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14-DAY EVEREST BASE CAMP TREKKING

URL: <https://boundlessadventure.com/everest-base-camp-trekking>

Duration

14 Days

Per Person Cost

USD 1092

Difficulty

Moderate

Best Seasons

Mar-June, Sep-Dec

Transportation

Flight

Max Altitude

5555m Kalapatthar

Trip Type

Trekking

Meal

Breakfast, Lunch, Dinner

Accommodation

Hotel

14 Days Everest Base Camp Trek Highlights

- 360-degree snow-capped mountain views and an unforgettable journey to Kalapatthar.
- The Everest Base Camp Trek is home to scattered Sherpa communities, each with a unique lifestyle and solid cultural influence.
- Immerse yourself in the biological diversity of Sagarmatha National Park.
- *Awe-inspiring sights of towering 8000-meter peaks, including Mt. Everest.*
- Alpine valleys with Buddhist prayer flags, colorful monasteries, and many walls.
- Seasonal festivals and cultural vibes of Everest Base Camp.
- Appealing Aerial View of the Himalayas in Kathmandu: Lukla Flight.
- Tenzing Hillary School and Syangboche Airport are the most attractive spots in Namche Bazaar.
- Explore the Khumbu Glacier and Khumbu Icefall with your own eyes.

Trip Overview

On the 14-day Everest Base Camp trekking journey, you'll reach the world's highest base camp, 5364 m above sea level. The Everest Base Camp is a fantastic towering trek in the UNESCO Heritage Site of Sagarmatha National Park. The adventure to the EBC trek goes through the high-altitude landscape, exploring the dramatic vistas of the over 8,000-meter peaks, including Mt. Everest, the world's highest mountain. Boundless Adventure is a local trekking operator company providing 12 to 14-day Everest Base Camp Trek itineraries at a reasonable cost.

The trek to Everest Base Camp has something to offer each trekker, providing a jaw-dropping adventure experience along with abundant miracles. With the most suitable trekking Itinerary, we offer you an opportunity to explore the Sherpa inhabitants and the enticing culture of the people living in the Khumbu region on your trek to EBC.

Besides trekking to Everest's Base Camp, the Helicopter Tour prefers to explore aerial views of the entire route in a single day. Another way is to trek to Everest Base Camp one way and fly back to Kathmandu by helicopter from Gorakshep. It might take between 8 and 10 days.

A short Himalayan flight from the domestic Tribhuvan International Airport in Kathmandu to [Lukla Airport](#) opens the miracle to the entire [Everest region](#). With the crowd of itchy feet, the great adventure of EBC lies ahead through the historical trails discovered by the universal pioneer in the 130 KM (80 miles) round trip.

A couple of steel suspension bridges over the **Dudh Koshi River**, the Buddhist mantras sculpted rocky walls, and the greenery hint at the mash-up beauties of the Khumbu surprisingly while you are hiking to Everest Base Camp.

On the Everest tour, you can explore the much-desired Sherpa settlements of Namche Bazaar and Khumjung village before crawling through the rocky terrain.

A day trip to Khumjung village gives you enough space to roam the spiritual surroundings. Along the EBC Trek route, you can discover the mysterious skull of Yeti and breathtaking Himalayan stories at the Khumjung Monastery.

Furthermore, **Pangboche** and **Tengboche** are places where you'll find peace and solace on the Everest trek. Above, the entire trail is shaded by the towering peaks of the Everest Himalayan range, including Gokyo. A few stops in the thin air help prevent altitude sickness.

To ensure your elite adventure of 14 days Everest Base Camp Trek, contact Boundless Adventure, a travel company in Nepal. We customize the EBC trekking itinerary to fulfill your desired trip with a suitable itinerary. Start the trek with our local field experts, who have spent more than a decade in trekking activities and have brought us to a leading trekking agency in Nepal.

Nestled in the heart of the Himalayas, Everest Base Camp is a must-visit destination for adventure enthusiasts and nature lovers alike. The iconic base camp trek offers a spectacular view of the world's peaks: Mount Everest (8849m), Mt. Lhotse (8516m), Mt. Lhotse Shar (8383m), *Mt. Ama Dablam (6812m)*, *Mt. Nuptse (7861m)*, and *Mt. Khumbutse (6,665m)*.

The base camp journey is adventurous, as trekkers traverse rugged terrain, meandering rivers, and picturesque valleys. The Everest region lies in the eastern vicinity of Nepal, with deep valleys and high

passes that must be endured. The sparsely settled Sherpa villages along the hike to Everest are quaint and provide a tranquil ambiance throughout the trek.

The trek's stop is after your thrilling flight from Kathmandu to Lukla. From there, you will traverse through various villages: Phakding, Monjo, Namche Bazaar, Phunki Tenga, Tengboche, Dingboche, Lobuche, and Gorakshep before reaching the final point at Everest's summit.

The route reached its highest point at Kalapatthar, 5555 meters above sea level. Along the way to the EBC trek, you will encounter friendly locals who offer you a unique Sherpa culture and way of life.

Upon reaching the Everest base camp, you'll be given a breathtaking panorama of the surrounding mountain ranges, including Nuptse (7,861 m), Lhotse (8,516 m), and Pumori (7,161 m). The stark beauty of the landscape, with its rugged terrain and glacial moraines, is truly awe-inspiring. The base camp is a bustling hub of activity, with mountaineers from around the world preparing for their ascent of Mount Everest.

