make you say “Wow”.

The region is also the best place to study the Sherpa Culture and the mountain people’s lifestyles. The other treks that you can do in this region are the [Sherpa Culture Trek](#), [Everest Panorama Trek](#), [Jiri to Everest Base Camp Trek](#), [Everest Three Pass Trek](#), [Everest Base Camp via Gokyo Lake](#), [Gokyo Lake Trek](#), [Gokyo Renjo La Trek](#), [Everest Luxury Lodge Trek](#), and [Everest Rolwaling Trek](#) which are [listed](#) in our website. If you are looking to do a [private trek or customize a trip](#) that can be combined or which are not listed on our website. You can send us the inquiry. Our travel planner team is happy to assist your customize trip.

What natural beauties you see during these treks, you will not be able to describe them in words. You will feel this as you stand in front of the mountains, from a stone throw distance. Because of such views, the journey to Everest sticks in the memory of your brain. Every step that you take in this unknown land would be known by your mind as well as by your eyes as you follow your trekking guide as you see the mountains located both near and far from you.

The trekking trail not only takes you to villages, but also to the deep region where you find the mixture of natural beauties besides being in the alpine forest, dotted with rhododendron flowers. The trail becomes uphill and downhill as well as winds and takes you to the famous villages of the Everest Region like [Lukla](#), [Namche Bazaar](#), [Tengboche](#), [Dingboche](#), and, including the religious spots like Stupas, Chortens, Gompas. Most of the time, you will pass by colorful prayer flags.

To start the world’s famous Everest Base Camp Trek, all you have to do is fly to Lukla which you can reach within 30 to 35 minutes. That is the starting point of the trek, and there you will feel the difference within a short flight. The main difference that you will notice is the world’s highest airport, [Tenzing-Hillary Airport](#) as commonly we called it Lukla Airport. The hills surrounding the airport welcome you, feel this as you follow the trekking trail that passes through Sherpa Villages.

Highlights of the Everest Base Camp Trek

You can get a notice or count some of the main highlights of the Everest Base Camp Trek and the numerous mountains you can see on the trekking trail. Some of them are Mt. Thamserku 6623m, Mt. Kongde RI 6,187m, Mt. Ama Dablam 6,812m, Mt. Lhotse 8,516m, Mt. Nuptse 7,861m, Mt. Kusum Kanguru 6,367m, and the world highest mountain The Mount Everest 8848m.

Most of the time, you will follow the Dudh Kosi River, and if you translate its name into English, it becomes the Milk River. You will also be trekking by the Imja River.

When you reach the historical Tibetan Buddhist monastery which is Tengboche Monastery (or Thyangboche Monastery) also known as Dawa Choling Gompa at 3,867m elevation. Tengboche

Monastery is the largest monastery in the Khumbu region, It was built in 1916 by Lama Gulu with strong links to its mother monastery known as the Rongbuk Monastery in Tibet. In 1934 it was destroyed by the earthquake and subsequently rebuilt.

Again in 1989, the monastery was destroyed by the fire, Later on, volunteers and international aid supports to rebuilt. TMG Adventure does have Everest Panorama Trek which leads you up to Tengboche Monastery and descend back. To make Panorama view realities from where you have a view of Himalayan mountains which are Tawache, Everest, Nuptse, Lhotse, Ama Dablam, and Thamserku. Another most awaited spot is Kalapathar, the best viewpoint in the Everest Region, you will be rewarded heavily in terms of Mountains View. From there, you will also have the best sunrise view over Mt. Everest. And you are also in the protected area called the [Sagarmatha National Park](#), a [UNESCO World Heritage Site](#).

Is the Everest Base Camp Trek Difficult?

This question might be raised when you are planning to do Everest Base Camp Trek. The most important thing you need to do is find the best trekking agency and the guide where our trekking guides are leading thousands of trekkers in the Everest region and other trekking destinations. As they are certified and well trained about the high altitude sickness. If you are in a hurry and don't take acclimatization during your trekking, you need to face high altitude sickness, so in our trekking itinerary, we usually do acclimatization in Namche Bazaar and Dingboche. Eating hygiene foods which will be provided by us and drinking plenty of fluids like water and soup will also help you to be fit and fine. Another thing you need to be aware of mountain yaks, in the trekking routes you will encounter with yaks carrying heavy loads. Getting notice about Yaks, please give them space so that yaks can easily pass. Your trekking guide will pass you such kind of information at the time of your trekking. We would like to make a request, if you like to walk a bit fast or like to view some mountains a bit closer, please inform your guide. The guide will lead you to your destination considering the weather and possibilities. It's good to be well prepared to do pre-exercise like morning walk, jogging and maintain fitness.

