Everest Base Camp Trek with Gokyo Lake

Trip code	HH-EBCGL
Package name	Everest Base Camp Trek with Gokyo Lake
Duration	18
Max. elevation	5545 m
Level	Advance
Transportation	Land and Air
Accomodation	Best Available Lodge en Route
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Kathmandu-Lukla-Namche-Everest Base Camp-Chola Pass-Gokyo Lakes- Namche- Lukla-Kathmandu
Cost	USD 1,995 per person

Highlights

- Panoramic Gokyo Ri View (5,357m) – Marvel at breathtaking 360-degree views of the world's tallest mountains, including Mount Everest (8,849m), Lhotse (8,516m), Makalu (8,485m), and Cho Oyu (8,188m). Sunrise and sunset over the freshwater turquoise Gokyo Lakes and Ngozumpa Glacier are spellbinding.
- Crossing the Challenging Cho La Pass (5,420m) – A thrilling high-altitude adventure that connects Gokyo Valley to the classic Everest Base Camp route. The steep icy ascent and the panoramic views from the top make it one of the most rewarding sections of the trek.
- Everest Base Camp (5,364m) & Khumbu Icefall (5,486m) – Be at the base of the world's tallest mountain and witness the breathtaking view of the gigantic Khumbu Icefall, from where climbers make their way up to Everest. This is as close as it is possible to get to Everest without climbing.
- Kala Patthar (5,545m) – The Closest View of Everest – Unlike Everest Base Camp, where Everest is partially hidden, Kala Patthar offers the most iconic close-up view of Everest (8,849m), Nuptse (7,861m), Pumori (7,161m), and Lingtren (6,749m). The sunrise over Everest in golden light from here is legendary.

- Gokyo Lakes (4,700m – 5,000m) – The Highest Freshwater Lake System – Hike to the pristine, glacier-fed turquoise lakes, sacred to both Hindus and Buddhists. The reflection of Cho Oyu (8,188m) on the still waters of Gokyo Lake is stunning.

- Trek on the Longest Glacier in Nepal – Ngozumpa Glacier (36km) – Walking on this massive glacier, which spawns from Cho Oyu, is a mind-blowing experience. The rugged ice formations, deep crevasses, and changing landscapes make Everest Base Camp trek with Chola Pass highlight.

Overview

Overview

> **Love wild and giant Himalayas including Everest? Love conquering over high mountain passes like Chola(5420m), why to delay? Celebrate this adventure trekking in Nepal Khumbu region with best level of preparations.**

Everest Base Camp Trek with Gokyo Lake is one of the most thrilling adventure trekking in Khunbu region in Nepal that blends the classical and grand EBC trek with the picturesque Gokyo Valley and stunning Gokyo Lake. The Everest Base Camp Trek with Gokyo Lake Route provides trekkers with an experience of the Himalayas, surrounded by turquoise lakes, massive glaciers, and a few of the globe's most popular peaks. This amazing journey begins, normally, with a short and scenic flight to Lukla from Kathmandu or from Ramechhap and then a thrilling trek in Sagarmatha National Park from Namche Bazaar, Tengboche, Dingboche, and Lobuche to Everest Base Camp (5,364m) and Kalapattar. Both viewpoints, Everest Base Camp and Kalapattar offer the most stunning Mt. Everest, sunrise and other mountain panoramas in Khumbu region.

The EBC with Gokyo Lake trek becomes more thrilling through Gokyo via the difficult Cho La Pass (5,420m), which offers fantastic views of Ama Dablam, Nuptse, Lhotse, and Everest. From Gokyo Ri (5,357m), trekkers have an experience unequalled for its sheer scale with Everest and the adjacent mountains reflected in the pristine Gokyo Lakes. The Everest trek with Gokyo Valley will always be ideal for travelers in quest of a unique Sherpa culture, thrilling adventure, and breathtaking mountain scenery experience of dimensions unmatched.

Once you accomplish Everest Base Camp with Gokyo Lake getting victory over Chola Pass, you will feel like you have conquered the whole world in your life and there is no anything extra to do.

Adventure Lover? Everest Base Camp with Chola Pass? Everest Base Camp with Gokyo Lake? Go for it if you are confident enough with sound level of preparations needed.