You can see the hustle and bustle of the base camp as climbers and support staff make final preparations for their Mount Everest ascent. The base camp is illuminated by the soft glow of stars, providing an unparalleled stargazing experience at night.

The crisp mountain air and quiet solitude make for a peaceful and reflective atmosphere, perfect for meditation or simply enjoying the natural beauty of the surroundings.

Food and Accommodation During 14-Day Itinerary

While many of the paths through the Himalayas are arduous, this picturesque route offers ample places to rest and enjoy continental meals and the typical **Nepali food (Dal Bhat)**. You'll find many tea houses at each stop throughout the journey to Everest Base Camp, and each tea house welcomes you hospitably.

The places where you stay and have your meals are called tea houses, which the Sherpa people run. During the journey, you get an exceptional chance to taste the local cuisine and feel the warm hospitality of the locals.

Food

Mountain lodges on the trail provide a diverse selection of cuisines for meals. The popular food among trekkers is the traditional Nepalese meals as options. But you may have a chance to choose according to the menu. However, the food includes various dishes such as pasta, fries, spaghetti, noodles, soups, pizza, and yak steak.

If you have any special dietary requests or preferences, it is advisable to consult with your trekking agent before booking through email. The teahouses are well-equipped to cater to different nutritional requirements, ensuring you can enjoy your meals without any concerns during your trek.

Accommodation

Throughout your EBC trekking, accommodation options are exclusively facilitated in teahouses. Similarly, you may have luxury, and attached bath hotels are also available during the trip. We can get such hotels up to Pangboche.

Tea houses provide basic amenities during the 14-day EBC Trek journey. Each room typically contains twin beds. While some teahouses are equipped with attached bathrooms, availability is not guaranteed. Power outlets are available for charging electronic devices, and hot showers are offered for an additional cost.

Everest Base Camp Trek Cost

The Everest Base Camp Trek cost depends on the size of the group and the additional services you prefer. Everest Basecamp Trekking starts at USD 1280 per person, but we offer USD 1000/ per person if more than ten people are in a group.

Trip Itinerary

Boundless Adventure arranges three-star hotels in Kathmandu, but if you feel comfortable, you may book the hotels on your own. You can choose among Kathmandu's three-, four-, and five-star hotels. If you feel comfortable, let us pick you up at the International Airport of Nepal by car, van, Hiace, or bus.

Please provide us with the name of your hotel whenever you book it. However, we can operate teahouse accommodation along the Everest Base Camp trekking routes.

The 14-day Everest Base Camp Trek begins with a twin-otter fixed wing plane from Kathmandu to Lukla and ends up in Kathmandu on day 13. It continues to Phakding, Namche Bazaar, Tengboche Monastery, Gorakshep, Kalapatthar, and Everest Base Camp. Similarly, you will trek back to Lukla the same way and get a fixed wingplane fly into Kathmandu.

Note: If you are facing any discomfort with Price and Itinerary, please feel free to let us know.

Day 01: Arrival in Kathmandu and Pickup Service, Overnight at Kathmandu

Welcome to Nepal. Our representative will pick you up at the international airport and transfer you to the hotel. Overnight.

After a brief break, the activities that will take place according to the trip schedule are briefed.

Overnight at your hotel. (we book the hotel on request only.)

Note: If you want a local SIM card, you will get it at the international airport nearby. Get number one.



Tribhuvan International Airport, Kathmandu

Destination:

Kathmandu

Transportation:

Car

Duration:

15 min.

Food:

Exclude

Day 02: Fly to Lukla and trek to Phakding, Overnight

Good morning, Kathmandu. After an early morning breakfast (or otherwise, you can ask for a packed breakfast), we will transfer you to the domestic airport.

After the check-in procedures, wait for the scenic Himalayan flight. The flight is about 40 minutes long and offers delightful Himalayan scenery and diverse beauties of terraced hillsides and gorges.

The thrilling landing at Lukla airport and the opening of the Everest gateway will test your thirst for adventure. Often, the groups meet their porters at Lukla Tenzing Hillary Airport.

You are packing and tightening the backpack; head through the easy and comprehensive route.

The scenery of the fields and terraces hillside glazes your enthusiasm. The trail gradually leads along the right side of the Dudh Koshi River; enjoy the view of Mt. Kusum Kanguru along the route, cross the steel bridge, and rest at Phakding. Overnight at the lodge.



Lukla Airport Everest

Destination:

Phakding

Accommodation

Hotel

Transportation:

Flight

Duration:

45 min

Food:

Lunch and Dinner

Day 03: Trek to Namche Bazar, Overnight.

The second day on the mountain begins after having breakfast. As soon as the journey begins, you cross the suspension bridges several times and climb to Monjo.

The smiley peaks of Mt. Thamserku in Bengkar welcome you to this highland. When traveling to Monjo, you check in at the Sagarmatha National Park entry permit counter at the check post counter at Jorsalle.

After having lunch, begin ascending through the straightforward uphill route after walking for about an hour, crossing the River dotted by pine woods. Walking further, the winding route escorts you to the Himalayan hub of Namche Bazaar with the tingling bells of yaks.

(Be aware of the yaks and mules on the trail.). The hike gives you an impression of Erik Valley's "Himalayan Caravan." Check-in at the lodge and rest, awaiting a warm dinner. Overnight at the lodge.



