EVEREST

Base Camp Trek

A trekking experience that blows the mind!
ABOUT EVEREST BASE CAMP

Everest is more than a mountain and the journey Everest Base Camp (5,364m/17,598ft) is more than just a trek.

As you travel through Sherpa villages and take in the awe-inspiring views, you will want to come back again and again. The ultimate bucket list trek for any active adventurer looking for their next big challenge.

The Everest region is famous for its amazing beauty and is home of course to Mount Everest, the highest mountain in the world at 8,848m. The trek through the famous Sherpa villages, following in famous Hillary, Mallory and countless other explorers and climbers of the past. We first start with the short but exhilarating flight through the mountains to Lukla, inaccessible by road, and the gateway to the most famous trek of all, Everest Base Camp.
WHY TREK WITH EVERTREK?

We get it – travel’s a big decision. It’s not every day you fly across the world to wander the streets of Thamel in Kathmandu or enjoy a dreamy Everest sunrise.

But for us, it’s been our everyday for the past two decades (yes, we’re old). Let’s just say we know what travellers really want as we have been there: a balance of inclusions and free time, a mix of classic highlights and local secrets you won’t find on Google. And of course, an authentic real life experience.

Great customer feedback

We have over 100 online reviews for our Nepal treks, with an average satisfaction rating of 4.7 out of 5 stars. We know how to get you to destinations like Mt Everest and have a 95% success rate on our high altitude treks which is way above the industry standard 60%.

Excellent local trekking guides

We only use local experienced guides, some with over 15 years’ experience of leading customers to places like Mt Everest. Their local knowledge and understanding of the often changeable mountain conditions is second to none. As we use local guides, this means that the vast majority of your money will go straight to the destination and help build employment and grow the local economy. What finer way to visit a country than knowing you will be supporting its local communities whilst also enjoying yourself at the same time.

We’re personal

As a smaller company we are able to remain customer focused and provide you with a far more personalised service than our larger competitors. We pride ourselves on our personal, approachable service, from your initial enquiry all the way through to the small, but essential details. We also understand the need for balance. Time is your most precious resource, especially on a trip like an Everest trek. That’s why our trips are built with balance in mind. A little group time, a little you time – the way it should be.
Core values
This is our way of life and we love what we do! EverTrek was created with an undisputed passion for discovery and adventure and the desire to share our knowledge and experiences with others. We can’t think of anything better than helping people get out of their comfort zone, fulfil their dreams and tick things of their Bucket List!

CUSTOMER REVIEWS

“Overjoyed with my recent trip to EBC.”
I can’t praise Evertrek enough. From the 1st day I contacted Andy he has been amazing. Offering fantastic advice & tips before my trip. Hotel, guides & transfers in Kathmandu were spot on. Biggest credit has to go to the guide & sherpa who take care of you every step of the way. Thank you Evertrek!

Donna Brown

“The guides were truly amazing, professional and were always on-hand to look after us.”
Thanks guys for the experience of a lifetime. What can I say about Evertrek! Simply brilliant. From the moment we spoke with Andy and signed up it was all taken care of. The guides were truly amazing, professional and were always on-hand to look after us. Listen, this is a tough challenge but it’s well within the reach of most of you out there considering the possibility. I’ve kept myself pretty fit all my life (63 years young) but trying to keep up with my sons was, at times, pushing my limits. The scenery is so beautiful it becomes an emotional challenge at times. We did Kilimanjaro a few years ago - Base Camp blows that away completely. However, you need to be in the best hands and we were. Our guides, Rahul and Krishna were meticulous in making sure we were looked after every step of the way and needless to say we have become friends for life. I cannot recommend EverTrek highly enough. Don’t think about this for too long - just do it. They’ll get there and you’ll never forget the experience. So, as soon as I have some pics ready I’ll upload and share but please do not hesitate to contact me while I’m still flying through thin air!!! Thanks again Andy and EverTrek

Alan Irwin
Conquering the height of Mt. Everest might not be possible for everyone. However, trekking to its base camp can still be an epic adventure.

The trek, all the way from Lukla Airport to Everest Base Camp isn’t about what to explore, but how much you can explore. This little world of mountains offers splendid views of some of the tallest peaks in the world, including Mt. Everest, Lhotse, Nuptse, Makalu and Cho Oyu. Whilst looking at the diverse flora and fauna in the Sagarmatha National Park you can also experience the unique culture, tradition, rituals and the lifestyle of the Sherpa people.

