

1. Trip Overview

Everest Base Camp Trek Trip Notes:

- The Mt. Everest base Camp trekking lasts for around 15 days.
- Moderate difficulty level is graded for Everest Base Camp trek.
- Minimum of 2 people can travel through this route.
- The [Everest Trek](#) starts from [Kathmandu](#).
- The trip destination will be through [Khumbu](#) and Base camp of [Mt.Everest](#).
- Difficulty level is graded as Moderate difficult.
- The highest altitude will be till 5357 m of height.
- Available transportation facilities are through the private vehicles and by flight to [Lukla](#).
- Accommodations will be provided in locally available Standard lodges.

More Facts About Everest Base Camp Trek:

- Breathtaking view of world's highest peak **Mt.Everest** and also other mountains **Amadablam, Makalu, Nuptse, Thamserku, Lhotse and Khumbu icefall**.
- Everest Base Camp hike has been rated as one of the best adventures in the world by trekkers and adventurers.
- Experience and exploration of [Mount Everest Base Camp](#) is ultimate aim of trekkers.
- Everest Base Camp Trek in total 69 kilometers walking Lukla to Lukla 12 days Trip.
- Lifetime adventurous [trekking](#) experience towards Mount Everest and its surroundings.
- Exploration of the [Sherpa community](#) settlements and their lifestyles.
- Amazing Himalaya flight experience to Everest region.
- Naked eye view of 17th century old [Tengboche Monastery](#).

Everest Base Camp Trek is the gateway to world's highest peak **Mt.Everest** which provides opportunity to the adventurers to ascertain and explore the highest peak from the nearest and loveliest point. This place is enclosed by four high peaks [Mt.Everest](#), [Mount Makalu](#), [Mt.Chou-oyu](#) and [Mt.Lhotse](#). Similarly, Mt. Everest Base Camp trekking is the perfect place to view the spectacular panoramic view of these mountains as close as they appear. Travelers can also pass through the [Mt. Everest national park](#) that was established on **Gregorian** calendar month 1976 and later inscribed as a flora and fauna Heritage website in **1979**.

Mount Everest Base Camp Trekking route lies in the eastern part of Asian country and passes through the southern facet of Mt.Everest [Namche Bazar](#). Which may be a lovely village referred to as the capital of Sherpas. The adventure to [Everest Region](#) begins with an exciting flight to Lukla. The landing at the narrow strip high up in the mountain will amaze you. Lukla airport is situated at the highest altitude where pilots show their landing skills. The travellers can experience the audacious weather and diversified natural beauties of flora, fauna and high white mountains around. **Everest region** is famous for ancient culture, tradition and also like of native folks namely serpas who are friendly and some of the world famous climbers. They also provide hospitality with comfort of nice lodge and food. Everest Base

Camp Trek is an extra ordinary trek where mountainer can travel with lots of fun and memory to bring back their home. The **15 days Everest Base camp Trek** has become the lifetime memory of thousands of trekkers selecting the Everest Region. The trekkers who are in good health with average physical fitness are eligible for trekking. Everest Base Camp is a ultimate aim of trekkers from where one can have adventures journey with panoramic views of Himalayas. Nothing beats the thrill and sense of accomplishment that hikers can get unseen the power of almighty mountain up close.

Difficulties Of Everest Base Camp Trek

As few individuals every year stands at top of the world tallest mountain so you do not need to have previous trekking experiences in order to do **Everest Base Camp Trek**. You will mostly do uphill and down hill trekking where the trekker can be incorporated with ample acclimatization time. Depending on your tour operator the Everest Base Camp Trek last for minimum of 15 days. One should have determination and basic fitness level like early morning and evening walk and normal fitness habit for Everest Base Camp Trek. Some trekkers are likely to have altitude sickness around the snow capped mountains so, the trekkers should have the some medication and knowledge of altitude sickness. The Experienced [guide and helpers](#) are always there for you in every day climbing. These helpers will not let you to catch the sickness as they do have lots of previous trekking experienced.