Namche Bazaar in Everest

Destination:

Namche

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch, Dinner

Day 04: Acclimatization Day in Namche Bazaar

Good morning. The horseshoe-shaped Sherpa hub at Khumbu is the Namche Bazaar. It is essential to spend a day walking around and exploring the diversity.

After breakfast, hike around distinguished settlements and attractions by visiting the Sherpa Museum, the Sagarmatha National Park Museum, and the magnificent Khumjung village.

Do not miss out on observing the “Yeti Skull” in Khumjung Monastery, which is still a mystery. The hike to the Everest View Hotel is another fantastic thing that offers astonishing scenery of the Everest Himalayas.

Then we go back to the lodge and take a rest. The hike, after all, adapts to the altitude, which avoids the risk of acute mountain sickness overnight at the lodge.



The View of Everest Trekking

Destination:

Namche

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch, Dinner

Day 05: Trek to Tengboche, Overnight.

The excursion resumes towards Tengboche from Namche Bazaar. The energy is there in the itchy feet, and enthusiasm is there with a confident heart.

Enjoying the breathtaking views of the snowy peaks, we crawl unhurriedly towards the hilly ridge of the town, which welcomes the wide route of the Everest trek. Of course, the enticing Amadablam peak stands in rigid form.

We have lunch at Kyanjuma, a tiny Sherpa community near Namche. Then, we trek down the Dudh Koshi River, cross a bridge, and climb Tengboche uphill. There, we see an impressive monastery with fluttering Buddhist prayer flags.

Exploring the sanctuary, interacting with the young monks, and participating in the evening prayers are greatly rewarding. The cultural vibes are unique in the Tengboche monastery.

Mount Everest, Nupshe, and Lhotse are in front of you overnight at the lodge.



Thyangbouche Monastery on Everest trek

Destination:

Tyangboche

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch, Dinner

Day 06: Trek to Dingboche, Overnight.

The early morning spiritual vibes of Tengboche energize us with the sunrise over the beautiful mountain. After having breakfast, we began the journey towards Dingboche and crossed an attractive destination, Milingo, on the right side of the Bhoté Koshi River.

The antique and unique Pangboche village is located ahead.

The olden monastery at Pangboche is considered a mysterious **“Yeti Skull.”** It is the second most famous Buddhist monastery on the Everest trekking trail, just like the Khumjung monastery.

Then we moved to Somare and stopped for lunch. Heading forward, we climb through the confluence of the mountain rivers and reach a fantastic view of Everest, a stone-walled town. Dingboche is waiting for us. Overnight at the lodge.



The view from Dingboche

Destination:

Dingbouché

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, Lunch, Dinner

Day 07: Acclimatization at Dingboche, Overnight.

Trekkers can experience acute mountain sickness if they don't do much acclimatization. After breakfast, we walk around the windy village of Dingboche.

We have a couple of options for exploring. We can walk up to Chhukung, a gateway to the island peak, or the entrance of Khongma La Pass.

Instead of this hike, we can move to climb the **Nangkar hill**, which offers impressive views of *Mt. Makalu (8485 m)*, *Cho Oyu (8201 m)*, and *Ama Dablam (6812 m)*, along with the Lake beneath the peak.

Then we'll come back and rest at Dingboche. Overnight at the lodge.



Explore in Dingbouché

Destination:

Dingbouché

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch, Dinner

Day 08: Trek to Lobuche, Overnight.

It was easy to walk after a full day of acclimatization at Dingboche. After breakfast, the excursion begins through the grazing meadow with an excellent view of Gokyo Peak, Lobuche Peak, and Tabuche Peak.

Walking further, we encounter a steep and pretty challenging section. After the previous day's acclimatization walks, climbing high is not a big issue.

The straightforward route escorts to the Dugh La Pass, which is more than a few hours' walk. We can have lunch at Dugla and then head further to Lobuche.

There are beautiful views of Mount Nuptse, Lhotse, and Pumori along the way.

In total, we ascend almost 700 meters above Dingboche. Overnight at the lodge.



Lobuche Lodge in Everest

Destination:

Lobuche

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 Hours

Food:

Breakfast, Lunch, Dinner

Day 09: Trek to Everest Base Camp + Gorakshep, Overnight.

Today's trek starts quite early, as the trail is long and tough. It's also one of the best-awaited days of the trek and our destination.

We begin the trek after breakfast and reach Gorakshep at midday, the last stop with accommodations. We have lunch here and check in at the lodge. We'll also see the Khumbu Glacier from the Everest Base Camp. The world's most profound glacier lies between Mt. Everest and the Lhotse-Nuptse Ridge.

Then, we hike through the rocky and winding trail to the base camp of the world's tallest peak, Mt. Everest (**8848.86 meters**).

It's about 7 kilometers back and forth. Of course, the trip is demanding, but the Everest views make you forget the pain and trouble throughout the journey. Return to Gorakshep and take a rest.



Destination:

Gorakshep

Accommodation

Hotel

Transportation:

Hiking

Duration:

8 hours

Food:

Breakfast, Lunch, Dinner

Day 10: Trek to Kalapatthar and Pheriche, Overnight.

Another big day of trekking to Everest base camp completes a mission to explore the dream peaks that used to be in pictures only.

We walk towards the ridge above Gorakshep at 5555 meters altitude called Kalapatthar, which offers an incredible view of the magnificent Everest Himalayan chain: Mt. Everest (8848.86 meters), Lhotse, Nuptse, Changtse, Thamserku, and the neighboring peaks.