A well developed trekking trail, offering plenty of great accommodation facilities with the special Sherpa hospitality making you feel well looked after. This trek however is a serious and difficult challenge and upon reaching the end goal of Everest Base camp, it will be an emotional and satisfying time. Take it all in and savor the moment.

The trek winds through the Khumbu region reaching the base of Mt Everest whilst offering trekkers a chance to climb to Kala Patthar which stands at a height of 5545 meters. All of this makes the Everest Base Camp trek a perfect getaway and a dream experience for the most avid of trekkers around the globe.

“The trek is one heck of a challenge but enjoy it, take in the amazing views and most importantly stay positive. Most challenges in the mountains can be overcome by accepting where you are, dealing with it and having a positive mindset. Try and remember why you went on that trip in the first place. What you are doing the trip for. How long have you waited for this experience? Then when the trip is over and your back home, you will sit down and realise that you have achieved something amazing, something that you will remember for the rest of your life.”

- Andy Moore
The 15 Days Everest Base Camp trek is a full board package that ensures the benefit of all meals and accommodation during the trek with bed and breakfast being included in Kathmandu.

We will also provide an English speaking guide and porter to carry your gear. This package also includes a day tour of a UNESCO World heritage site in Kathmandu exploring the city before heading off into the mountains. However, the package can be customised to your requirements, budget and departure date.

The trip starts with a 30-35 minute flight to Lukla from Kathmandu. From there, the journey takes you through mountain valleys, passing through Sherpa Villages until you reach the base of the highest mountain in the world, Mt Everest. If you are looking to spend more time in this wondrous landscape we can also organise the Everest Three high Passes Trek 19 days, or even Everest Base Camp Trek via Gokyo Valley 18 days. We are also running the Everest Charity Challenge.

ACCLIMATISATION

Approximate altitude profile of Everest Base Camp Trek:
WHAT’S INCLUDED?

✔️ Airport Pick-up and Drop-off service in a private vehicle
✔️ 3 nights twin-sharing accommodation in Kathmandu at tourist standard hotel with breakfast
✔️ Full day guided city tour in a private vehicle
✔️ Welcome and farewell dinner at one of the best Nepalese restaurants with traditional, ethnic music and dance
✔️ Airport transfer for domestic flight
✔️ Trekking permit and TIMS permit
✔️ Kathmandu-Lukla-Kathmandu flight tickets
✔️ All meals (breakfast, lunch and dinner) during the trek
✔️ All accommodation whilst on trek (Lodge/Tea house) or Tent on request
✔️ Fresh fruit after dinner
✔️ Tea/Coffee
✔️ Government licensed and well trained English speaking guide and his entire expenses
✔️ Porters (One porter for each 2 members) and his entire expenses
✔️ Insurance of Guide and Porter
✔️ All required local and government taxes
✔️ Down jackets, Duffel bag and sleeping bag (if required)

❌ International flights to Kathmandu
❌ Nepal arrival Visa
❌ Meals in the city except breakfast and other mentioned special dinner
❌ Personal expenses including mineral water, and alcoholic drinks and beverages
❌ Monument entrance fees
❌ Your travel insurance that covers Helicopter evacuation
❌ Any other extended trips and accommodation
Food & Accommodation

On any ordinary adventure, the level of food & accommodation changes depending on where you go but the Everest Base Camp trek is no ordinary adventure and the food is anything but ordinary! This is because you need the best food available to give you the energy and fuel for your trek.

There are good and bad lodges and some in-between. Having spent many nights in a tea house or lodge I know how important it is to get a good meal in you and a good night’s rest (with Earplugs of course). That’s why we use the best tea house/lodges available to us in order to make sure you have the most comfortable experience possible on your trek. The service you receive in the places we stay is second to none as we don’t like to offer substandard service. There’s nothing worse at altitude when you’re lacking energy due to a poor nights sleep and only having a substandard meal the night before. That’s why we don’t have a fixed menu, we let you choose what you want to eat from the lodge or tea house menu. I definitely recommend the Sherpa Stew or Dhal Bhat (Dhal Bhat power 24 hour you will hear around the lodges). We don’t cut corners and want to give you the best service and experience on your journey to Everest Base Camp.

