Sherpa Nomad Trek
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Everest Base Camp Trek - 16 Days

EVEREST BASE CAMP TREK: A ONCE-IN-A-LIFETIME EXPERIENCE

The **Everest Base Camp Trek** is renowned as one of the most iconic trekking routes globally, providing an exceptional adventure for nature enthusiasts and cultural aficionados. This trail leads you to the base of the highest mountain in the world, **Mt. Everest (8,848.86 m)**, taking you to the foothills of what is often referred to as the roof of the world. The **Everest Base Camp (EBC) Trek** is a journey that brings you to the gateway of Everest Base Camp, situated at an altitude of 5,364 meters above sea level at the Khumbu Glacier. Located within the **Sagarmatha National Park** in Nepal's eastern mountainous region, this trek fulfills the aspirations of those who dream of reaching Everest Base Camp in their lifetime. Your adventure begins in Kathmandu with an exhilarating short flight to Lukla, lasting approximately 30 to 35 minutes. Lukla is a well-known Sherpa village that serves as the entry point to the Khumbu region.

From Lukla, you will embark on the **Everest Base Camp Trek route**, following the classic path alongside the Dudh Kosi River and through charming Sherpa villages, alive with vibrant colors and the presence of Buddhist prayer flags. Engage with the local people, immerse yourself in their culture, and experience their warm hospitality, all while being surrounded by the stunning natural and cultural diversity. This trip is enjoyable for everyone, allowing you to cherish every moment of the journey. As you ascend, the villages will change with the elevation, and each day will reveal more breathtaking views of the Himalayan landscape and towering peaks. You will spend additional nights in Namche Bazaar and Dingboche to aid in acclimatization and reduce the risk of Acute Mountain Sickness (AMS). This journey will take you to **Everest Base Camp (5,364m) and Kalapathar (5,545m)** for some of the best mountain vistas. After completing your ascent, you will return to Lukla via the same route or by helicopter. Book your Everest Base Camp Trek with the reputable **Sherpa Nomad Trek Pvt. Ltd** for a safe, secure, and cost-effective experience, complemented by top-notch service and flexibility, all led by a professional local guide.

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The **Everest Base Camp Trek** can take anywhere from 12 to 21 days, depending on the chosen routes. If you opt for the classic route, it typically takes 12 to 14 days to complete. While anyone intrested to wintess the Everest views at lower Elevation then the **Short Everest Trek**. Alternatively, if you wish to include a visit to Gokyo Lake while heading to EBC, consider the **Gokyo Chola Pass trek**. For those looking for an exciting trek that features two thrilling passes, **Chola and Renjola Pass**, this is a great option. If you are planning a three-week journey that presents a challenge and allows for exploration of the entire Everest region, the **Everest Three Pass trek** is the best choice. Select the right route to reach the base of the world's tallest mountain according to your planned trip and its length.

16 DAYS EVEREST BASE CAMP TREK COST FOR 2026-2027

The price for the Everest Base Camp trek begins at 1500 USD and can increase to 1800 USD depending on the size of the group. Generally, the cost of the trek varies based on factors such as group size, service level, duration, and other important elements. The 16-day Everest Base Camp trek provides the greatest flexibility, making it ideal for couples, beginners, and those seeking a comfortable experience with comprehensive services. If you are planning your first Everest Base Camp trek, it is advisable to seek an experienced local operator and be accompanied by a qualified Sherpa guide. Our package includes international pick-up and drop-off, flights between Kathmandu and Lukla, luxury accommodations in Kathmandu, comfortable lodges in the mountains, meals, guides, porters, permits, and other services as outlined in the inclusions and exclusions section. Book the 16-day Everest Base Camp trek with Sherpa Nomad Trek Pvt. Ltd. to enjoy fantastic packages and explore the Everest Base Camp trek. Below is the cost breakdown for the Everest Base Camp trek based on group size.

- For solo travelers, the cost is 1800 USD
- For groups of 2-6 people, the cost is 1600 USD per person
- For groups of 7-10 people, the cost is 1500 USD per person.