They look incredible and breathtaking at sunrise over the snow-capped mountains on a fine morning. It's time to take great panoramic shots.

Kalapatthar is the ultimate point where the helicopter lands to explore Mount Everest Base Camp, and the travelers take magnificent pictures.

Then, we descend to Gorakshep and have lunch. We commence the downhill hike the same way and reach Pheriche, a tiny settlement on the left bank of the River. Overnight at the lodge.



Gorekshep Photo

Destination:

Pheriche

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch, Dinner

Day 11: Trek to Manjo, Overnight.

We resume our trek after breakfast, which is a great relief for the muscles. The rest of the trail is an easy downhill walk.

Following the Dudh Koshi River, we gradually walked and reached Somare, ahead of the antique village of Pangboche.

Heading on, we cross a steel bridge, follow the riverbank to Debuche, and climb Tengboche.

Trekking further, we climb to Kyangjuma and ascend to the Namche Bazaar. If you want to stay in a new place, why don't we continue to Manjo and take a rest?

After all, it shortens the distance for the next day. Overnight at the lodge.



Manju village in Everest trekking

Destination:

Manjo

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch, Dinner

Day 12: Descend to Lukla, Overnight.

With great energy to complete the adventurous trekking, we begin walking from Manjo after breakfast.

We also conduct our formalities by showing our permits. Then, we continue to hike further via Bengkar and Phakding. After enjoying the potato fields, we reach Cheplung and Lukla.

This is where we celebrate the final day of trekking with the team and say goodbye to the rest of the staff (in a group trek).

But the guide will be with you until you reach Kathmandu. Overnight at the hotel.

Note: It is necessary to reconfirm the flight tickets in Lukla. The guide will take care of it, and you can relax in the hotel.



Lukla Runway

Destination:

Lukla

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, Lunch, Dinner

Day 13: Fly to Kathmandu, Overnight.

Have an early morning breakfast and walk to the airport for a safe return flight to Kathmandu by plane.

Enjoy a glimpse of the Everest, Langtang, and Manaslu mountains, and arrive in Kathmandu after a 45-minute flight.

Then we will transfer you to the hotel in Kathmandu. Enjoy the day with your independent activities, rest, and shower.

Overnight at the hotel in Kathmandu. (A) Accommodation only.



Hotel in Kathmandu, Nepal

Destination:

Kathmandu

Transportation:

Flight

Duration:

45 min

Food:

Breakfast

Day 14: Departure

If you have further activities with us, we will set out for activities like Chitwan Jungle Safari, Lumbini, Bungee Jump, paragliding, etc.

Otherwise, a representative of Boundless Adventure will drop you off at the international airport by car, van, or bus at your scheduled time.

Thank you for letting us serve you during your adventure trekking to Everest Base Camp.

Please note that check-out time at the hotel is noon. We look forward to your feedback on the Everest Base Camp trip.



Nepal airport

Destination:

Onwards

Transportation:

Car

Duration:

15 min

Trip Includes

- Pick up and drop off from the international and domestic airports by private tourist vehicle.
- Three times meals a day during the trekking (Breakfast, Lunch, and Dinner).
- Your accommodation is according to the trekking event itinerary.
- Paperwork for the trekking.
- Sagarmatha National Park Permits.
- TIMS permits.
- Pasang Lhamu rural municipality Permits.
- From Kathmandu to Lukla flight tickets.
- Lukla to Kathmandu flight tickets.
- A professional trekking guide.
- Salary, insurance, food, and accommodation for the guide.
- Per person, a Trekking map.
- Local government tax.
- Drinking water with an iodine tab.

Trip Excludes

- We'll book the hotel in Kathmandu on request only.
- Hot and Cold drinks.
- Hard and soft drinks.
- Porter to carry your bags.
- Hot Shower along the trekking trail.
- Your personal expenses and shopping.
- Trekking equipment.
- Tips and donations.
- Anything in the list above (e.g., Extra accommodation and drinks during the trek).

Frequently Asked Questions

How can I get to Lukla?

The most popular way of getting to Lukla is by air. You can take a domestic flight from Kathmandu to Lukla, which takes around 30 minutes. Alternatively, you can fly from Manthali Airport, Ramechhap, or a helicopter ride to Lukla.

Can I take a solo Everest Base Camp Trek?

As of June 2024, you can no longer take a solo Everest Base Camp Trek. You must hire a licensed guide for the trek through a government-registered trekking agency.

What is the duration of the Everest Base Camp Trek?

The Everest Base Camp Trek usually takes 12 to 14 days to complete. However, trekkers can shorten or extend the trek according to their preferences. When curating the itinerary for EBC, trekkers must consider acclimatization and rest days.

Is Everest Base Camp crowded?

Everest Base Camp is one of Nepal's most popular trek destinations, and it can be crowded during peak season. The trails are quite busy, and accommodations are packed. If you want to avoid the crowd, opt for the off-season, which has few drawbacks.

How challenging is the Everest Base Camp Trek?

The Everest Base Camp trek is moderate and requires good physical fitness, stamina, and endurance. Trekkers must climb steep uphill and downhill trails on varied terrain. They have to walk 5 to 6 hours on average daily, which can be physically demanding.

Is Everest Base Camp Trek for beginners?

Yes, beginners can participate in the Everest Base Camp Trek with proper preparation. They must prepare mentally and physically for the trek, undertaking exercises and training to build strength, stamina, and endurance.