We stay at a variety of lodges and tea houses on the Everest Base Camp trek but we make sure these are places we regularly stay at. This way we know what level of lodge or tea house you will stay in. Although this is a remote region, the level of accommodation is superb, although certainly not 5* hotels but this is all part of the journey right. You will be able to normally have around 4 or 5 hot showers along the route depending on the weather as the water is heated via solar heaters and if this is not available, it’s worth asking the local staff to boil some water to have a wash.
**When is the best time to go?**

The Nepal trekking season runs from September to November and then March through to May and you can also trek during the winter months although this is very cold. Snow can be expected at any time of year but usually at the higher altitudes.

**Autumn**

September through to November is the most popular, once the monsoon season has disappeared. Plenty of full days of sunshine, clear skies and milder temperatures. Night time temperatures can drop as low as -10°C at higher altitudes.

**Spring**

March through to May sees temperatures creeping back up to as high as 30°C in Kathmandu, which can create a slight haze during the afternoon. Daytime temperatures will vary from 15°C to 30°C in the Kathmandu Valley to around 10°C at 3500m, however the mountains can be very unpredictable and it is always best to pack for all conditions.

**Winter**

December through to February offers lower temperatures and significantly quieter trekking trails. The sky is super clear, cold and bright although afternoon cloud is the normal. Mountain views are at their best, however the nights are cold with temperatures dropping to as low as -25°C

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**FAQ**

All of our tours or treks include the following services, as detailed on this website for that particular trip: They include internal flights (where appropriate), land transport, accommodation, meals (as specified), guides and support staff.

**Transport**

All transport during the trip is included, whether private or public, including internal flights, road transport and transfers as per the itinerary.

**Domestic Flight Tickets**

In Nepal the price of domestic return flights can vary in price depending on the time of year. Generally, the sooner we can book these flights, the lower the ticket cost. To allow us to pay for these flights as soon as the trip is guaranteed with a deposit, we will then arrange for these to be booked.

**Accommodation**

The standard of accommodation we use can vary from our comfy hotels in Kathmandu to basic high mountain refuges. We always try to choose comfortable accommodation with local character, although in some areas this may not meet Western standards. This is all part of the experience of an adventure holiday and a flexible approach is required. Where hotel accommodation is provided, this is based on twin occupancy. On climbing trips that require high camps, up to 3 people may on occasion be required to share a lightweight mountain tent.
Included Meals

Wherever practical, all meals are provided within the trip price. Each trip description on this website gives an indication of the meals that are included for you when booking the trip.

Staff

All EverTrek groups are accompanied by a professional leader or a local guide selected on the basis of his or her experience and leadership skills. There will also be a local crew of drivers, cooks, porters and other appropriate staff. We only appoint leaders who have consistently demonstrated that they can meet the high standards expected by us and by our clients. Some climbing trips will have 2 or more leaders, depending on group size.

HOW FIT DO I NEED TO BE?

As an adventure travel company we always suggest people who take part in any of our trips have some level of fitness and most treks require on average 4-6 hours of walking per day with some of the longer days reaching 8-10 hours.

Hiking at altitude can be tough at times and we always recommend doing some CV exercise prior to the trek whilst also incorporating some hill walking to get the legs used to going up and down mountain paths. The more you do before the trip the more you will get out of it. If you want some advice on training for a trek just get in touch with us by email.

Most of the treks and climbing expeditions we operate are at high altitude where the body and mind will be tested to its limits. The trips are meant to be tough and challenging and that’s what makes the journey so worth it but the decision to take part is one you will have to make yourself.
Itinerary

Here is a detailed description of your itinerary on the trek to Everest Base Camp.

Day 1

Arrival in Kathmandu (1,300m/4,264ft)

We welcome you to Nepal. Upon your arrival to Tribhuvan International Airport (TIA), you will be greeted by one of our company representatives who will escort you to the hotel. Later that day (if possible) or the following day, a meeting is scheduled at our head office to brief you the details of your upcoming trek.

Here, you will also be introduced to your trekking guides and Sherpas. If your flight arrives on time, we will also take you to one of the most popular local restaurants where you can enjoy Nepali food along with cultural music and ethnic dance. On request, this scheduled dinner can also be postponed to the following day (as per your convenience).