Note: The **Everest Base Camp Trek with Gokyo Lake** can be done in a reverse way: Gokyo-Chola Pass and then to Everest Base Camp and Kalapattar. You can choose whichever way you like. But, majority if trekkers choose going to Gokyo Lake and then to Chola Pass and to EBC. This way, they can have proper acclimatization before heding to Chola Pass, Everest Base Camp and Kalapattar.

If you go to Gokyo Lake first, in case you can not cross Chola Pass, you can follow the alternative trail via Phortse and then to Pangboche and head towards Everest Base Camp and Kalapattar untimately.

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What are the major highlights of the Everest Base Camp Trek with Gokyo Lake?

EBC with Gokyo Lake trek features a number of highlights, including Everest Base Camp (5,364m), Kala Patthar (5,545m) and its renowned sunrise view, and the stunning turquoise freshwater Gokyo Lakes. The Everest Base Camp trek with Chola Pas also passes through the bustling Sherpa town of Namche Bazaar and the serene Buddhist monastery at Tengboche and at Thame. Cho La Pass (5,420m) is one of the big highlights, presenting an adventurous challenge with stunning views of white mountains in Everest region. From Gokyo Ri (5,357m), it is possible to see a panorama panorama of Everest, Lhotse, Makalu, and Cho Oyu, as well as the beautiful sight of the Ngozumpa Glacier, the longest glacier in Nepal.

The diversity of landscapes, astonishing Sherpa culture and civilization, and trekking at high altitudes like Everest Base Camp, Kalapattar, Chola Pass and Gokyo Ri makes this trek a dream trek among the adventure lovers.

Where does the Everest Base Camp trek with Gokyo Lake begin and end?

The **EBC with Chola Pass trek** begins with a flight from Kathmandu or from Ramechhap to Lukla, a small but busy mountain airstrip at 2,800m. The trek then goes downhill following the Dudh Koshi River through villages of Phakding, Namche Bazaar, Tengboche, Dingboche, Lobuche, and Gorak Shep before reaching Everest Base Camp. Following a visit to Kala Patthar, trekkers cross the Cho La Pass to reach the stunning Gokyo Valley and high freshwater Gokyo Lakes.

The **EBC with Chola Pass** concludes at Lukla after retracing the Gokyo trail, and a return flight to Kathmandu. Alternatively, trekkers can go with jeep ride from Thamdanda to Kathmand while returning. This way, trekkers can avoid undecidable Lukla flights to and from Kathmandu.

The entire round trek, EBC-Chola Pass- Gokyo Lake, takes about 18–20 days, depending on acclimatization and itinerary adjustments.

What is the highest point of Everest Base Camp trek with Gokyo Lake?

The trek's highest point is Kala Patthar at 5,545m, one of the traditional vantage points for viewing sunrise illuminate Everest, Lhotse, and Nuptse in all their majesty. Other prominent higher points include Everest Base Camp (5,364m), Cho La Pass (5,420m), and Gokyo Ri (5,357m). The actual **EBC with Chola trek** includes a handful of high-altitude ascents, and proper acclimatization should be done to avoid altitude illnesss that my occur along the trail.

What makes EBC and Gokyo Lake Trek via Chola Pass unique?

Gokyo Lakes form a series of six high-altitude, crystal-clear alpine lakes with altitudes varying above 4,700m with the main lake being 4,750m.
Stepping at Everest Base Camp(5364m), Kalapattar(5545m), crossing Chola Pass(5420m), ascending Gokyo ri (5357m) and exploring incredible Gokyo Lakes and grand Gokyo Valley make EBC with Chola Pass Gokyo Trek special and unique among the adventure lovers across the world.

The Gokyo Lakes have been sanctified by Hindus and Buddhists. Scenic view of four 8,000m peaks

including Everest, Lhotse, Makalu, and Cho Oyu with Ngozumpa Glacier. The Gokyo valley is a more subdued, less touristy option compared to the conventional route to EBC and provides a serene yet breathtaking trekking experience.

What are the mountain views I can see from Gokyo Ri?

Gokyo Ri (5,357m) is among the finest vantage points in Everest region, with a wide vista of Everest, Lhotse, Makalu, and Cho Oyu. Unlike Kala Patthar, which gives a closer look at Everest, Gokyo Ri gives a slightly different and distinct angle, with reflections of these towering peaks in the Gokyo Lakes. The view of the immense Ngozumpa Glacier, Nepal's longest glacier, gives the experience its grandeur from Gokyo Ri.

How is Cho La Pass?

