



Everest Base Camp Trek

Facts

Destination: Nepal

Trip Difficulty: Moderate

Transport: Private Vehicle / Aeroplane

Food: Breakfast + Lunch + Dinner

Accommodation: Lodge to lodge

Max Elevation: 5545m





Everest Base Camp Trek, by **Marvel Adventure**, is a fantastic journey about exploring things in the home of Mt Everest. Often hailed as one of the best treks in the world, Everest Base Camp Trek or EBC Trek is worth every buzz.

This journey has everything to make you awe. From scenic landing at Lukla Airport, stay at Namche Bazaar, dine at Everest View Hotel, pray at Tengboche Monastery, a hike above Dingboche, a vast mountain panorama from Kalapatthar to pause at Everest Base Camp, it has all.

It is a **12 days** expedition that starts with a famous and scenic Lukla flight. Then from Lukla, the walk begins. And the beautiful happenings of the trek start to come the walker's way. The lush vegetation of Sagarmatha National Park, rushing rivers, suspension bridges, and Sherpa villages entertain during the trek's first few days.

Once the trek reaches beyond Namche Bazaar, the Himalayan town, things start to get better. Ama Dablam, one of the photogenic mountains in the world, shadows your trail for some days. The other peaks will be there too, but Ama Dablam steals the show effortlessly. In this way, the trek progresses via Tengboche's monastery, mani walls, chortens, and gompas of the region.

Specially, you will be in the dwelling place of the **Sherpas** on the trek for around ten days. It will be a chance to look into the complex but inspiring lifestyle of the locals. The region's culture, food, tradition, and living style can move anyone.

Slowly, the trek gains height as it reaches Dingboche, Lobuche, and Gorakshep. Breathtaking mountain views will become too regular now. The terrains also change colors as they turn dry and deserted of trees. However, the visions still are mouth-opening with snow-clad mountains and amazing landscapes. Everything looks surreal here.



The trek progresses gradually via Everest Region's high region, leading to **Everest Base Camp(5,364m) and Kala Patthar(5,545m)**. These two places are just inexpressible in words. Mountains will treat your eyes like nowhere or never in these two landmarks. Four of the **eight-thousanders**: Everest, Makalu, Lhotse, and Cho Oyu, will be there for your eyes. Many other peaks will also be in sight, but we bet you will like to watch the higher ones.

And after reaching all those places, the trek begins to turn around. Namche Bazaar, Tengboche, and Phakding all will come along the walk. The walk finally finishes after coming to Lukla, running through the same route. And then, a flight back to Kathmandu concludes Everest Base Camp Trek in 12 days.

Our words can never judge the beauty of the place and trek. You have to attend this to learn about the walk. You will not regret it once. We can guarantee this much!

When is the best time for Everest Base Camp Trek?

Everest Base Camp Trek is doable all year round. Trekkers have done it in all four seasons: Autumn, Winter, Spring, and Summer. Among these seasons, the best times are **Spring and Autumn**. They are best for pleasant weather conditions than the other two, Winter and Summer.

Autumn(September-November) and Spring(March to May) are the correct times for walking on the Everest Base Camp trail. These two seasons are the busiest as well; trekkers flood over the path. The reason is the best climatic conditions.

You get clear skies, open mountains, warm temperatures, colorful vegetation, and a dry climate in both duration. The chances of rain and snow are almost null during the seasons. Spring is mainly the best time to enjoy rhododendrons and other flowers. And if you love



celebrating new festivals, Autumn is the time.

However, Winter is a cold and snowy time to visit Everest, and Summer is precipitating. The weather can turn harsh sometimes. You must be ready for any kind of changes in the temperature. Therefore, the trails are less crowded during Winter and Monsoon.

So go for Autumn and Spring for a relaxing trek. You will have a good experience on the walk.

How Difficult is the Everest Base Camp Trek?

Everest Base Camp Trek is a walk for anyone who can trek for 6-7 daily hours in the mountains. Rated as a moderate trek, the trek to Everest Base Camp is a bit demanding if you are a sheer beginner. Yes, it is a moderate trek, but that does not mean anyone can do it.

This trek has high-altitude walking, up to 5,545m(Kala Patthar). The walk starts from Lukla(2,800m) and reaches Kala Patthar. During this walk, the tour will include steep, rugged, and slippery sections. As said earlier, you will walk for 6-7 hours on average. The hike is around 130km in the distance, which is not easy in the mountains.

As you gain heights and reach the higher places of the region, the temperature begins to drop. In the dark hours, it is freezing in the Everest Region. The risk of altitude sickness is also accurate on this trek. As it goes up to 5,545m, you must be careful about the sickness.

You must have some training and preparation before this adventure. If you are an experienced walker, that is perfect. Everest Base Camp Trek can be difficult for some people without suitable preparation.

Can you do the trek?