Meals included: Dinner

(Highlights of the day: Nepali food, Cultural music and Ethnic dance.)
Day 2

Kathmandu Valley sightseeing and trek preparation (1,300m/4,264ft)

The capital, Kathmandu valley itself, is a big storehouse of exclusive natural, cultural and historical sites. Therefore, today, we take you on a tour to the major attractions of Kathmandu valley. After spending a few hours observing these wonderful sites, we again meet for a few hours to finalize your equipment and trekking gear (down jacket, trekking boots, sleeping bags etc.) required during the trek. The night will be spent at a hotel in Kathmandu.

Meals included: Breakfast

(Highlights of the day: World Heritage sites like Kathmandu Durbar Square (a historical structure offering architectural wonders), the Pashupatinath temple (a Hindu shrine dedicated to Lord Shiva- lord possessing the power of destruction), Swyambhunath and Boudhanath (a Buddhist shrine dedicated to Lord Buddha-Light of Asia. Optional site:Another World Heritage site ‘Patan Durbar Square’ along with other historical masterpieces like Mahabouddha Temple, Krishna Temple, Golden Temple and Kumbeshwor Temple.)

Day 3

Kathmandu-Lukla-Phakding (2,652m/8,700ft) 
(30-35 minute flight and 4 hours walk)

Early in the morning, we will be escorted to the domestic terminal of Kathmandu airport to board our flight to Lukla (2,800m). It will approximately take 30-35 min to reach Tenzing-Hillary Airport at Lukla. Sit back and enjoy the views over the Himalayas and try and sit on the left if you can. On reaching Lukla Airport, you will be introduced to other trekking members awaiting your arrival and this is followed by breakfast at the lodge. Here, the luggage is prepared for the Porters. Shortly after this, a walk towards Bhaisekharka begins through the stone paved trails where you make your way through numerous prayer rocks while enjoying the scenic and energetic village of Lukla. Here you can capture some of the most beautiful rural scenery on the entire trek. This first and short hike is specifically designed for the purpose of acclimatisation. However, on reaching Phakding also known as the lodge-city, you can freshen up and take a trip to the nearby Monastery (on the west side of the river and half-a-hour from the main part of Phakding to stretch your legs. This night will be spent in one of the lodges in Phakding.

Meals included: Breakfast/Lunch/Dinner

(Highlights of the day: Wonderful aerial view of the terrain from the plane, colorful Lukla village, ‘Mani’ prayer rocks, Phakding village and ‘Gompas’ monasteries, downhill and flat trail)
Day 4

Trek from Phakding to Namche Bazaar (3,440m/11,283ft), (5-6 hours walk)

After having breakfast at your lodge in Phakding, the trail leads you towards the first suspension bridge of the trek and easy uphill through the settlement of Zapute, Toktok, Benkar, Chumoa to Monju, which is also a gateway to Sagarmatha National Park. Between Phakding and Monju you can enjoy small tea houses and shops. After short National Park formalities at the entrance to the park, the trail drops steeply to the long suspension bridge built across the Dudh Koshi River. We further cross another suspension bridge and continue the walk to the high Hillary Bridge at the bottom of the hill. After the bridge, the trail leads you uphill to Namche Bazaar- a gateway to Mt. Everest. This uphill trail will give you the first great view of Mt. Everest that is hidden behind Lhotse-Nuptse and other peaks like Mt. Lhotse, Mt. Kusum Khangru. The night will be spent in a lodge in Namche Bazaar.

Meals included: Breakfast/Lunch/Dinner

(Highlights of the day: small settlements like Zapute, Toktok, Benkar, Chumoa and Monju, Sagarmatha National Park, small tea houses and shops, suspension bridges, steep trail, Namche Bazaar and the very first view of Mt. Everest, Lhotse, Nuptse and Mt. Kusum Khangru.)
Namche Bazaar- a day for acclimatisation

This is the first day of two days set aside for acclimatisation. Namche is an essential acclimatisation stop. It is recommended to stay active than idle. For this you will either be taken to Thame, which is an old Sherpa village or another good option Khumjung/Khunde/Khongde village which further aids acclimatisation while allowing you to enjoy the views of Mt. Everest and surrounding snowcapped peaks along with Sherpa culture. You will also have enough time to visit the National Park head office, Museum and monastery or you can simply spend your time enjoying cafés, shops, bakeries and restaurants at Namche Bazaar, Namche Bazaar is also considered as the main center of Everest region as it features other important services like post office, modern dental clinic, hospital and government health post and good electricity, high speed internet access and water supply. This night will also be spent in a lodge in Namche Bazaar.