- Cho La Pass (5,420m) is a challenging high-altitude pass connecting the most classical Everest Base Camp route with Gokyo Valley an the high freshwater Gokyo Lakes.
- The ascent to Chola Pass top is steep and features crampons on icy conditions.
- Trekkers need to cross a glacier, rocky terrain, and steep hills to get the summit of the Chola Pass.
- Though challenging, the Chola pass provides awe-inspiring views of Ama Dablam, Cholatse, and all other surrounding peaks.
- Cho La is the most technical section of the EBC with Gokyo Lake trek, requiring physical endurance and acclimatization.

What mountain views I can seee from Everest Base Camp and Kala Patthar?

Everest Base Camp (5,364m) offers a close-up view of the Khumbu Icefall and surrounding peaks but not of Everest itself. To see the summit of Everest clearly, climbers walk up to Kala Patthar (5,545m), the most famous viewpoint in the area. From Kala Patthar, climbers have one of the world's most spectacular views of the sun rising over Everest, Nuptse, and Lhotse, one of the most celebrated moments on the trek. You can make beautiful photographs with memorable moments here at Kalapattar accompanying Mt. Everest closer to you.

How are the food and accommodation facilities on the Everest Base Camp Trek with Gokyo Lake trail?

The local teahouses/lodges provide basic accommodation in shared or private rooms, with twin beds and common dining rooms. The food menu includes Nepali dal bhat, Tibetan bread, noodles, pasta, momos, soups, and continental cuisine. Food choice is less in higher altitudes like in Lobuche, Gorekhshep, and it becomes more expensive with altitude due to transport charges. Most of the teahouses have hot showers, Wi-Fi, and charging facilities at a small additional cost ranging from Rs.200-400.

Dinghbcohe, Namche and Gokyo Valley can offer some sort of luxury accommodation with attached bathrooms during your Everest Base Camp with Chola Pass Trek. You need to inform prior to the trek if you really need some comfortable accommodations along the trail.

What are the transportation options for Everest Base Camp trek with Chola Pass?

Most trekkers take the flight from Kathmandu to Lukla to begin the trek. As an alternative, there is a way of driving from Kathmandu to Phaplu, Thamdanda or even Surke via Salleri and trekking to Lukla, which takes additional days. On the way back, trekkers normally travel by the Lukla-Kathmandu flight. Weather may affect Lukla flights, which may cause delays, so it is good to have buffer days or can go with jeep ride from Thamdanda back to Kathmandu via Salleri.

Is guide compulsory for Everest Base Camp Trek with Chola Pass and what are permits required?

Trekkers require a Sagarmatha National Park Entry Permit (Rs.3000) and a Khumbu Pasang Lhamu Rural Municipality Entry Permit (Rs.2000). Hiring a porter and guide is not mandatory, but it is strongly advised for safety and ease. Guides give directions, provide local culture and civilization like Sherpa culture knowledge, and offer emergency services, whereas porters carry heavy loads so that trekkers can walk at their ease.
Solo trekkers are allowed to do Everest Base Camp with chola Pass but are often difficult because of uncertain weather conditions and altitude threats. This detailed guide well-informs trekkers about the Everest Base Camp Trek with Gokyo Lake, hence making their journey safer and more enjoyable.

How is the facility of drinking water in Everest Base Camp Trek with Gokyo Lake?

Drinking Water during the Everest Base Camp Trek to Gokyo Lakes is in various forms: bottled water, boiled water, tap water, and filtered water through tablets or filters. Bottled water is available in plenty at teahouses and shops en route but is extremely expensive, priced from $1–$4 a liter, varying with altitude. Boiled water is safer and more eco-friendly and can be collected from teahouses at $1–$3 per liter. Stream. or tap water is free but has to be treated with iodine/chlorine tablets. or a portable filter. Actually, local tap water is not recommended to drink.

The best option to have safe drinking water during Everest Base Camp Trek with Chola Pass is to recycle bottles filled with boiled water from teahouses or use a good quality water filter like LifeStraw or SteriPEN. This reduces plastic waste while giving safe drinking water. It is also a good idea to have purification tablets as a back-up. Don't over-use bottled water for environmental and expensive reasons. Utilizing eco-friendly alternatives first ensures hydration and sustainability during the trek.

How is the facility of connectivity on Everest Baes Camp Trek with Gokyo Lake?