What permits are necessary for the Everest Base Camp Trek?

Trekkers must obtain a Khumbu Rural Municipality Permit, which costs NPR 2000 for the first four weeks and then NPR 2500. The other permit is the Sagarmatha National Park Permit, which costs NPR 1500 for SAARC nationals and NPR 3000 for non-SAARC nationals.

Is travel insurance necessary for the Everest Base Camp Trek?

Yes, Everest Base Camp is a high-altitude trek that requires travel insurance. The insurance must cover altitudes up to 6000 meters and medical and emergency expenses, including helicopter rescue and altitude sickness.

What is the success rate of the Everest Base Camp Trek?

The average success rate of the Everest Base Camp Trek is 90%. The route to the base camp is old but well-established. Similarly, despite the challenging ascend and descend section, the trails are relaxing. The success rate is pretty high.

Is there a risk of altitude sickness during the Everest Base Camp Trek?

There is a risk of altitude sickness during the Everest Base Camp Trek. The trek's highest point is Kalapatthar, which sits at 5555 meters elevation. Hence, trekkers must take a proper acclimatization day, rest well, and stay hydrated to minimize the risk.

Essential Information

Acclimatization Days During Treks

Acclimatization is a steady procedure that forces the body to become accustomed to a specific elevation over an extended period. Everest acclimatization encourages the generation of red blood cells, facilitating the effective delivery of oxygen to muscles and crucial organs. Consequently, EBC acclimatization aids in subsiding altitude illness resulting from the body's to cope with reduced oxygen levels during the Everest trek.

Altitude sickness symptoms include weariness, nausea, respiratory difficulties, and migraines. If not addressed, it may progress to severe complications such as high-altitude cerebral edema (HACE) and high-altitude pulmonary edema (HAPE).

Acclimation at Namche Bazaar

Namche Bazaar is an animated and lively township nestled in the heart of the Khumbu region of Nepal. It is the first acclimatization point on the island. Namche Bazaar is a historic town that has been a gateway to the Everest region and an important trading center for eons.

Namche Bazaar also hosts many restaurants, cafes, and lodges, rendering trekkers a snug place to revitalize and re-energize. On the Namche Bazar acclimatization day, you can relish the distinctive Sherpa culture of the region by visiting the local museums and cultural centers.

The township is an acclimatization point for trekkers advancing toward the higher elevations of the Everest region. Namche Bazaar's picturesque setting and lively ambiance make it a highly coveted destination for trekkers and adventurers alike.

On acclimatization day, you can explore the areas near Namche Bazar and the famous places in the region: **Syangboche Airport**, **Khumjung Hillary School**, and the local markets. You can also interact more deeply with locals on the day.

Acclimation at Dingboche

Dingboche is an enchanting and picturesque Himalayan village in the Khumbu region of Nepal. It is

renowned for its stunning mountain vistas and rich cultural heritage. Pheriche is 4,410 meters, and Dingboche is encircled by towering peaks, including the magnificent Ama Dablam, Lhotse, and Nuptse.

This charming village is an ideal acclimatization point for travelers venturing into higher altitudes. Dingboche provides trekkers with a warm and welcoming atmosphere, with an array of cozy lodges and restaurants offering authentic local cuisine on the Everest acclimatization schedule.

Dingboche is also famous for its cultural significance, with a beautiful monastery in the village. Visitors can explore the unique Sherpa culture and gain insight into their traditional way of life. The verdant fields surrounding the town provide a stunning contrast to the snow-clad mountains that dominate the skyline.

Dingboche is a sublime destination for trekkers who seek a peaceful refuge to rest and acclimatize to the awe-inspiring natural beauty amidst the Himalayas. The blend of cultural heritage and natural beauty makes Dingboche a highly sought-after destination for trekkers and adventurers and an ideal point for acclimatization on the Everest Base Camp trek.

On Dingboche acclimatization day, you can trek to higher elevations and descend back to the tea houses of Dingboche. Getting to a higher and returning to a lower elevation allows your body to adjust to the changed temperature, preparing you for further journeys. Trekkers go to NangkarTshang at 5616m on the acclimatization day. After making the eyes pleasant with the view from Nangksar Tshang, you'll stay at Dingbouché overnight.

Major Attractions of the Everest Region

The trek to the world-renowned trekking destination, Everest Base Camp, attracts many travelers worldwide. The trek takes you through particular trails and is also about hiking. Some of the major attractions of the EBC trek that will make your journey truly unforgettable are:

Everest Base Camp and Kalapatthar

Everest Basecamp and Kalapatthar are the ultimate destinations in (Everest Base Camp, King. EBC is at 5364 meters in elevation for those envision summiting the world's peak and glaciers. Similarly, Kalapatthar, at 5545 meters altitude, offers the brilliant scenery of the Everest Himalayas with a golden sunrise view.

The Kalapatthar provides views of Mount Everest, Makalu, Cho Oyu, Lhotse, Ama Dablam, and many unnamed peaks.

Sagarmatha National Park

Sagarmatha National Park has diverse flora and fauna in the Everest region. Throughout the trek to Everest Base Camp, you walk through the Park, which covers an area of 1,148 square kilometers. The Park preserves various endangered mammals, including musk deer, wild yaks, red pandas, Langur monkeys, and hares. Exploring Sagarmatha National Park's bPark'scal diversity, culture, and nature is impressive.