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16-DAY EVEREST BASE CAMP TREK HIGHLIGHTS

- The 16-day Everest Base Camp Trek provides maximum flexibility, making it ideal for trekkers who prefer a leisurely pace, particularly beginners.
- The Everest Base Camp trek package begins with an airport pickup and concludes in Kathmandu with a drop-off at the airport for your return home.
- Accommodation in Kathmandu before and after the trek is provided at the Ramada Encore Hotel or a similar establishment.
- Experience the exhilarating flight between Kathmandu and Lukla or from Lukla to Ramechhap.
- Discover Lukla, the traditional gateway to the Everest region, featuring charming modern homes adorned with traditional decor.
- Trek to Namche Bazar, the Sherpa capital, passing through picturesque Sherpa villages, alongside the Dhudh Kori River, waterfalls, alpine landscapes, and breathtaking mountain views.
- Enjoy stunning vistas of iconic peaks such as Everest, Ama Dablam, Lhotse, Nuptse, Taboche, Thamserku, and more from the Everest View Hotel.
- Journey from Namche to Tengboche, where you can explore ancient Tibetan monasteries and immerse yourself in the rich Tibetan culture.
- Continue trekking to Dingboche, where you will encounter pine forests, charming villages, and picturesque mountains with glacial rivers.
- Hike to Nangkartshang Peak for acclimatization and capture spectacular mountain views, perfect for photography.
- Trek to Lobuche through mountain valleys, grassy plains, moraines, and Thukla Pass, getting up close to the majestic surrounding peaks.
- Journey from Lobuche to Gorakshep along the Khumbu Glacier, navigating a rugged trail, yet the views are incredibly beautiful.

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- Ascend to Everest Base Camp (5364m), a renowned adventure destination, and capture unforgettable photographs.
- Hike to Kalapather to experience breathtaking morning views of Everest, Lhotse, Nuptse, and other majestic peaks along with stunning glaciers.
- Trek back to Lukla via the same route, taking in the remaining beauty before your flight back to Kathmandu.
- Immerse yourself in Sherpa culture, exploring their way of life and experiencing their warm hospitality.
- Observe the rich flora and fauna of the world's highest terrain.

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DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel

On your first day in Nepal, Sherpa Nomad Trek will arrange your airport pickup and transfer you to your hotel in Kathmandu. We primarily offer the Ramada Hotel in Thamel for your Kathmandu accommodation; however, if you prefer an alternative, we are happy to arrange a different hotel according to your preferences. Upon arrival, please look for our company representative holding our company board displaying your name at the arrivals gate. Our team will present you with a flower garland as a warm welcome gesture before driving you to the hotel. After checking in and taking a brief rest, we will collect you to visit our office to finalize the details of your trek. This evening, you are welcome to explore the vibrant Thamel Market and enjoy dinner at a restaurant of your choice. You will spend the night in Thamel before beginning the Everest Base Camp Trek.

Day 2: Preparation Day in Kathmandu

Today marks your preparation day for the Everest Base Camp trek in Kathmandu. This is a flexible buffer day that allows you to either proceed with your flight or take additional time to prepare; the choice is yours. Since flights to Lukla frequently experience delays, this day proves particularly valuable if you arrived late at night and require time to rent equipment or arrange necessary logistics. Should you wish to explore Kathmandu, you have the opportunity to visit local attractions, though please note that sightseeing activities are not included in your package. If you opt to remain in Kathmandu, you may stay at Hotel Ramada. Alternatively, if you choose to fly to Lukla, you will meet your porter there and begin trekking to Phakding.

Day 3: Kathmandu to Lukla (2860m) and Trek to Phakding (2610m): 30 mintues flight and 3 hours Trek

An early morning flight departs from Kathmandu Airport to Lukla. After preparing breakfast and packing, you will head to the airport around 5:00 am to board one of the most exhilarating flights available. Your flight may experience delays due to adverse weather conditions or air traffic congestion. If conditions permit, you will experience a thrilling and breathtaking flight lasting approximately 30 minutes, offering spectacular views of the Kathmandu Valley, rolling green hills, valleys, rivers, and mountain landscapes before landing in Lukla. Upon arrival at this classic gateway to the Everest region, you will take in the stunning scenery that captivates visitors. After collecting your luggage and meeting your local porter, you will begin the trek following a brief breakfast. Beyond the village, you will pass through the National Park Counter and Pasang Lhamu Rural Municipality Counter to obtain the necessary permits before heading to Phakding through picturesque landscapes and villages inhabited by Sherpa people, whose rich cultural heritage you will encounter along the way. This trek takes approximately 3 hours, and you will spend the night in Phakding Village. You may enjoy lunch in Thado Koshi, situated beneath Kusung Kanggaro Peak.