Yes, you can do the trek. But who are you? Are you an experienced trekker? Have you prepared physically and mentally? Can you survive at high altitudes? If all the answers are yes, then only we can say yes. As mentioned earlier, Everest Base Camp Trek is a moderate trek with specific difficulties.

High altitude walking, cold weather, rough terrain, long walking length, and more. For some people, all these challenges can be too much on a trek. Hence, if you can take them on, you can do Everest Base Camp.

How to train for Everest Base Camp Trek?

There is no super trick we can tell you to train for Everest Base Camp Trek. However, you need to look at your physical endurance level and cardio. If you already have a good physique, that is even better. Otherwise, you should start strength training and cardio training. The activity makes the trek easier for you.

Cardio training is an exercise that improves your heart and lung performance. It makes you consume more oxygen, which is essential in the mountains. Some cardio exercises include brisk walking, running, swimming, weather aerobics, jogging, and cycling. Just do anything that increases your heartbeat and makes your lungs improve their job.

Likewise, for walking on steep and rough uphill of the trek, you need good shoulders, arms, legs, feet, or the whole body. Your body should endure any kind of climb easily. **Strength training** helps you to achieve such a body. So do activities like push-ups, planks, squats, mountain climbers, etc., and prepare a strengthened body.

Last but not least, **mental conditioning** is also necessary for the trek. The trek can be arduous mentally for some people. You might give up on continuing the walk quickly if not



mentally ready. Therefore, be mentally aware of the things that can happen on tour.

If you train in this way, you'll kill the trek.

Is this a trek for Beginners?

Yes, this trek is for all sorts of trekkers, including beginners. But as a beginner, you must train for the tour before coming for the walk. You should gain a physique that can take on the challenges of the trek. Likewise, you should be mentally strong and committed. If you will come like this, this trek is for you. If you do not find time to train, this may not be your trek.

Why is Acclimatization necessary?

Acclimatization is necessary if you are going to a new and high elevation. It is the process of being accustomed to a new height. On Everest Base Camp Trek, you will gain 600 to 700m of altitude daily. When your body is changing lengths rapidly, the body needs acclimatization time. Our bodies require some time to acclimate to new heights. If not acclimatized, the chances of altitude sickness get doubled. You surely do not want to get altitude sickness? That is where acclimatization is necessary.

Highlights

- Commence an exciting quest of Mt Everest with a scenic flight to Lukla.
- Trek deep in the woods of the Everest Region's Sagarmatha National Park.
- Follow the footsteps of early pioneers throughout the trek.
- Cross dozens of colorful suspension bridges along the way.
- Pass by the famous, traditional, and iconic hamlets of Sherpas.
- Know the locals' distinct living style, history, and current status.



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- Remain stunned by the bewildering beauty of the region.
 - Explore a town full of life, Namche Bazaar.
 - Attend an acclimatization hike to Everest View Hotel, one of the most elevated hotels in the world.
 - Get spiritual blessings from Tengboche Monastery.
 - Traverse to Everest Base Camp and witness the legend of the landmark.
 - Experience a breathtaking sunrise and mountains panorama from Kala Patthar.
 - Get to see the famous Khumbu Ice Fall and Khumbu Glacier.
 - Have a memorable trekking experience in the house of Mt Everest, Lhotse, Cho Oyu, Lhotse, Makalu, Ama Dablam, and many other peaks.

Day to Day Itinerary

Day 01: Fly to Tenzing Hillary Airport at Lukla (2800m) and Trek to Phakding (2610m)

Day 02: Trek to Namche (3440m)

Day 03: Acclimatization Day at Namche

Day 04: Trek to Tengboche (3874m)

Day 05: Trek to Dingboche (4400m)

Day 06: Acclimatization Day at Dingboche

Day 07: Trek to Lobuche (4940m)

Day 08: Trek to Gorakshep (5180) and Everest Base Camp (5364m)

Day 09: Hike to Kalapatthar (5545m) and trek down to Pheriche (4200m)

Day 10: Walk back to Namche

Day 11: Trek down to Lukla

Day 12: Fly Back to Kathmandu

Cost Includes

- Airport pick up and drop by private vehicle
- All Domestic flights and airport tax as listed in the itinerary
- Standard meals (breakfast, lunch and dinner) during the trek
- Government license holder guide
- Strong and helpful porter with proper equipment (1 porter for 2 people)
- Salary, food, accommodation and insurance for guide and porters
- Tea house/lodge accommodation during the trek
- Fresh fruits every night after dinner
- TIMS (Trekking Information Management System) card
- Pasang Lhamu Rural Municipality entry permit
- Sagarmatha National Park entry permit
- Comprehensive first aid kit with oximeter
- Government taxes and official expenses

Cost Excludes

- International airfare and taxes
- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- All the expenses of personal nature
- Any kind of drinks and desserts during the trek
- Tips to guide and porter (Tipping is expected)