



# Marvel Treks & Expedition Pvt. Ltd.

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## Everest Base Camp Trek

*Walk the Legendary Trail to Everest's Base Camp*

**Duration:** 10 Days

**Max Altitude:** 5555 m (Kala Pathar)

**Trek Grade:** Challenging

**Start / End:** Kathmandu

**Accommodation:** Hotel in Kathmandu | Teahouse during trek

**Best Season:** March-May | September-November

**Group Type:** Private or Group Joining



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## Overview

The **Everest Base Camp Trek** is a once-in-a-lifetime journey to the foot of the world's highest mountain, where adventure, culture, and personal achievement come together. Walking through traditional Sherpa villages, ancient monasteries, and dramatic Himalayan landscapes, the trail gradually leads you into the heart of the Khumbu region. Standing at **Everest Base Camp**, surrounded by glaciers and towering peaks, creates a powerful sense of awe and accomplishment, while the sunrise view from **Kala Patthar** leaves an unforgettable emotional imprint. This trek is not just about reaching a destination—it is about challenging yourself and experiencing the spirit of the Himalayas.

## Trip Highlights

- **Everest Base Camp (5,364 m)** offers the rare opportunity to stand at the base of the world's highest mountain.
- **Kala Patthar (5,555 m)** provides the most iconic sunrise and panoramic views of Everest and surrounding peaks.
- **Sherpa culture and heritage** are experienced through traditional villages, monasteries, and local hospitality.
- **Dramatic Himalayan landscapes** feature glaciers, deep valleys, and towering snow-capped mountains.
- **Sagarmatha National Park** showcases unique alpine flora, fauna, and pristine natural beauty.
- **A true sense of achievement** comes from completing one of the world's most legendary trekking routes.

## Itinerary

Day 1: Kathmandu / Manthali → Lukla → Phakding (Flight + Trek | 40 min / 20 min flight + 3 hrs trek | 2,650 m)

Early morning flight from Kathmandu or Manthali to Lukla, enjoying spectacular Himalayan views before landing at the famous Tenzing-Hillary Airport. Begin the trek with a gentle walk through Sherpa villages, crossing suspension bridges along the Dudh Koshi River to reach Phakding for overnight stay.

Day 2: Phakding → Namche Bazaar (Trek | 6 hours | 3,440 m)



The trail follows the Dudh Koshi River, crossing several suspension bridges including the iconic Hillary Bridge. A steady uphill climb through pine forests leads to Namche Bazaar, the bustling Sherpa capital of the Khumbu region.

Day 3: Namche Bazaar → Tengboche (Trek | 5 hours | 3,855 m)

After breakfast, trek through scenic trails with panoramic views of Everest, Lhotse, and Ama Dablam. Descend to the Dudh Koshi River and climb to Tengboche, home to the region's most famous monastery, where you stay overnight surrounded by Himalayan peaks.

Day 4: Tengboche → Dingboche (Trek | 5 hours | 4,360 m)

The trek continues through alpine forests and across high suspension bridges, passing Pangboche village and ancient monasteries. Gradual ascent through open landscapes brings you to Dingboche, set beneath towering peaks and stone-walled fields.

Day 5: Dingboche → Lobuche (Trek | 5 hours | 4,930 m)

Today's walk ascends through the Khumbu Valley, passing memorials dedicated to climbers who lost their lives on Everest. The trail offers stunning views of Nuptse and Lobuche Peak before reaching Lobuche for overnight stay.

Day 6: Lobuche → Everest Base Camp → Gorak Shep (Trek | 7 hours | 5,364 m → 5,185 m)

A challenging and rewarding day as you trek along the Khumbu Glacier to Everest Base Camp, standing at the foot of the world's highest mountain. After spending time at base camp, continue to Gorak Shep for overnight stay.

Day 7: Kala Patthar Hike → Gorak Shep → Pheriche (Trek | 5 hours | 5,555 m → 5,185 m → 4,250 m)

Early morning hike to Kala Patthar for sunrise views over Everest and the surrounding peaks. Descend back to Gorak Shep for breakfast, then continue downhill to Pheriche for overnight rest.

Day 8: Pheriche → Namche Bazaar (Trek | 6 hours | 3,440 m)



The trail descends through Pangboche and Tengboche, retracing scenic routes through forests and suspension bridges. Enjoy a comfortable walk back to Namche Bazaar with time to relax and explore the town.

Day 9: Namche Bazaar → Lukla (Trek | 7 hours | 2,850 m)

A long but pleasant descent following the Dudh Koshi River, crossing familiar bridges and villages. Reach Lukla by late afternoon, marking the completion of the trekking journey.

Day 10: Lukla → Kathmandu / Manthali (Flight + Drive | 40 min / 20 min flight + 5 hrs drive | 1,350 m)

Morning flight from Lukla back to Kathmandu or Manthali, followed by a drive if required. Arrive in Kathmandu by evening, concluding the Everest Base Camp Trek.

## All You Need to Know

### 1. Visa Process

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

### 2. Guide In Nepal

You will need a guide for tour, trekking, peak climbing as well as expedition.

- Tour Guide: A professional who leads sightseeing tours and provides local information.
- Driver Guide: A driver who also acts as a guide during travel.
- Trekking Guide: An experienced guide who leads trekking routes safely.
- Peak Climbing Guide: A trained guide for high-altitude mountain climbing.
- Expedition Sherpa Guide: A skilled Sherpa who supports and guides challenging expeditions.
- Porter: A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

### 3. Accommodation

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.



#### 4. Transportation

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

#### 5. Permits and entrance fees

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:

- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.
- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.
- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

**Fees vary by nationality and trekking region.**

#### 6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.

#### 7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

#### 8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.



- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

## 9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities. Mobile network coverage is good in cities and popular trekking routes. Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

## 10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.  
Remove shoes before entering temples and homes.  
Respect local traditions and festivals.  
Ask permission before taking photos of people.

## 11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.  
Respect wildlife and natural environments.  
Support local communities by using local guides, porters, and accommodations.  
Follow “Leave No Trace” principles during treks.

## Important Information

- This trek requires a **good level of physical fitness**, as it involves long walking hours and steep trails at high altitude. Proper preparation and training before the trip are recommended.
- Altitude sickness is a serious risk at high elevations. We follow a well-planned itinerary with acclimatization days to reduce the risk, but travelers must listen to their guide and report any symptoms immediately. If symptoms worsen, descending to a lower altitude is mandatory for safety.
- Weather conditions in the Himalayas can change quickly, especially during the monsoon and winter seasons. Flights to and from Lukla may be delayed or rescheduled due to weather, and flexibility is required.
- Luggage limits apply for the Lukla flight, typically around 10–12 kg per person for checked baggage. Additional luggage may need to be carried by a porter or transported separately.
- Travel insurance that covers **high-altitude trekking, emergency evacuation, and helicopter rescue** is mandatory for this trip. Travelers must provide insurance details before the trek starts.





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