2. Trip Includes

- Airport / Hotel / Airport pick up & drop by private tourist vehicle.
- 03 Nights Twin sharing accommodation in 3 Star Accommodation in Kathmandu); Breakfast included.
- All your standard meals during the trek (Breakfasts, Lunches and Dinners).
- Standard Accommodation While on trekking.
- Full day guided sightseeing of Kathmandu with well English Speaking Tour Guide.
- Airfare from Kathmandu – Lukla - Kathmandu including airport departure tax in Kathmandu and Lukla airport.
- English speaking Trek leader/Guide.
- Porters to carry your bags(1 porter for 2 guests).
- Food, Accommodation, salary, insurance and equipment's for all staff.
- Free Mount Glory Adventure duffel, and Tshirt.
- Everest National Park permits and TIMS permit for trekking.
- All government, hotel and other applicable taxes.
- Farewell dinner in typical Nepali Restaurant with cultural dance show.
- Trip Completion Certificate And Token Of Love.
- Official expenses.

3. Trip Excludes

- International Airfare and taxes.
- Travel insurance which covers emergency Rescue and Evacuation.
- Nepal Entry visa(visa is obtained in Nepal Airport immigration on arrival. USD 25 per visa for 15 days, USD 40

pervisa for 30 days and USD 100 per visa for 90 days.All the visas are multiple entry *visas.please carry 02 passport sized photograph for the visa.

- Lunch and Dinner in kathmandu.
- All items of personal expenses.
- Tipping for guide,porters and drivers(Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.

Note: Please bring 4 Passport size photos, copy of passport and travel insurance at Our First Meeting In Our Office.

4. Trip Itineraries

Day 1: Arrival In Kathmandu(1,400m/4,593ft) And Pre-Trip Meeting.

Welcome And Namaste,

Representative of Mount Glory will be receiving you at TIA (Tribhuvan International Airport).He will be displaying sign board Of Mount Glory outside the TIA termional.Then,he/she will be transferring you to the respective hotel in private tourist vehicle.On the way to hotel he will be explaining you about the various services provided by Mount Glory Team.Then after reaching the respective hotel you will be freshing up and take some rest.In the same day we will be meeting in Mount Glory office discussing about the trip.At the same time we will be sharing our experiences about various mountains,landscapes,and beautiful sceneris across the himalayas for the another day tour.Then we will meet you with our experienced guide who will take you to the beautiful mountains.

Trip Hours:

Accommodation: 3 star Standard Hotel

Max Altitude: 1,400m/4,593ft

Meals:

Day 2: Kathmandu Valley Sightseeing Tour and Preparation for the Trek.

The Kathmandu valley alone holds the four heritage sites that are listed under the UNESCO World Heritage Site list.Our tour guide will start the valley tour late in the morning with private tourist vehicle .You will be noticed about the various beautiful panaroma that are in the valleys,which includes the temple of Holy Pashupatinath,Swyambhunath,Kathmandu Durbar Square and Boudhanath.All of these site have been refered by the tourist visiting the valley.These famous world heritage sites are famous among the tourist visiting the kathmandu valley.Our Pashupatinath is the scared religious temple of Hindu.Similarly, the Monkey temple of swyambhunath is famous among Buddhist Pilgrimage,where you will be seeing the holy monks representing almost 90 Percent Tibetan Culture.The Durbar square of kathmandu holds the historic importance of Nepalese Monarcy.The rulers of ancient

Nepal use to run the kingdom from the same durbar (palace).Also,the Boudhanath is the largest Buddhist mondana in the world.These historic monuments are representative of country's cultural and religious tenor.After the tour we will return back to hotel and stay overnight at the same hotel.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1,400m/4,593ft

Meals: Breakfast Included

Day 3: Fly to Lukla (2,800m/9,186 ft) and Trek to Phakding (2,652m/8,699ft).

Early in the morning for Lukla flight our guide will be taking you to TIA.Lukla airport is located on the hill,which contains single run way that drops off towards the end to the deep gaping valley below the mountain.Lukla is fascinating and the flight is thrilling adventure in itself,after arriving Lukla the change in the scenery is immediately felt.The mountains landscapes become quite prominent and the air carries a crisp freshness to it.From the Lukla the trail moves towards the Cheplung village.View of sacred Mount Khumbila from the valley at Cheplung is beautiful.From there a gradual walk downwards leads to the village of Phakding.From phakding the site of Kusum Kangraru Mountain can be seen.The Dudh koshi river in the north of lukla where Phakding lies contains many guesthouses and lodges that cater to tourism and trekkers.We will have overnight stay at guesthouse with wonderful Dinner.