Accommodation

You will be staying at a 3-star hotel (Value) in Kathmandu on bed and breakfast twin sharing with attached bathroom. During the time of trekking, you will be staying at the best possible Guesthouse/ Mountain Teahouse or Lodge accommodation. In the higher elevation, you will spend your night in a twin sharing room, and you will not find an attached bathroom. If you have any personal requirements regarding rooms or looking for a private room, please write to us about it at the time of booking. Our team is happy to assist you.

Transportation

In your trip cost, we have also included the transportation fare, so that you do not have to pay from your pocket when you are in Nepal. The fare includes pick up from the airport as well as drop off at the airport by the private vehicle As well as other transportation facilities like an internal flight from Kathmandu- Lukla-Kathmandu. You will be seeing us outside the airport holding the name of TMG Adventure when you arrive in Kathmandu- Tribhuvan International Airport. You will transfer to your hotel. One of our company representatives will explain to you about your trip and share the trip plan with you. If we have a couple of times, you are going to visit our office or will explain it to you at your hotel lobby. For more information, please have a look at our "what's included" section.

Meals

In Kathmandu, we will provide you breakfast at your hotel. You are trekking near the mountains, that is, you are trekking at a higher altitude, so your body needs energy, and you will get the energy from the food you eat. The foods that we provide you have the right amount of carbohydrate, protein, and fat. We will provide you these in all three square meals: breakfast, lunch, and dinner with tea/coffee.

Guides

All our trekking guides have done training on how to tackle with altitude mountain sickness as well as how to use the first aid kit. They are also taught to take care of the trekkers 24/7 if they are affected by an altitude mountain sickness or if they are sick during the trek. Emergency evacuation if you need, you will be provided a helicopter. That is the reason why our guides have 24/7 access to TMG Adventure in Kathmandu. Our guides are certified by the Nepal Government.

Travel Insurance

Travel Insurance is a must because you are trekking near the mountains at an altitude of more than 3000 m. You must ensure in your country before coming to Nepal, before starting your trek. Please bring with you a copy of insurance, and your insurance policy must cover the medical expenses, helicopter evacuation from the altitude of 5000 m to 6000 m, and other things related to your health. Please give the copy to TMG Adventure. It will send the information to the insurance company if you use the mountain rescue operation, mentioned above.

Passport and Visa for Everest Base Camp Trekking

Before coming to Nepal, your passport must have the validity of 6 months, and you can put the Tourist Visa 'On Arrival' on your passport at Tribhuvan International Airport in Kathmandu, Nepal. On arrival, the visa procedure is very quick and simple. For more information please visit this site: [Nepal Immigration](#)

On Arrival Visa Fee at Entry points

- 15 Days- \$30
- 30 Days- \$50
- 90 Days- \$125

and you must also bring 4 passport-sized photos. If you are from China or SAARC countries, a free visa will be provided to you.

Trekking Information for Everest Base Camp

Nepal is open for all seasons. You can do a trek and tour in different parts of Nepal. Those who are looking to do the trek in the best season, travelers can pick it from the below ones: The following are the best seasons for trekking in Nepal, and each of these has its charm, the one which is on the top of the list is the best.

- **Autumn Season (September till November)**
- **Winter season (November till February)**

- **Spring season (March till May)**
- **Rainy Season (June till August)**- Those who love green vegetation and the monsoon season can do the trek. It will also be adventurous if you like it. TMG Adventure can operate trekking and tours, We have done lots of trips in our previous record.)

As a trekker, you can do different types of trekking in Nepal, and they have been given below.

- **Tea House Trekking (Guesthouse/Lodge Trek)**
- **Camping**
- **Home Stay**

TMG Adventure listed different types of trekking experiences or styles along with Everest Base Camp Trek. You can find it on our website. To make it easier here are the bunch of lists.

- [Popular treks](#)
- [Restricted treks](#)
- [Charity treks](#)
- [Lake treks](#)
- [Service treks](#)
- [Tailor-made treks](#)
- [National Parks treks](#)
- [Off the beaten treks](#)
- [Short treks](#)
- [Camping treks](#)
- [Family treks](#)
- [Luxury treks](#)
- [Medical treks](#)
- [Teahouse treks](#)
- [New routes treks](#)

Optional Itinerary and Extension Trip

TMG Adventure is always reaching out of the best service to make our travelers happy. In this package you can see optional itinerary section and extension trips; these are optional add-ons or travel choices for you. The company has its own regular itinerary and the cost details too. On the suggestions and consideration of our previous travelers', the company offers beyond it. You can check it properly. At the time of booking, if you wish to extend your holiday doing markup in the optional itinerary and trip extensions (extra add-ons or activities), you can mark it and book it. It depends on your personal choice. Beyond it, we also offer private and customize trips to those who are looking to do it on their own travel requirements. Travelers can send us about the trip information by using our tailor-made trip/ customize trip forms or send us a quick inquiry. One of our travel planners will respond to it.