The Sagarmatha National Park is home to rare wildlife and more than 120 bird species, such as the Impeyan Pheasant, Snow Cock, and Red-billed Chough, making it an attractive destination for nature enthusiasts.

Mountains and Himalayas

Everest Base Camp Trekking offers miraculous views of the Everest Himalayan chain and stunning surroundings. Since the flight to Lukla, you have gotten excellent scenery, hiding and seeking until you reach the Namche Bazaar. The natural aura of the Himalayas starts to be seen after that. Mount Everest, Lhotse, Ama Dablam, Nuptse, Pumori, Cho Oyu, Makalu, and other snowy-capped Himalayas greatly fascinate the Everest trekking. Kalapatthar is the best viewpoint for the Himalayan range and Everest Himalayan scenery.

Khumbu Glacier and Icefall:

Exceptionally, a significant attraction of the Everest Base Camp trek is that it takes you to the world's longest glacier, the Khumbu Glacier. You'll pass the Khumbu Glacier from **Gorakshep to Everest Base Camp**. The glacier is extensive and impressive, with an icy shape opposing mountain peaks.

Khumbu Icefall, situated at the top of the Khumbu Glacier and bottom of the western cwm, is another notable attraction of the EBC trek. The altitude of the Khumbu icefall is 5,486 m. The trail to Khumbu Icefall takes you to Mount Everest.

Although the Khumbu Glacier and Icefall segment is adventurous, the attractions are mesmerizing.

Sherpa Culture and Villages :

The particular Sherpa culture of the Everest region allows you to immerse yourself in the traditions and lifestyle of the Sherpa people. The Sherpa villages along the way to Everest base camp, with each village's unique importance, are the major attractions of the trekking.

Lukla, Namche Bazar, Tengboche, Pangboche, Dingboche, Lobuche, Gorakshep, and every village you'll visit during the trekking have unique cultures and excellent hospitality. The Sherpas are known for their friendliness and warm hospitality.

You can also participate in the local ceremonies in the Everest region. The Sherpa culture and villages are significant in the Himalayas and are the major attraction of the Everest base camp trek.

Tengboche Monastery:

Tengboche monastery is located in the Tengboche village of the Khumbu area. It is a Buddhist monastery, also known as the Dawa Choling Gompa. Tengboche monastery is the most prominent religious place in the Everest region. The Gompa is culturally important and a major attraction for trekkers.

At 3867m, the Tengboche monastery lies at the top of the hill. It provides an all-inclusive bird' catching view of Mount Everest, Lhotse, Nuptse, Ama Dablam, and Thamserku. The Gompa is designed in ancient Tibetan architecture to allure trekkers.

The altitude of Everest Base Camp

Before starting your journey at Everest Base Camp, consider knowing the base camp altitude.

The final [elevation of Everest Base Camp](#) reaches a staggering 5364 meters, with the trek's highest point being Kalapatthar Peak at 5555 meters. **The altitude of Everest Base Camp in feet is 17598.43 feet.**

Your starting point of the Everest Base Camp trek, Lukla, stands at 2860 meters and follows through an elevated landscape towards EBC. The highest elevated stretch of the hike is Day 2, where you will elevate at the most 800 meters in a single day (Phakding (2650 m) to Namche Bazaar).

As you cross the 3000-meter mark, you are advised not to elevate more than about 300 meters a day. Therefore, the maximum elevation you will embark on from Namche onwards will be 300 meters. On average, you ascend about 200–350 meters daily from *Namche to acclimate* appropriately to the elevated region.

Transportation facilities provided by Boundless Adventure

We provide the required vehicle, including airport pick-up and drop-off by car, van, or bus. According to the size of the group, Boundless Adventure provides domestic transfers from Kathmandu Airport to Lukla Airport and Lukla Airport to Kathmandu with fixed wind plane tickets. We also provide vehicles for sightseeing around Kathmandu at your request. We offer ground transportation in private luxury tourist vehicles.

Customize your Everest Base Camp Journey.

Boundless Adventure feels that our clients should be satisfied with the trip. Every trekker is unique and should have the right to customize their itinerary.

We provide customized trekking itineraries for different tour packages, including 14 days at Everest Base Camp. We are ready to design your itinerary as per your preferences. You can customize the trip differently than the usual straightforward route.

Furthermore, there are plenty of trek combinations at Everest Base Camp Trekking by Boundless Adventure. You can combine the base camp trek with **Renjo La Pass**, **Cho La Pass**, and **Kongma La Pass** on the trek route known as the [Everest High Pass Trek](#). Besides these, you can extend the trip if you prefer to stay a couple more days in the Sherpa villages to learn their customs, culture, and lifestyles.

Fitness for EBC Trek in 2024

Everest Base Camp Trekking requires average physical fitness. So, practicing outdoor walking is advisable before trekking to Everest Base Camp. You don't take any specific physical fitness or training lessons, but making yourself physically fit is essential for EBC trekking.

However, there are many examples every year that even senior citizens have completed the trek, but it has become possible due to their excellent fitness level. Everest Base Camp and Kalapatthar are the higher points that ultimately break the excursion above 5000 m on the journey to EBC.

Solo vs. Group on the EBC Trail

We usually get this query about which one is better to go on the Everest trek—single or with a group. It is answered in judgmental language. Some people find it unique with the group, sharing ideas, having fun, enjoying, chatting, and laughing about different topics. People who love group travel create a mashed-up concept of traveling with multiple languages and cultures.