Connectivity Accessibility on the Everest Base Camp (EBC) Trek to Gokyo Lake is limited but improving. Most teahouses/lodges along the route have WiFi through the Everest Link and AirLink services, although the internet is typically slow and patchy, especially at higher altitudes. Prices vary by location, ranging from $3 to $10 per hour. At tourist stops like Namche Bazaar, Dingboche, and Gokyo, internet speeds are relatively quicker, while at EBC and Gokyo Ri, there is very limited connectivity. Some lodges offer package deals for multi-day usage of WiFi.
Actually, these days, the local lodges offer free Wi-Fi facility to the trekkers in Everest region if they eat and sleep at the same hotel or lodge.

Cellular network coverage is offered predominantly by Ncell and Nepal Telecom (NTC). NTC receives better at higher altitudes, like Gokyo, and Ncell gets better 4G coverage in lower areas. SIM cards like NT or NCELL are cheaper and easily available ($2–$5) but require data packages. Satellite phones are used only during emergencies. The connection is normally available but expensive and unstable, so the trekkers need to plan.
The best way to connect yourself with your family and relatives along the EBC with Chola Pass Trek is getting either NT or NCELL SIM from Kathmandu and get dapackges over it.

Trip Itinerary

Day 1 : Arrival in Kathmandu 1,320 m and transfer to hotel

On your first arrival at Kathmandu and Nepal International Airport, Tribhuvan International Airport, a Haven Holidays representative will receive you. After getting introduced to the staff, your baggage will be loaded either in car, coach or bus as per group size. A short drive to the center of Kathmandu city, Thamel where your hotel is located. Thamel is the most popular tourist hub in Nepal and you can have every kind of access here.

On checking into your lovely rooms, getting refreshed from a long international flight for several hours, then get ready for group briefing. Where you will meet with other members of Everest Base Camp Trek with Gokyo Lake.The guide or group leader brief with related information regarding the trek, culture, accommodation and foods. It Includes information about hours of walks and overnight stops and views along the treks.

Enjoy evening in Thamel with beautiful dinner and other activities you like to do. Prepare for the midnight or early morning(1 am) drive to Rahechhap for minimum 4 hours if you are doing this trek in Spring(Mar-May) and Autumn(Sep-Nov).

Note: If the flight will take off from Manthali Airport, you have to drive to Ramechhap at midnight at around 1 am. The drive will be for 5-6 hours and the flight duration from Manthali/ Ramechhap to Lukla will be 25 minutes. The direct flight to Lukla can be diverted to Manthali Airport, Ramechhap so we sometimes need to go to Manthali/Ramechhap to fly to Lukla without any interruptions.

Autumn(Sep-Nov) and Spring (Mar-May), the flights for Lukla will take place from Manthali airport, Ramechhap. Winter(De-Feb) and Rainy(Jun-Aug), the Lukla flights will directly take place from Kathmandu. Be prepared accordingly as briefed by out team for the further plans.

Day 2 : Fly to Lukla via Manthali, Ramechhap(2, 846 m/9,337ft) and trek to Phakding (2,610 m/8,563ft) - 04 hrs.

You, first, will drive to Manthali for 4-5 hours from Kathmandu. This drive normally begins at midnight at around 12.30 -1 am. Prepare for this drive before you fly to Lukla. This drive is actually to avoid the traffic in Tribhuvan International airport during the peak trekking seasons**(Autumn and Spring)**. **In other seasons (Winter and Rainy), you will have direct flight from**

Kathmandu to Lukla.

As per flight time for Lukla, after you are transferred to Manthali, a domestic airport of Nepal with a 4 hours drive, as per the time given by our staff, on checking through security then board in a small aircraft of respective local airlines, an enchanting flight of 20 minutes overlooking grand views of the Himalayan range of peaks with Mt. Everest will take off and fly towards Lukla and lands there.

After a pleasant flight reaching Lukla's Tenzing & Hillary Airport with a unique runway, you will enjoy some photographs of flights and the mountain peaks, you meet with your entire team and commence the twalk towards Phakding.

At Lukla with sometime for refreshment, and then follow our guide on a pleasant easy trail to Phakding village for an overnight halt. The walk leads down to Choplung village adorned with Buddhist prayer monuments through Sagarmatha National Park Check Point Office located next to Lukla Town. The trail follows along the Dudh Koshi River with a few short ups and downs to reach Phakding, a nice moderate village. Enjoy the lovely cozy comfort in one of its best lodges with time to explore the village and local culture.