Day 4: Trek from Phakding to Namche Bazar (3440m): 5-6 hours Trek

You can enjoy breakfast at 7:00 AM before commencing your trek. Today's destination is Namche Bazaar (3440m), which requires 5-6 hours of trekking. Along the way, you'll experience breathtaking scenery including lush green valleys, mountain vistas, river valleys, charming mountain villages, and stunning panoramic views of peaks such as Thamserku (6623m) from Banke Village and Manjo Village. Upon reaching Manjo, you'll need to verify your permit before taking a lunch break in Jorsalle Village. Afterward, you'll proceed to Hillary Bridge, one of the region's most renowned suspension bridges. If interested, bungee jumping is available at this location. From the bridge, you can observe Everest, Taboche, and other prominent peaks. After crossing the bridge, the trail ascends through an alpine forest via a challenging path that takes 1-2 hours to complete. Beyond the forest, you'll encounter a permit checkpoint before arriving at Namche Bazaar. Namche Bazaar is recognized as the Sherpa Capital and the largest marketplace in the region, making it one of the

primary attractions along the Everest Base Camp trek.

Day 5: An Extra Day in Namche Bazar (3440m): Best for Hike and Explore the Sherpa's Capital

Day 6: Trek from Namche Bazar to Tengboche (3870m): 5-6 hours

Day 7: Trek from Tengboche to Dingboche (4410m): 5-6 hours

Day 8: An Extra Day in Dingboche : Hike and Preparation

Day 9: Trek from Dinboche to Lobuche (4940m) via Thukla Pass (4830m): 5-6 hours

Day 10: Trek from Lobuche to Gorakshep (5160m): 3 hours: Hike to Everest Base Camp (5364m): 5 hours

Day 11: Hike to Kalapather (5545m): 4 hours and Trek Back to Pheriche (4371m): 4 hours

Day 12: Trek from Pheriche to Namche Bazar (3440m): 6 -7 hours

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Day 13: **Trek from Namche Bazar to Lukla (2860m): 6-7 hours**

Day 14: **Flight from Lukla to Kathmandu (1350m)**

Day 15: **Free Day in Kathmandu**

Day 16: **Departure**

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PRICE INCLUDES

- International Airport Pick-up & Drop-off service
- 4 Nights Kathmandu Accommodation (Ramada Encore) with complimentary breakfast
- Kathmandu/ Ramechhap- Lukla - Ramechhap/ Kathmandu by plane
- Domestic Pick-up and Drop-off by Private/shared Jeep
- 11 Nights Mountain Accommodation at Lodge
- All the Trekking Permits (National Park Fees, and Pasang Lhamu Rural Municipality Fees)
- A professional English-speaking Local Guide
- Two guests: One porter is available for your heavy luggage; please be aware that the maximum weight allowed is 20kg in total.
- Guide and Porter related expenses such as Salary, meals, insurance, gear, and accommodations.
- 3 cups of Tea or coffee every day
- Mountain Meals (breakfast, Lunch, & Dinner)
- Organic fresh fruit, nuts, and energy bars
- Gears such as a sleeping bag, Map and a duffel bag
- Baggage storage facility and first Aid service.
- Farewell Dinner after the trip completion.

PRICE EXCLUDES

- Nepal Visa Fees
- Travel Insurance for clients
- Meals in Kathmandu (Lunch & Dinner)

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- Drinks (Drinking Water, Soft & Hard Drinks, Extra Hot Drinks)
- Wi-Fi, a hot shower, and personal expenses
- Kathmandu -Ramechha-Kathmandu by Car: 200$ per Car
- Kathmandu to Lukla Shared Helicopter- USD350 per person
- Gorakshep to Lukla by shared helicopter- USD 600 per person
- Lukla to Kathmandu by shared helicopter- USD 350 per person
- Tips for Driver, Guide, and Porter
- Kathmandu sightseeing with entrance, car, and Guide: USD 80 per person
- Extra Day in trek: USD 70 per person per day
- Extra Night in Kathmandu: USD 90 per night for single and USD 110 per night for Double/ Twin.
- Trekking Gears and personal equipments
- Extra Days due to adverse weather conditions.
- Rescue fees and medical-related expenses - suggest having proper travel insurance for the evacuation.

