



13 Days Everest Base Camp trek

Facts

Destination: Nepal

Trip Difficulty: Strenuous

Transport: Flight & Car

Food: Breakfast, Lunch & Dinner(BLD)

Accommodation: Teahouse/guest house

Group Size: Min. 1 / Max.20

Max Elevation: 5,550 meters

Daily walking Hour: Approx. 4-6

Start/End: Kathmandu/ Lukla

Best Season: February, March, April, May, June, September, October, November & December

13 days Everest base camp trek is one of the most popular and famous trekking holidays in the Everest region (Khumbu). The challenging and strenuous trek that goes through the Everest National Park offers magnificent views of high mountains, unique Sherpa culture, colorful markets, and monumental landscapes. While doing the **EBC trek for 13 days**, trekkers can visit some of the most popular monasteries situated at the highest place in the world. During the trek, the time views are stunning and the loyalty and friendliness of the Sherpa people are the highlights of the trip.

We start the trek with a scenic flight from Kathmandu to Lukla which is a 35-minute mountain flight over the astounding green hills and white snow-capped mountains. This is a tiny airstrip



that offers a view of beautiful landscapes and stunning Himalayan giants from where your adventure trek really begins. Upon arrival at the Lukla airport, our Sherpa crew will already be present to welcome you with a hearty and hospitable gesture. The guide that will accompany you all the way from Kathmandu will be well-trained, friendly, reliable, and experienced to inform and help you in case of high-altitude sickness.

The trek begins with the normal flat, downhill and uphill hike to the hustling and bustling city, Namche Bazaar. The trekkers will be given two nights to acclimatize to the elevation and atmosphere of the mountains. Namche is an amphitheater-style of town that is the heartland of the Sherpa Kingdom. We can find most of the modern facilities such as Internet cafes, ATM, bakeries, night bars and gear shops for buying or renting the gear which is used for the **Everest base camp trek of 13 days.**

After adapting to an elevation in Namche, we start our trek towards the beautiful Everest base camp. The journey begins with the first glimpse of the exotic view of Himalayan giants which includes Mt. Everest, Mt. Lhotse, Mt. Ama Dablam, Mt. Thamserku, and Mt. Pumori. After witnessing the stunning mountain ranges, we move forward to our next destination, Tengboche. Tengboche gives trekkers an opportunity to explore the world-famous Tengboche monastery which holds an outstanding history. The following day, we trek to Pheriche, where we accommodate for two nights to have a good rest and gather strength for our upcoming journey. In Pheriche, we will hike up to 5000 m and spend the night at an elevation of 4200m. Experts say that hiking at a higher elevation and sleeping at a lower elevation altitude helps moderate altitude sickness. Therefore, we follow the same method and complete the Everest base camp trekking with ease.

The trek continues to Luboche and Gorakshep. These places are over 5000 m which apparently is an elevation prone to triggering altitude sickness. The trekkers might feel a slight headache, shortness of breath and loss of appetite, which are normal symptoms to



face in high-altitude areas.

Furthermore, we discover more stunning views of the awe-inspiring mountains such as Mt. Everest, Mt. Lhotse and Mt. Nuptse on our journey back to Lukla from the Everest base camp and Kalapatthar.

Why 13 days EBC trekking tour with a Local Trekking Company: Hiring a local Trekking Agency for Everest Base Camp hiking holidays is one of the most hassle-free ways to do the trip. Granted, doing the EBC Trek solo is also an option, but going solo without a Trekking Agency will take up much of your time in things like arranging flights, and permits, and scouting out suitable accommodations and meals.

Hiring [a local Trekking Agency \(https://www.alpineecotrek.com/about-alpine-eco-trek\)](https://www.alpineecotrek.com/about-alpine-eco-trek) greatly reduces the hassle of conducting necessary services and document preparation by yourself. Instead, the travel agency will prepare all of the services for you, leaving you with your time to enjoy the trip without having to worry about anything else. We will take care of the flights, and permits and of preparing other necessary documents required during the journey. Besides, hiring a local travel agency also includes a guide, which can be of great help during the trip.