Walk miles for a good cause

TMG Adventure is not just a tour operator in Nepal but also a contributor for a good cause to our communities and the Himalayas people especially working on behalf of children where are abundant from education. Company work through [FAN](#) (First Act Nepal) It's a team that works purely for our children. Support for their well-being through education providing child sponsorship programs. Assisting them in school uniforms, stationery, and school fees.

TMG Adventure donates a certain amount of its income to FAN annually, and the amount that it donates varies from year to year because the income that it earns also varies from year to year. Sometimes the income of TMG Adventure is high, and sometimes, it is low. Accordingly, the donation is made. As you embark yourself on the Everest Base Camp Trekking, you will be glad to know that you are doing some good and giving back to the community.

TMG Adventure also has a volunteering program, and if you are interested, then you can help these children through this program. For more, you can contact us via email, make a call or visit our office. You can also be a part of encouragement by engaging and sharing your ideas in our project.

Outline Itinerary & Maps

- Day 01: Arrival in Kathmandu (1,300 m/4,264 ft)

Arrive at Tribhuvan International Airport at your best time; we love to wait for you. Don't worry if you are going to arrive there at night; we will come to pick you up. You will be greeted by our representatives and taken to a hotel. There are no activities today; you can relax at your hotel. Thamel is open till midnight; this is the place where your hotel is located. You will find it lively.

- **Accommodation:** 124
- **Meals:**212

- Day 02: Flight Kathmandu - Lukla (2840m) and trek to Phakding (2610m), 5 hours

You know today is the first day of your trekking, and you are excited because you are heading to Everest Base Camp. Lukla will put something new in your brain because you have never landed in such an airport before in your life. After landing, you will be relieved, and as you head to Phakding, you will come across a village called Chaurikharka, this is a popular village, and then you descend to Dudh Kosi Ghat. The length of today's trek is short

compare to the other following days. One of the main highlights of Phakding is **Rimishung Monastery**.

- **Accomodation:** 239
- **Meals:**105
- Day 03: Phakding - Namche Bazaar (3450m), 6 hours

You will trek by the Dudh Kosi River, and this is one of the Kosis, actually, there are seven Kosi Rivers; two of them are Tama Kosi and Soon Kosi. As you are trekking, you are also in the region where there are natural beauties, such as hills and mountains. There are suspension bridges to be crossed, and one of the famous bridges is the Hillary Suspension Bridge. You will be trekking in **Sagarmatha National Park** where there are checkpost and dense forest. You will see Mount Everest, and you will reach Namche Bazaar, the largest Sherpa village of Nepal.

- **Accomodation:** 239
- **Meals:**105
- Day 04: Acclimatization day Namche Bazar (3450m). Optional hike to Khumjung and Khunde village, 4 – 5 hours

Today, you have to acclimatize because tomorrow, you are ascending to a higher altitude. Acclimatization means exploring Namche and its surrounding places, not staying in a hotel room. Hike to Hillary School, also hike to Khunde and Khumjung. Visit the museum to know the culture and tradition of the Sherpa people, including their lifestyles. Visit **Syangboche airport** and hike up to **Everest View Hotel** to see Mount Everest.

- **Accomodation:** 239
- **Meals:**105
- Day 05: Namche Bazaar – Tengboche (3860m), 6 hours

Tengboche is a village; Tengboche is a viewpoint because you will see the fine view of Mount Everest. Others that you see are **Nuptse, Lhotse, and Ama Dablam**. You also see them as you head to Tengboche from the uphill and downhill trekking trails. You will sweat as you walk on these trails, and you might see rare species like Musk Deer, Pheasant, and **Himalayan Thar**. There is an alpine forest to be crossed, and later, you will reach a village called Phunki Thanga. Steep trekking trail takes you to Tengboche; this is where you have to walk and should be looked at it as a final trail.