Solo trekking suits those who do not want to travel with strangers and love to make a peaceful journey in the Himalayas. Some solo female trekkers have doubts about safety matters, which is not a matter to worry about as we have operated numerous treks for solo female trekkers. If you love to walk in your way with peace of mind and enjoy nature, you can book a solo Everest base camp trekking package with us in 2024 and 2025.

Best Time / Season for Everest Base Camp Hike

Nepal has a distinct weather pattern in spring (March-June) and autumn (September-November). The Himalayan vista that can be gazed at is best seen annually during spring and autumn.

The most favorable times of the year for Khumbu Valley Trek are spring and autumn, with their pleasant and calm weather. Spring is characterized by the time of year when the environment blossoms with greenery and flowers after the harsh winter. Autumn generally falls before summer and winter, making it the perfect time for trekking.

The upper section of the trail (beyond Namche Bazaar) lies in a dry and arid area beyond the Himalayas that receives occasional rainfall during the monsoon/summer season (June-August). Despite this, visitors may still consider hiking to Everest Base Camp in the summer, although the stunning view of Everest may not be visible during the monsoon. However, it may be visible due to global warming and climate change. For more queries regarding the ideal time for your journey, WhatsApp +977 9851033819.

Autumn season

Autumn is the best season for trekking at Everest Base Camp. September, October, and November have fabulous weather, clear views, warm days, and beautiful scenery from morning to evening. Additionally, it is a considerable traffic season, and the accommodations are fully occupied. So, we suggest you book the trip in advance.

The spring season

Spring is the second-best season for the Adventure to Everest Trek. The ideal trekking conditions begin in March and run through April until May. The weather is clear, but it is snowing. It might be snowing along the trekking trail. You should know the condition of the route.

Winter season

In the winter season, the days remain calm, with fantastic sunshine. But the morning, evening, and night go wild. If you love to trek in less-trafficked times, December and January are the best times to go on Everest hiking. It remains snowy, and the weather is freezing, below minus twenty degrees Celsius.

Summer

Summer, the intervals from June to August, is becoming a popular season for trekking in Everest Base Camp. As summer is the monsoon season in Nepal, many trekkers don't feel comfortable hiking in summer. However, the scenario has changed due to global warming and climate change. Summer has become one of the ideal trekking seasons in Nepal. Above 3000m, the rainfall doesn't occur frequently in the summer, making it less challenging to trek.

Summer is the finest season to trek. Its lush greenery, blooming flowers, fewer crowds, and moderate temperatures with sunny days make it a great time. We provide a trekking package for the summer season per your flexible itinerary plan.

Trek Difficulty During Your 14-Day Journey

The Everest Base Camp Trek is an adventurous, challenging adventure.

The EBC Trekking route consists of numerous uphill and downhill climbs with stone staircases, which can be tiresome. So, during the journey to Everest Base Camp, we recommend a few breaks to help you face the challenge and complete your mission to reach Everest Base Camp (5364 meters) and Kalapatthar (5555 meters). However, the trail becomes extra challenging after the snowfall to scramble through the snowy route in winter.

Acute Mountain Sickness

Acute Mountain Sickness (AMS) generally occurs for trekkers while heading above 2500 meters. Altitude sickness is standard on the Everest base camp trek and slowly exhibits symptoms like dizziness, dehydration, or vomiting. The highest altitude of the Everest Base Camp Trek is 5545 meters (Kalapatthar), which is a thin-air region of the Himalayas. So, walking in the narrow air is quite adventurous, with a fear of acute mountain sickness on Everest.

We will manage a few days during the Everest base camp trek so you have enough time for acclimatization. If you feel tiredness, insomnia, and other unexpected symptoms, you must follow some procedures directed by your guide to minimize the risk of altitude sickness.

What do you do if you get altitude sickness during a journey?

Acute mountain sickness is common among trekkers at high elevations, including Everest Base Camp. It helps if you are careful about altitude sickness before the journey starts. However, we provide some Everest trekking information that will help you if you get symptoms of acute mountain sickness during your trip.

First, if you feel symptoms of altitude sickness, you need to tell your guide immediately. The guide suggests you descend 500 meters below the point where you get acute mountain sickness symptoms. Our guides work with you to minimize risks and prevent further issues.

After you descend 500 meters, you should rest that day. Our guide provides medicine for altitude sickness and the necessary treatment for a fast recovery.

As the guide suggests, you either continue descending or hike up for a further journey.

Extra personal expenses

Hiking to Everest base camp is a 12-day excursion in the Himalayas. Indeed, we provide three meals and accommodation during the trek. But you might need to spend on extra drinks, energy bars, and other issues. You need to pay for additional items besides what's what.

Namche Bazaar is a commercial hub in the Khumbu region. Here, you can find various souvenirs from the Himalayas, including herbs, paintings, hats, and other things. However, you will incur a personal expense

if you want to buy something. Thus, we recommend bringing cash to use when buying or eating something.

Even if your flight is delayed or canceled, you might need to stay one more night in Lukla; in that case, you must cover accommodation and other expenses besides the flight ticket.

Online Booking and Ease of Automation

We are an esteemed trekking company in the heart of Kathmandu, Nepal, specializing in providing professional travel services to tourists. Our prime location, backed by our highly skilled service team, enables us to offer efficient and hassle-free travel experiences.

Our website has a user-friendly automated booking system, ensuring seamless navigation and convenient reservations for your desired trips. Moreover, our customized itinerary feature allows you to create a tailor-made travel plan that caters to your unique preferences. With extensive experience spanning over three decades, we have established a robust reputation in the majestic Nepalese Himalayas.