Trip Hours: 35 min flight And 2-3 hour Walk

Accommodation: Standard Trekking Lodge.

Max Altitude: 2,652m/8,699ft

Meals: Breakfast,Lunch And Dinner Included

Day 4: Phakding (2,652M/8,699FT) to Namche Bazaar (3,440m/11,283ft).

Early in the morning we will have breakfast at Phakding.The trail then continue to the mountain town of Namche Bazaar.where several villages are crossed.Jorsale and Monjo lies north of Phakding which is entry point of Sagarmatha National Park.The trail venture through the national park leads to Namche.Walking along the Sagarmatha National Park presents many vertues like Alpine Woods,small rivers,brooks and deciduos forests.The pine and cedar cover lands provides pleasant atmosphere to the trekkers.On the trail lies the amazing views of Thamserku peak and kongdi Ri Himal.Overnight stay at Namche Bazaar.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 3,440m/11,283ft

Meals: Breakfast,Lunch And Dinner Included

Day 5: Namche Acclimatization(3,440m/11,283ft) And hike to Syangbuche(3,780m/12,401ft).

Acclimatization in Namche are Spectacular and beautiful.After breakfast we can have panoramic view of Namche and can see amazing sites of Himalayas.Further from Namche lies the Everest View Hotel which is Highest located hotel in the World.From Everest View Hotel the view of Mount Everest and many other mountain peaks from all of its windows.Back in Namche lies Everest photo gallery and Sherpa Cultural Museum.After lunch we will have short trek to Syangbuche air stripe that lies on the hill above the town.Overnight stay at the guesthouse at Syangbuche with view of World Highest Peak the Mt.Everest.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 3,780m/12,401ft

Meals: Breakfast,Lunch And Dinner Included

Day 6: Syangbuche(3,780m/12401ft) to Tengboche (3,867m/12,684ft).

After breakfast at Syangbuche we will heading towards Tengboche in the valley of Dudhkoshi at the settlement of Phungki Thanka.From the settlements the view of Mt.Everest are magnificent.The trails along the right side of Dudh Koshi river the valley of Tengboche is reached.The journey to Tengboche is filled with amazing natural scenery of rivers hills and mountain peaks.Tengboche is located at the confluence of Dudh Koshi and Imja Khola River which is surrounded by tall hills and covered by Rhododendron trees.Tengboche is famous for largest Monastries of Khumbu regions,which is also hamlet for site of Mount Amadablam,Mt.Everest and many other peaks.Overnight stay at Tengboche.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 3867m/12684ft

Meals: Breakfast,Lunch And Dinner Included

Day 7: Tengboche (3,867m/12684ft) to Dingboche(4,350m/14,271ft).

After breakfast the trail crosses the Emja river via a suspension Bridge and move towards the village of

Dingboche. Along the way the village of Pangboche is pass. Dingboche is also called the "summer valley" of the Khumbu that contains a kilometer long wall which is built to protect the village crops from cold winds that descend down the Emja valley. Dingboche also reflects name that receives more sun too. Graceful views of Lhotse, Ama Dablam and Island Peak are quite amazing. Overnight stay at Dingboche.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4,350m/14271ft

Meals: Breakfast, Lunch And Dinner Included

Day 8: Dingboche (4,350M/14,271FT) to Lobuche (4,931m/16,177ft).

After breakfast trail continue along the lateral moraine of the Khumbu glacier and stone memorials for climbers who have perished on nearby summits. The trail continue to climb as we are heading to the village of Lobuche, which is located at the foot of giant Lobuche peak. Sum altitude problems may arise today resulting breathing problems. Overnight stay at Lobuche.

Trip Hours: 6 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 4931m/16177ft

Meals: Breakfast, Lunch And Dinner Included

Day 9: Lobuche to Gorakshep (5,170m/16,961ft), trekking to Everest Base camp (5,364m/17,594ft) back to Gorakshep.

After breakfast we are on big and difficult day walk along the Khumbu glacier up to the Everest Base Camp at 5365m. The closest you can get to Mt. Everest without Mountaineering Equipment. During the spring there will likely to be Expedition teams about to attend the summit. The view of Khumbu icefall is Spectacular from the base camp. We will return back to the Gorakshep for overnight stay at the guesthouse.