- **Accomodation:** 239
- **Meals:**105
- Day 06: Tengboche – Dingboche (4,410m), 6 hours

The most famous village that you reach today is **Pangboche** which lies on the way to Dingboche. Other things that lie on the way are **Chortens**, Mani walls, and small villages. It is said that you will see the most fantastic view of **Ama-Dablam**, the world's most beautiful mountain. Following the trekking trail, you will reach **Imja Valley**; the trekking trail walks by the Lobuche River. Walk uphill and downhill. The locals of Dingboche grow barley, **buckwheat, and potatoes**, and the fields where they are grown are surrounded by stone walls.

- **Accomodation:** 239
- **Meals:**105
- Day 07: Acclimatization day at Dingboche

You have to acclimatize because tomorrow, you are ascending to a higher altitude. Acclimatization means exploring its surrounding places, not staying in a hotel room. Walk on the ridge and enjoy the panoramic view of Lhotse. You will also see the beautiful view of Ama- Dablam and Island Peak, a trekking peak. At the same time, you will have an opportunity to see Cho-Oyu and Makalu. When you cast your eyes on the northern side, you will see many snow-covered peaks.

- **Accomodation:** 239
- **Meals:**105

- Day 08: Dingboche – Lobuche (4,910m) 6 – 7 hours

Today, you will see mountains from beginning to end, that is, a whole day. You walk uphill and reach a top hill, and the trekking trail where you walk is a wide valley. You will be walking on glacial moraines, but you are ascending a higher altitude every time, and you will reach a village called Thukla. You will also see the view of Lhotse. You will also come across the burial site of the climbers who died while ascending Mount Everest.

- **Accomodation:** 239
- **Meals:**105

- Day 09: Lobuche - Gorak Shep (5140 m). Afternoon visit to Everest Base Camp (5364m), 8 hours

Today, you are heading the final destination, that is, Everest Base Camp. Walk on the lateral moraine of Khumbu Glacier. When you reach Gorak Shep, you will be surrounded by mountains from all sides. As you head to the Everest Base Camp, you will again come across the burial site of the armies who had lost their lives while ascending Mount Everest Khumbu Glacier that you see is the world's deepest glacier. Take the photos as much as you want, and you will be satisfied.

- **Accomodation:** 239
- **Meals:**105

- Day 10: Gorak Shep - early morning climb Kala Patthar (5550m) – descend back to Pheriche (4240m), 8 hours

Today is one the greatest day of your trekking because you will be heading to Kala Patthar early morning. You start before the dawn and see the view of the sunrise in the mountains like Everest and Makalu. In addition to Goyo-Ri, Kala Patthar is one of the best viewpoints of the Everest Region. From there, you head to Gorak Shep for breakfast, and then you trek to Pheriche.

- **Accomodation:** 238
- **Meals:**105

- Day 11: Pheriche - Namche Bazaar, 7 hours

Trek downhill to Tengboche. The downhill trail passes through the rhododendron and juniper forest. The trekking trail once again takes you to suspension bridges and the Imja Khola, a river. During the springtime, the trail becomes colorful with these flowers. The trail passes through the forest and takes you to Dingboche, and you will reach Tengboche and visit its monastery. This is the most famous and oldest monastery of the Everest Region. you head to Namche Bazaar; the trekking trail to it goes through the forest where you might see like pheasants, musk deer, and mountain goats, and if you are lucky, then you might see rare

snow-leopard. There are steep trekking trails on the way as well as bends.

- **Accomodation:** 239
- **Meals:**105

- Day 12: Namche Bazaar – Lukla, 6 hours

After having breakfast, Enjoy the view of Mount Everest as you trek. You will be walking by the Dudh Kosi River, and you will also reach a village called Jorsale. You trek to Ghat and stop for lunch. Today, you will be most of the time by the Dudh Kosi River. On the way, you will reach several villages like Chumoa, Benkar, Phakding, and Chuthawa. On the way, you will come across the Pasang Lhamu Memorial Gate. Today's trekking trail is easy, but the last part of the trekking trail goes uphill. A good experience to reach Lukla, don't you think so?

- **Accomodation:** 239
- **Meals:**105

- Day 13: Fly from Lukla to Kathmandu

You will fly to Kathmandu on an early morning flight after breakfast. After arriving in Kathmandu, you will head to your hotel. Let us hope that the weather in Lukla becomes fine; so that you can fly in time. Since your hotel is in Thamel, you can visit there to buy gifts for your friends and relatives.

- **Accomodation:** 124
- **Meals:**212

- Day 14: Final Departure

Three hours before your international flight, you will be dropped off at the airport by our representative in private transportation.

- **Meals:**212

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