Booking and Payment Process

The Everest Base Camp trek can be booked online through our booking form on the website. To book online, you need to deposit 20% of the total trip cost in advance. The rest of the payment must be in cash once you arrive in Nepal.

You can wire transfer or make online payments on an official account, which we will provide once you decide. However, you must go through the trip booking process.

Don't hesitate to contact us via WhatsApp or email; our dedicated team is available 24/7 to assist you.

Insurance required for Everest Base Camp

Indeed, Nepal is a safe country to travel to, but in the Himalayas, you may get problems due to several factors. The unpredictable weather conditions in Nepal cause many risks. So, getting insurance for trekking in Nepal is advisable for unforeseen circumstances.

We suggest our clients get travel insurance from their country before trekking in Nepal. There are many travel insurance companies in Nepal, but Nepal's companies don't offer insurance for foreigners. Remember, your insurance should cover 6000m.

Equipment required for Everest

You must be well prepared with proper gear and equipment for a safe and enjoyable trek on the Everest base camp journey. Different kinds of clothing as per the weather condition, footwear, sleeping gear, headgear, personal hygiene stuff, a medical kit or first aid kit, sun protection, navigation and documentation, electronic items, trekking poles, and different miscellaneous items are the equipment required for trekking in Everest Base Camp. You can visit [Things Needed for Trekking in the Nepal Himalayas](#) for details on [gear and equipment](#).

Last minute booking for Everest Base Camp Trek 2024

For adventure lovers who want to trek in Nepal but are unsure because they did not pre-plan and suddenly decided to go on a trek, Boundless Adventure has made it easy for them. We provide last-minute bookings for the Everest Base Camp trek and other trekking destinations in Nepal's Nepal.

For last-minute bookings at Everest Base, one must meet 72 hours before joining the group. You need to book 72 hours before the deadline due to the logistical management we need to arrange. We are responsible for providing you with a proper logistic facility. So even with a last-minute booking, you can enjoy the trek in the Everest area with us.

Everest Base Camp Tips for Beginners

If you are a beginner on the trek to Everest base camp, here are some tips to help you in your journey: Before the trip starts, get involved in activities and exercises that build your stamina and strength.

While choosing the itinerary, you must select the itinerary plan with the days involving acclimatization day.

Choose the ideal trek season for a more enjoyable and safe trek on EBC. Selecting the best season with less risk can enhance your overall trekking experience.

Make your backpack as light as possible, bring necessary items, and avoid carrying unnecessary stuff. To minimize cost, you can rent trekking clothes at Namche Bazar.

Stay hydrated and consume food with a balanced diet to fuel your body for the trekking journey. If you get any signs of altitude-related issues, including headaches, dizziness, and nausea, immediately tell your guide and consider descending.

Consider purchasing travel insurance that covers trekking at high altitudes up to 6,000 m from your country. With proper planning and guidance, beginners can also embark on and succeed at the Everest base camp trek. So consider the tips above and decide on your journey at Base Camp.

Everest Base Camp for Female trekkers

Boundless Adventure provides an Everest base camp trek for female trekkers to ensure their safety. If you are female and wondering whether you can trek at Everest Base Camp, don't worry—we are here to help. Even if you are a solo female trekker, we guarantee your safety. We can provide a female guide per your request to make you feel more comfortable during your Adventure to Everest Base Camp.

What are the permits required for 14 days at Everest Base Camp?

For the commencement of the EBC Trek in Nepal, trekkers must acquire two authorizations. Firstly, the Trekker's Management System (TIMS) Card is obligatory for all trekkers and is granted by the Nepal Tourism Board (NTB). Its objective is to gather information about trekkers to enhance their safety and security during the trek. Boundless Adventure provides you with every trekking permit in Kathmandu.

Secondly, trekkers must procure an admission permit for the Everest Base Camp trek in Sagarmatha National Park, a UNESCO World Heritage site in the Everest region.

The location along the Everest Base Camp

The hike to Everest Base Camp passes through beautiful locations throughout the journey. The journey begins as you fly to Lukla. Lukla, at an elevation of 2840m, is the first location on your trek to Everest. After getting Lukla, you'll reach Phakding at an elevation of 2610m.

On the first day of the EBC journey, your resting location is Phakding. From Phadking, you'll reach Namche Bazar at 3440m. At an elevation of 3860m, Tengboche is another notable location for trekking at Everest Base Camp. After Tengboche, Dingboche is your resting destination at 4410m. You ascend from Dingboche to another location, Lobuche, at 4910m. An awaited location after Lobuche is Gorakshep at 5140m and Everest Base Camp at 5364m.

The popular locations along the [Everest Base Camp trekking route](#) and the point where you overstay on the journey are mentioned above. In addition to the area mentioned above, you'll pass through different picturesque villages, each with beautiful cultural and natural beauty.

Getting to Everest Base Camp

Although the first step in the Everest region is at Lukla, the gateway of the Everest trekking route is known as Namche Bazaar. You'll find Lukla from the domestic airport in Kathmandu. From Kathmandu to Lukla, flights take about 40 minutes. Sometimes, you may need to fly from **Manthali Airport** to Ramechhap due to technical issues and the high air traffic. However, to get to Ramechhap'suld drive from Kathmandu early to catch a plane. It takes 4-5 hours by car.

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