Meals included: Breakfast/Lunch/Dinner

(Highlights of the day: Thame-an old Sherpa village, Khumjung/Khunde/Khongde, National Park Head office, Museum, monasteries, cafes, bakeries, shops, restaurants, post office, hospital, government health post, 24 hour electricity and water supply and high speed internet access)

Trek from Namche Bazaar to Tengboche (3,867m/12,684ft) / 5 hours walk

Ater having breakfast at the lodge in Namche Bazaar, we follow the trail that leads short up towards the ridge and an easy way to Kyamjuma then descends slightly to Dudh Koshi at 3250m. This trail is accompanied by the splendid view of Mt. Everest, Mt. Nuptse, Mt. Lhotse and Mt. Ama Dablam and a very close up view of Thamserku. Between Kyangjuma and Sanasa is virtually the only birch/rhododendron forest of the trek to Lobuche. This trail also gives you an opportunity to spot wildlife musk deer, multi-colored pheasants and a herd of Himalayan Thar. The trail then reaches Sanasa, which is a major trail junction to Gokyo valley and Everest Base Camp. After that a steep ascent will bring you to the famous Tengboche monastery. The night will be spent in a lodge in Tengboche.

Meals included: Breakfast/Lunch/Dinner

(Highlights of the day: The Dudh Khoshi River, spectacular view of Mt. Everest, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam and Mt. Themserku, Rhododendron forest, animals and birds like musk deer, multi-colored pheasant and Thar, and Tengboche – the largest Gompa in the Khumbu region.)
**Day 7**

**Trek from Tengboche to Dingboche (4,358m/14,295ft)/5-6 hours walk**

Our usual day journey is started from Tengboche. We hike half an hour down to the riverside through lush forest, across the river and take a gradual climb up to the valley’s highest year round settlement of Pangboche (3,860m/12,664ft). Here you can spot several Chortens and Mani walls and small villages as well. You can also get a close view of Mt. Ama Dablam. In the afternoon we continue ascending to Pheriche from where a fairly moderate walk leads us to Imja Valley. Here, on climbing the last and steepest climb of the day, we finally reach Dingboche. The night is spent in a lodge in Dingboche.

**Meals included: Breakfast/Lunch/Dinner**

(Highlights of the day: Lush forest, steep climbs, ad magnificent Chortens and Mani walls.)
2nd Acclimatisation Day of the trek – Dingboche (4,360m/14,300ft)

After a refreshing breakfast, you can climb the ridge on the north behind the village to appreciate the magnificent view of Mt. Ama Dablam, Mt. Lhotse and numerous other peaks that are visible from Dingboche. The vantage point on the ridge also gives you a chance to observe Imja Khola Valley and the charming fields and pastures of Dingboche. Or, you can simply spend your day exploring Dingboche Valley. The night is spent at Dingboche.

Meals included: Breakfast/Lunch/Dinner

(Highlights of the day: Dingboche-summer settlement, view of Mt. Lhotse and Mt Amadablam and Imja River from the ridge on the north of the village, Kilometers of stone walls covering the Imja valley, internet cafes and world’s highest Billiard parlor.)
Trek to Lobuche (4,928m/16,164ft)/5 hours walk

Shortly after breakfast, the trail starts with a climb to Dughla through the Khumbu Khola valley. On reaching Dusa, the valley begins to narrow down. We then continue through Phulong Karpo. During the walk you can enjoy Chola Lake and a majestic view of Mt. Pumori (7,138m/23,418ft) which disappears as the trail descends and curves as we come across a roaring stream. On crossing a small wooden bridge the trail ascends to Dughla. From here, we climb up the steep terminal of the Khumbu Glacier, which offers memorials of Sherpa who perished on the glacier of Mt. Everest. You can also spot other great peaks like Khumbutse, Lingtren, Pumori and Mahalangur Himal. On leaving Khumbu Glacier behind the train gently climbs up to the Lobuche. The night is spent in Lobuche.