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EQUIPMENT & GEAR

Backpack

- 30–40 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 1–2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap & Warm beanie

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- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-5°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/Thermos
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)

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- Phone charger & Camera (optional)

Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes

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FREQUENTLY ASKED QUESTIONS

1. What is the Everest Base Camp Trek?

The Everest Base Camp Trek is a renowned moderate-difficulty trek that leads to the base of the world's highest mountain, Mount Everest, which stands at 8,848.86 meters. The trek begins with an exhilarating flight from Kathmandu to Lukla, the traditional gateway to the Khumbu region. Alongside the Annapurna Circuit Trek and the Manaslu Circuit Trek, the EBC Trek is one of the premier adventure treks in Nepal. This journey typically spans 12 to 16 days, depending on your pace and the additional time you allocate for acclimatization. It offers a unique opportunity to experience Sherpa culture, diverse flora and fauna, various landscapes, rugged terrain, and the majestic high Himalayan environment, including glaciers. You will have the chance to see some of the world's highest peaks, such as Ama Dablam, Thamserku, Taboche, Nupse, Lhotse, Everest, Lobuche, Pumori, and many others. If you are seeking to embark on a world-famous trek, the Everest Base Camp Trek is an essential experience for a lifetime.

2. How Difficult is the Everest Base Camp Trek?

The Everest Base Camp Trek is regarded as a moderately challenging high-altitude journey, primarily due to its elevation, extended walking durations, and varying mountain landscapes. This trek culminates at Everest Base Camp, which is situated at an altitude of 5,364 meters, while Kala Patthar ascends to approximately 5,545 meters, starting from Lukla at 2,860 meters. Trekkers generally spend 5 to 8 hours each day navigating steep climbs, rocky paths, suspension bridges, and isolated Himalayan villages. Adequate acclimatization is crucial to mitigate the risk of altitude sickness. With appropriate physical conditioning, consistent training, and a gradual itinerary, most healthy trekkers can successfully complete the Everest Base Camp Trek. No technical climbing expertise is necessary. It is advisable to select a reputable local company, such as Sherpa Nomad

Trek Pvt. Ltd., for an unforgettable experience.

3. What is the best time for the Everest Base Camp Trek?

The optimal times for the Everest Base Camp Trek are in spring and autumn, when the weather tends to be stable, skies are clearer, and the mountain views are outstanding. Spring, spanning from March to May, is among the most favored seasons, providing mild temperatures, blooming rhododendrons, and breathtaking Himalayan landscapes. Autumn, from September to November, is also a prime time, characterized by clear skies, dry trails, pleasant daytime temperatures, and excellent visibility of Everest and its neighboring peaks. October and November are especially popular months for trekking. Winter, from December to February, presents quieter trails and clear mountain vistas, but it also brings freezing temperatures and the possibility of snowfall at higher altitudes. The monsoon season, occurring from June to August, is generally less favorable due to rain, cloud cover, muddy trails, and potential flight delays to Lukla. For the best mix of weather, trail conditions, and mountain visibility, the recommended seasons for the Everest Base Camp Trek are from March to May and September to November.

4. What is the temperature of the Everest Base Camp Trek?

The temperature experienced during the Everest Base Camp Trek varies greatly based on altitude, season, and the time of day. At lower altitudes, like Lukla and Namche Bazaar, daytime temperatures can range from 10°C to 20°C in spring and autumn, while nights tend to be cooler. As altitude increases, temperatures consistently decrease. At Everest Base Camp, daytime temperatures typically hover around -5°C to 5°C during trekking seasons, with nighttime temperatures potentially dropping below -10°C. In winter, temperatures at higher altitudes can plummet to -25°C or even lower, particularly at night. The summit area of Kala Patthar can also be extremely cold and windy before dawn. It is crucial to wear appropriate clothing for the Everest

Base Camp Trek, which should include thermal layers, a warm down jacket, gloves, a hat, and a high-quality sleeping bag. Selecting the right trekking season and bringing suitable gear is vital for ensuring a safer and more comfortable experience while trekking in the Himalayas.

5. Is the Everest Base Camp Trek suitable for beginners?

Yes, the Everest Base Camp Trek is suitable for those new to trekking who have a good level of fitness and prepare adequately. While it is a challenging trek at high altitude, no prior trekking or technical climbing experience is necessary. The main challenges include long walking days, steep ascents and descents, cold temperatures, and high altitude, with Everest Base Camp at 5,364 meters. Beginners should take enough time for gradual acclimatization and keep a comfortable walking pace. Engaging in regular cardiovascular exercise, strength training, and practice hikes before the trek can greatly enhance endurance. A professional guide can provide valuable assistance with navigation, altitude awareness, accommodation, and daily trekking schedules. Choosing a well-planned itinerary that includes acclimatization days can make the Everest Base Camp Trek more manageable for first-time trekkers, like those with Sherpa Nomad Trek Pvt. Ltd. With proper preparation, appropriate gear, and a positive attitude, beginners can safely and confidently enjoy this unforgettable Himalayan adventure.