Trip Hours: 6-7 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 5,364m/17,594ft

Meals: Breakfast, Lunch And Dinner Included

Day 10: Gorak Shep to Kala Patthar ((5,545m/18,188ft)) and back to Pheriche (4,210m/13,812ft).

After breakfast we will be one of the most difficult rewarding days of the trek. Morning will be spend climbing Mt. Kalapathhar a small peak at 5545m. The ascent is demanding but the climbers gets magnificent mountain panorama. Then we will move towards giant Loom such as Nuptse, Pumori, Chagatse, Lotshe and many more. Then we make descend to Gorekshep and have hot Lunch and then trek down to Pheriche. Overnight stay at Pheriche.

Trip Hours: 6 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 5,543m/18,188ft

Meals: Breakfast, Lunch And Dinner Included

Day 11: Pheriche (4,210M/13,812FT), to Tengboche (4,350M/14,271FT).

We will trek down through the hillside blanketed by rhododendron and juniper trees. It Takes approximately four hours to Tyangboche. It is a small village with a famous monastery offering you splendid views of Mt. Amadablam, lush green hills and river views.

Trip Hours: 4-5 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 4,350M/14,271FT

Meals: Breakfast, Lunch And Dinner Included

Day 12: Tengboche(3,867M/12,684FT) to Namche Bazaar (3,440M/11,283FT).

After breakfast at Tengboche we will move towards funki Thanka pass the kyangjuma and reached Namche. The relaxing hike back and site of the landscape and himalayas are pleasantly enjoyed. The villages are also lively with people and we can observed there cusoms, active days as we pass. Overnight stay at Namche Bazar.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 3,867M/12,684FT

Meals: Breakfast,Lunch And Dinner Included

Day 13: Namche Bazar (3,867M/12,684FT) to Lukla (2,840m/9,318ft).

The hike back to Lukla moves steeply downwards crossing suspension Bridges.Prayer flags,Mani stone walls,small Gompas lime the village and the trail.Dudhkoshi river gushes a beautiful ambience to the natural setting.Plains,pine and Rhodendron forests as well as beautiful snow covered peaks decorates the picturesque setting.After reaching Lukla we can just relax.We will celebrating the victory of trek as well.Overnight stay at Lukla.

Trip Hours: 4-5 Hours

Accommodation: Standard Trekking Lodge

Max Altitude: 3,867M/12,684FT

Meals: Breakfast,Lunch And Dinner Included

Day 14: Fly from Lukla (2,800M/9,186 FT) to Kathmandu (1,400M/4,593FT).

Our Trekking part of the journey ends with 35 min flight back to kathmandu.we can revel in the changing sites of landscapes on last time while on flight.After landing TIA in Kathmandu We will be transfer to the same Hotel where we will be staying overnight.On the same day we will be Honouring you by the Certificate of Trek completion as a Token of Love And Our company representative offer you Farewell Dinner.

Trip Hours: 35 Min Flight

Accommodation: 3 Star Standard Hotel

Max Altitude: 1,400M/4,593FT

Meals: Farewell Dinner Included

Day 15: Final Departure.

Our Mount Glory representative will transport you to TIA around 3 hours before your scheduled flight from where you will Depart.

Trip Hours:

Accommodation:

Max Altitude: 1,400M/4,593FT

Meals: Breakfast Included

5. Trip Useful Info

Accommodations

Mount Glory will provide you Standard Hotel in Kathmandu with twin sharing basis on BB plan.If the trekker is willing to have single room an additional charge of USD 50 per night is added.During the trek the travellers are provided with standard guesthouse where wooden beds with mattress and pillow are available.Trekkers have to shared the bathrooms and toilets in Everest Base Camp Trek.You will be provided with teahouses,and luxury lounge that depends upon your demand.

Meals

We will provide you with standard breakfast on the same Hotel in Kathmandu.During the trek our guide will choose hotel for hygienic lunch according to your request.Breakfast and evening meal are served on the hotel where you will stay overnight.our meal include typical nepalese food,continental food,and sherpa's menu on the trek.Meal will be provided on your request from respective menu from the hotel.