Meals included: Breakfast/Lunch/Dinner

(Highlights of the day: The view of Chola Lake along with Mt. Pumori, memorials of Sherpas that perished on the glacier of Mt. Everest at Khumbu glacier, view of other peaks like Khumbutse, Lingtren, and Mahalangur Himal.)
Trek to Gorak Shep-Everest Base Camp - Gorak Shep (5,320/17,450,EBC)/7-8 hours

We climb to Gorak Shep where we check in to Mt. Lodge, have lunch and again start to climb up to Everest Base Camp. Having passed the pyramid sign, we can now spot the crest of the north ridge of Everest along with Mt. Pumori, Mt Khumbutse, Mt. Nuptse and so on. Just a small ascent from here leads you to 360 degree vista of the amazing snowy mountains. A steep climb up to the top through the torrent of Changri Glacier gives you a glimpse of Kala Pattar. Walking through rocky and glacial trails finally leads to the Everest Base Camp (5,357m/17,575ft). After reaching the target of Everest Base Camp you will return to Gorekshep (5,160m/16,929ft) for overnight stay.

Meals included: Breakfast/Lunch/Dinner

(Highlights of the day: North ridge of Everest along with 360 degree vista of snowy mountains like Mt. Pumori, Mt. Mahalangur, Mt. Lingtern, Mt. Khumbutse, Mt. Nuptse, glimpse of Kala Pattar, rocky and glacial trail and reaching Everest Base Camp.)
Day 11

**Hike to Kala Pattar-Pheriche (5,550m/18,204ft Kala Pattar)/(4,358m/14,295ft Pheriche)/7-8 hours walk**

It’s a day to take a dark hike to the Kala Pattar. So, we start early in the morning. After walking upwards for a couple of hours you will reach a famous viewing point of Kala Pattar (Black Rock at 5,545m/18,192ft.), that offers the best views of Mt. Everest, Nuptse, Lhotse, Pumori and Ama Dablam. The view grows golden with the first light of the day which gradually changes back to its original color. We spend some time here appreciating and taking the snaps of the breathtaking snowcapped peaks. Then we hike back to Gokreshep, have breakfast and retrace to Pheriche for overnight stay.

Meals included: Breakfast/Lunch/Dinner

(Highlights of the day: Sunrise, view of Mt. Everest, Nuptse, Lhotse, Pumori and Ama Dablam from the best view point of Khumbu region ‘Kala Pattar’)

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Day 12

**Trek to Namche Bazaar (3,400m/11,283ft)/7-8 hours walk**

After having a hot breakfast at the lodge, the trail drops easy downhill till Pangboche village. Then, the trail drops to the riverside to cross the bridge over Imja Khola and continues to climb up to Tengboche. A steep descent from Tengboche now leads you to the DudhKoshi River. We cross the first bridge over the DudhKoshi River on our return trip in PhunkiTenga and having passed the village of Tashinga and Sansa, we reach Kyangjuma. Namche bazaar is an easy walk from here. The night will be spent here so that you can enjoy a hot shower, and relax in restaurants, cafes and bakeries.

Meals included: Breakfast/Lunch/Dinner

(Highlights of the day: Villages like Pangboche, Tengboche, Tashinga, Sansa, Khumjung and Namche bazaar, suspension bridges, vertical descent, view of Imja Khola and modern facilities like restaurants, cafes and bakeries at Namche bazaar.)
Trek to Lukla (2,652m/8,700ft)/7-8 hours walk

After taking a quick breakfast, the trail drops from Namche Hill to the suspension bridge crossing the DudhKoshi River near the confluence of DudhKoshi and Bhotekoshi rivers. Then we reach Monjo. After some formalities at the check post of National park at Monjo the walk continues to Phakding for lunch. Since this is the last day of your trek we continue our walk to Lukla. Also, most of the tracks are flat which allows you to enjoy open plains, rhododendrons and pine forests, Sherpa village, prayer stones, and flapping prayer flags with very less effort. On reaching Lukla you will be loaded with memories made during the past few days. On reaching Lukla you can opt for some alone time, or spend your time with other crew members. Overnight stay at the lodge.

Meals included: Breakfast/Lunch/Dinner

(Highlights of the day: Flat trail, open plains, Rhododendrons and Pine forest, Sherpa villages, prayer stones, and flapping prayer flags.)