6. How is the accommodation on the Everest Base Camp Trek?

The accommodation options on the Everest Base Camp Trek mainly consist of traditional and modern teahouses and mountain lodges located along the trekking route. These teahouses offer basic yet comfortable facilities, making them ideal for trekkers exploring the Everest region. Most rooms are shared between two people and generally include beds, mattresses, pillows, and blankets, although it is highly advisable to bring a sleeping bag due to the cold temperatures at night. Bathrooms may be shared, particularly at higher elevations, while some lodges at lower

altitudes provide rooms with attached facilities. In recent times, luxury hotel accommodations such as Yati Home and Everest View Hotel are available up to Dingboche, with room rates ranging from USD 80 to USD 500. As you near Everest Base Camp, especially around Lobuche and Gorak Shep, the facilities become more basic, and accommodation options are limited. During peak trekking seasons, teahouses can become quite busy, so it is important to plan ahead. In conclusion, accommodation on the Everest Base Camp Trek offers a practical and authentic Himalayan experience while providing essential comfort after a day of trekking.

7. What are the meal options available on the Everest Base Camp Trek?

Meals on the Everest Base Camp Trek are provided at teahouses and lodges along the route, featuring a selection of nutritious and hearty dishes. The most prevalent meal is dal bhat, a traditional Nepali dish that includes rice, lentil soup, vegetables, and curry, offering substantial energy for extensive trekking days. Trekkers can also indulge in noodles, pasta, fried rice, soups, momos, potatoes, eggs, pancakes, porridge, and sandwiches. Breakfast choices generally consist of oatmeal, Tibetan bread, eggs, pancakes, toast, and hot drinks such as tea, coffee, and hot chocolate. Vegetarian meals are readily available, while some teahouses also offer chicken and other meat options. As you ascend to higher elevations, food selections may become more limited, and prices may rise due to the transportation of supplies from lower areas. It is recommended to drink plenty of fluids and select carbohydrate-rich, easily digestible meals. Overall, meals on the Everest Base Camp Trek offer a sufficient variety and energy for most trekkers. There are also vegan, vegetarian, and gluten-free meal options available. For hygiene purposes, we advise against meat options for mountain meals.

8. Can I get a hot shower during the Everest Base Camp Trek?

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Yes, you can typically find a hot shower during the Everest Base Camp Trek, but its availability is contingent on the specific location and altitude. Most teahouses in lower villages such as Lukla, Phakding, and Namche Bazaar provide hot showers for an additional cost. As you progress to higher elevations, hot showers become less frequent due to the increased difficulty and expense of supplying water and fuel. In locations like Tengboche, Dingboche, and Lobuche, some lodges may offer hot showers powered by gas, solar heating, or heated buckets, usually for an extra fee. At Gorak Shep, the amenities are more basic, and hot showers may be scarce. Shower prices generally rise with altitude. Many trekkers choose to shower less often at higher elevations to keep warm and avoid unnecessary exposure to cold temperatures. Wet wipes can be a practical substitute. Overall, while a hot shower is attainable on the Everest Base Camp Trek, especially at lower elevations, it should not be expected on a daily basis.

9. Is travel insurance mandatory for the Everest Base Camp Trek?

While travel insurance is generally not a legal requirement for the standard Everest Base Camp Trek, it is strongly advised to have comprehensive travel insurance. A suitable policy should cover high-altitude trekking, medical treatment, emergency evacuation, and helicopter rescue at elevations above 5,364 meters. This is vital because weather conditions, altitude sickness, injuries, or other unforeseen circumstances can arise during the trek. Additionally, some trekking agencies may ask travelers to provide proof of insurance before they can start the Everest Base Camp Trek. Standard travel insurance policies may exclude coverage for trekking beyond certain altitudes, so it is important to thoroughly check the terms and altitude limits before purchasing a policy. Helicopter evacuation can be expensive, making sufficient coverage particularly important in emergencies. For a safer and more secure Everest Base Camp Trek, choose insurance that includes high-altitude trekking, emergency medical expenses, helicopter evacuation, and trip cancellation or interruption. Although not always required, travel insurance is an essential part of responsible trip preparation.

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