Physical Conditions

Trekkers should have proper health condition as he/she is trekking over 6-7 hours on moderate trekking routes.Mount Glory itinerary is designed for proper acclimatization for each day.Trekkers with poor physical condition,who are having lungs related diseases are requested to take medical supervision before the trekking.

Drinking Water

Water in the high mountain region maynot be familier with trekkers.so,you can buy hot water or mineral water in affortable cost and Trekkers have to carry water treatment system if you feel the water in the mountain is unhygenic.But normal drinking water is available easily during the trek.

Routes Maps

Routes maps will be provided to you by Mount Glory Team.This include the minor itinerary of whole trekking with darken routes.The trekking trail will be highlighted so one can easily finds the trail route which makes the trekking intresting and easy.

Trekking Group Size

Mount Glory is organizing its trekking with minimum of 2 trekkers who are provided with our guide and porter.If your group consist of more than 20 members we will splite the group and manage our guide and porter accordingly.6 travellers are provided with a experienced guide and a porter per 2 travellers to carry your belongings.

Transportation

Travellers are provided with tourist private vehicle while they are on Kathmandu. We will manage flight to Lukla and also flight back to Kathmandu from Lukla.

Luggage and Bags

Travellers can bring maximum 2 bags which include your day to day belongings like camera, clothes, sun screen glasses, etc. The bag which contains less needy things like sleeping bag, boots, or towels is carried by porters which shouldn't weigh more than 25 kg. If you are taking a flight then travellers have to pay USD 1 per kg if your luggage weighs more than 15 kg.

Guide And Porters

Mount Glory will provide you experienced Trekking guide who will guide you throughout the trek. You are provided with a porter who carries 25 kg maximum weight of 2 trekkers. Our guides are licensed from the Nepal Tourism Department who have knowledge about the trails and the community you will be staying with.

Travel Insurance

Trekkers should have International Travel Insurance of USD 10000 as Mount Glory is not responsible for any emergency rescue operation that may occur due to high altitude and medical cases, also injuries and food-related health problems. We can only provide air ambulance service, Helicopters, and other rescue operations if travellers already have international travel insurance. We are responsible for accidental problems of Mount Glory staff.

Lukla Flight and Weather Condition

Weather in Lukla varies time to time which may delay your flight. We will manage alternative flights when weather conditions are good. For this, trekkers should pay an additional helicopter charter fee and also we may postpone your trekking for another day until the weather gets fine. So, trekkers are requested to have an extra holiday of 2 days or more for good memory which will not be affected by weather conditions and our team can vary the trekking schedule for fine weather days.

Communication System During Trek

Some places in the mountain have internet while some places don't. But our team can manage your internet facilities on your request for that you have to pay the internet bill. As we trek high up in the mountain, the signal receiver of the communication office may not work at some places, so you need to have some patience to get proper communication facilities.

Tips For Guide And Porter

Tips are not mentioned as compulsory but you can make your trekking friends from Nepal happy by their services by giving them tips and gifts. Minimum of 10 per tips is usual for guides and porters and you can also give as much as you like.

Best Time To Travel

March to May and September to November are the best months for trekking around the Himalayas. Trekkers can also make their trekking plan on winter months as our professional team can decide the perfect time in cold months as well.

Personal Expenses On Trek

Your personal expenses on the trek depend upon your expenses. You should have expenses for extra food and drinks besides Lunch, Breakfast and Dinner which our company can afford. Also, expenses for shopping gear, alcoholic drinks and entertainment expenses depend upon you. It may be about a minimum of USD 500 or according to you. Your credit card is not accepted in the mountain so you need to have cash in Kathmandu.

Itinerary and Changes

We have 15 days trek for Everest Base Camp Trek. We can minimize or maximize your trek according to your wish and request before starting the trek. In case of certain problems like altitude, tiredness, our guide can rearrange the schedule on your request. If trekkers in some group have some problem then he/she stops on the way with our experienced porter or assistant guide while others will continue their trek.

6. Contact Us

Phone Number: +977 9849856378

Email: sales@mountgloryadventure.com

We are located - Near to Bhagwati Mandir (5.6 km from Tribhuvan International Airport), Thamel Marg, Thamel, Kathmandu, Nepal.

Website Url: www.mountgloryadventure.com

WhatsApp/Viber: +977-9849856378