Trek to Lukla (2,652m/8,700ft)/7-8 hours walk

Normally flights are always in the morning. You will have plenty of time to enjoy your breakfast while the guide takes care of airport formalities. Your luggage will be taken to the airport by Sherpas and porters. Once the flight arrives, you can directly get into the plane and fly back to Kathmandu enjoy 30 minutes scenic flight. On your arrival to the airport at Kathmandu, a private vehicle will be awaiting to escort you to your hotel.

Meals included: Breakfast/Dinner

(Highlights of the day: Wonderful aerial view of the terrain from the plane, tourist standard hotel)
Departure Day

This is the last day of your trip and with us. If you are looking to extend your stay, we can make the necessary arrangements. However, if you have booked the ticket for the same day, then, one of our company representatives will assist you to get to the airport as per your flight departure time. If your flight is late in the evening, then you can also go for last minute shopping to collect some souvenirs for your friends and family members.

**Important note:** Every effort will be made to keep to the above itinerary, but as this is adventure travel in a remote mountain region, we cannot guarantee it! Weather conditions, availability of porters and the health of team members can all contribute to changes. The guides and their Sherpa assistants will try to ensure that the trip runs according to plan, but please be prepared to be flexible if necessary.

Your trip may be over, but the memories will last a lifetime.
EQUIPMENT LIST

Over the years, we have gained an incredible amount of experience and expertise in outdoor equipment and clothing. We have applied this to each trip that we offer and recommend what we believe to be the most suitable items for your trip. The packed weight of your trek bag while trekking should be no more than 15 kgs. It is possible to leave clothes or other items not required on trek at the group hotel.

We suggest you bring the following Items:

- Hiking boots
- Socks
- Trekking trousers
- Underwear
- Baselaye shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm Down Jacket
- Sunhat/Warm hat/Beanie
- Neck Buff
- Sunglasses
- Thermal gloves
- Warm and waterproof gloves or mittens
- Headtorch and spare batteries
- Sun protection
- Water bottles 1 Litre x2
- Washbag and toiletries
- Toilet paper (you can also buy this in the lodges if necessary)
- Antibacterial handwash
- Travel towel
- Selection of dry bags (to keep trek bag contents dry)
- Small padlock (to lock trek bag)
- Daypack roughly 30 litres
- Sleeping bag (comfort rated –10ºC)*
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

The following items are optional:

- Trekking poles
- Trainers or similar for use in the lodges
- Spare laces
- Shorts
- Long johns (thermal underwear)
- Gaiters
- Sleeping bag liner
- Ear plugs (particularly if you are not the one snoring)
- Travel clothes
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Repair kit (eg. needle, thread, duct tape)
FREE EQUIPMENT HIRE

FREE equipment hire on all Nepal Trips! Already booked on this holiday? Or looking to book on one of our departures in 2017 or 2018? ALL travellers will benefit from free hire of a sleeping bag, duffel bag and down jacket worth £110 – when reserved before your departure date.

Book NOW, save money and help support a country we love

View more details
EXTEND YOUR ADVENTURE

When booking your trip with Bucket List Adventure Travel, you will be able to book ‘Add On’s’ on our booking gateway.

Chitwan National Park Jungle Safari Extension
5 days From £350 per person
The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. We provide a stay in a comfy lodge and a relaxing base for a wildlife safari and cultural village experience. During a Jungle Safari you will be accompanied by an expert guide on safari by jeep by boat and on foot.

Everest Mountain Flight
1 Day From £225 per person
The Everest mountain flight is an hour long early morning flight in Kathmandu to the high Himalayan range to the north east of Nepal. Views of Mount Everest (8,850 meters) & other peaks in the surrounding area. Re-trace your steps, this time by air.

View more details

View more details
GENERAL INFORMATION

The 15 Days Everest Base Camp trek is a full board package that ensures the benefit of all meals and accommodation during the trek with bed and breakfast being included in Kathmandu.

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

Transit Via India

If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa.

Visa Nepal

All nationalities require a visa. $40 for 30 days, $100 for 90 days and is obtainable on arrival. Payment must be made in cash and USD, GBP or Euros are accepted. You will require 2 passport photos

View FAQs
ARE YOU READY FOR A TRIP OF A LIFETIME?

Andy and the rest of our team at EverTrek are trekkers, climbers and travellers just like you. We use our personal experience and specialist knowledge that comes from this to help plan your next adventure.

Call Andy today to discuss your next trip:
☎️ 02920 003216