Local guides know much more about the region, their culture, and the route as well. They are responsible for taking care of services like transportation, accommodation, and meals for you. Local guides also include the added advantage of knowing the local dialect, which is of immense help and can enhance the trekking experience. Hiring a travel agency is also safer, especially for first-time trekkers.

We take responsibility for dealing with delayed or canceled internal flights. Especially for first-



time visitors to Nepal, visiting a foreign land with a different landscape, culture and language can be a bit terrifying and intimidating. **Trekking in the Himalayan** wilderness all by yourself can be somewhat anxiety-inducing. That is why hiring an experienced travel and trekking agency allows you to feel more comfortable and safe, with the added benefit of getting insights into Nepali culture and understanding the people in the mountains.

Moreover, considering that the chances of AMS occurring varies from one person to the next, and the chance of getting altitude sick while on your own in the mountains can be a very dangerous situation. Simply put, it is better to hire [a reputable travel agency](https://www.alpineecotrek.com/legal-documents) (<https://www.alpineecotrek.com/legal-documents>) while trekking. And, please read our reviews on [Trip Advisor](https://www.tripadvisor.com/ShowUserReviews-g293890-d8599166-r563008356-Alpine_Eco_Trek_Expedition-Kathmandu_Kathmandu_Valley_Bagmati_Zone_Central_Regio.html) (https://www.tripadvisor.com/ShowUserReviews-g293890-d8599166-r563008356-Alpine_Eco_Trek_Expedition-Kathmandu_Kathmandu_Valley_Bagmati_Zone_Central_Regio.html) for 13 day Khumbu Base Camp trek.

Highlights

- Pre- trek briefing in Kathmandu
- Stunning Mountain flight from Kathmandu to Lukla
- Get a warm sleeping bag (returnable)
- Trek bag from the Company
- Walkthrough the legendary Sherpa villages and Sagarmatha National Park
- Explore the Namche Bazaar and Everest View Hotel
- Visit the Buddhist monastery in Tengboche
- Explore the unique culture and traditions of highlanders
- Enjoy the awe-inspiring view of Mount Everest range from Kalapathar Peak
- Experience an unforgettable hike to Everest base camp, the trip of a lifetime.

Day to Day Itinerary

Day 001: Fly to Lukla (2,880m), trek to Phakding (2,640m), 35-minute flight, 4 hrs walking

Day 002: Trek from Phakding to Namche Bazaar (3,445m), 5 to 6 hrs walking

Day 003: Acclimatization day in Namche, hike to Everest view hotel

Day 004: Trek from Namche to Tengboche (3,860m), 5 to 6 hrs walking

Day 005: Trek from Tengboche to Pheriche (4,240m), 5 to 6 hrs walking

Day 006: Another acclimatization day in Pheriche

Day 007: Trek from Pheriche to Lobuche (4,900m), 5 to 6 hrs walking

Day 008: Trek Lobuche to Gorakshep (5,150m) to Kalapatthar (5,545m), 8 hrs walking

Day 009: Trek to Everest Base Camp (5,364m) back to Pheriche, 8 hrs walking

Day 10: Trek from Pheriche to Tengboche, 6 to 7 hrs walking

Day 11: Trek from Tengboche to Namche Bazaar, 5 to 6 hrs walking

Day 12: Trek from Namche Bazaar to Lukla, 6 to 7 hrs walking

Day 13: After Breakfast at hotel, fly from Lukla to Kathmandu, 35 minutes, transfer to your hotel.

Cost Includes

- The entire airport picks up and drops.
- Everest National park fee with trekking permit.
- Necessary flights from Kathmandu to Lukla return trips.
- Tims card (trekking information management system card).
- All meals (Breakfast, Lunch and dinner) during the trekking period.
- Accommodation (Guest house or mountain lodges) during the trekking period.
- English speaking guide and highly experienced staff.
- Staffs food, clothing, salary and their insurance.
- All necessary grounded transportation.
- Medical supplies (first aid kit will be available).
- Arrangement of Emergency Helicopter service which will be paid by your Travel insurance company.
- Our service charges with VAT and Local / Government Taxes.

Cost Excludes

- Sightseeing or any extra activities except the above program.
- Hotel in Kathmandu
- Personal nature expenses.
- Bar bill and all kinds of drinks.
- Rescue & Evacuation.
- Gratitude (tip) for staff.