Enjoy crossing thrilling suspension bridges over Dudhkhshi River before you arrive Phakding.

This Lukla flight may take from Ramechhap, Manthali Airport. If it is taken from Ramechhap, it takes only 20 minutes flight to land at Lukla airport. Kathmandu to Ramechhap, Manthali 4 hours dive.

Day 3 : Trek to Namche Bazaar (3,440 m / 11, 350 feet) - 06 hrs.

The morning after breakfast, enjoy the pleasant walks on a gradual trail and crossing a long suspension bridge over Dudhkoshi River, with a slow climb to Monjo village. From Monjo enter the famous Sagarmatha National Park (Sagarmatha name for Mt. Everest in Nepal, while the Sherpa is called Chomolungma of Tibetan origin language). Entering the park cross another bridge above Dudh Koshi River to Jorsalle village for lunch stop. The afternoon walk follows the river bed amidst a lovely cool forest of rhododendrons, oaks, pines and fir trees.

Slowly the walk leads to climbing then cross the last bridge to Namche Bazaar, from the bridge undulates winding ups till Namche Bazaar is reached for overnight halt. The suspension bridge at the base of Namche Bazaar is very thrilling and mesmerizing with colorful prayer flags and strong wind blowing. You may encounter the mules carrying loads on their backs, wait for them and let them go first.

Namche Bazaar the major commercial hub of Khumbu villagers as well as trekkers, is a moderate size town. Where all good houses serve as guest houses, lodges and hotels placed on an amphitheater U-shaped town. Great views of Kwangde and Thamasarku peaks, at Namche Bazaar check into a nice lodge for two overnight stays.

The Namche Bazaar , these days, has modern and luxury hotels, night clubs and bars, Banks and ATMS, local teashops, souvenir shops, groceries, trekking gears shops, money exchangers

and massage and spa. You can enjoy whatever you want at Namche Bazaar.

Day 4 : At Namche for acclimatization and short scenic hike up to Hotel Everest View (3880m)

Namche Bazaar is a perfect place for a rest day, as well as the right altitude for acclimatization before heading to a higher elevation. One requires a day acclimatization after ascending over 3000m while ascending above 5000m.

Things to do in Namche Bazaar on rest day: Enjoy a pleasant rest day with a short hike to the viewpoint above Namche Bazaar for the best look at Mt. Everest. Includes grand view of Ama Dablam, Tharmasarku and Kwangde peaks with an aerial view of Namche Bazaar.

From a high viewpoint visit the nearby National Park Museum treasures all the necessary information of the Khumbu region. The history, cultures of the Sherpa tribe, flora/fauna, and history of mountaineering around Khumbu and Mt. Everest.

Some people can hike up to Everest View Hotel (3880m) for about a 2-hour walk with a steep climb. Provides excellent views of Mt. Everest in the comfort of luxury Everest View Hotel at 3,880 m high.

Afternoon browses around the streets of Namche Bazaar lined with shops, stores, and banks, including fancy restaurants and café.

One can enjoy massage, spa, club, bars and luxury accommodation here at Namche Bazaar.

Optional Walk: If you want a full-day walk, you can walk to Thame Monastery and Khumjung Village for 6-7 hours.

Day 5 : Trek to Tengboche Monastery (3,867 m/12687ft) - 05 hrs.

The walk continues from Namche Bazaar, after an enjoyable and pleasant rest day, the first part of the walk is gradual. From Namche Bazaar after a short steep climb, the trail leads with scenic views of Everest and an array of peaks.

After a few hours of a good walk, downhill to Imjatse River a favorite lunch spot at Phungi Tenga. The afternoon climb starts through dense beautiful woods of tall rhododendrons, pines and fir trees, and after a few hours reaches Tengboche.

Tengboche is one of the most exciting picturesque and photogenic spots en route to Everest base camp with the majestic colorful monastery. Enjoy the sweeping panorama of Everest, Ama Dablam with a series of snow-capped peaks, located amidst beautiful forest surrounding. At Tengboche, several simple good lodges serve nice foods or enjoy a short walk further down to Deboche for an overnight halt. Staying in Tengboche or a little further downhill, but having time to visit the monastery interior of great cultural and religious interest.

Day 6 : Trek to Dingboche (4,410 m / 14,468 feet)-05 hrs.

Staying overnight in Tengboche or at Deboche facing grand views of Mt. Everest and Ama Dablam. Morning walk heads down to cross a strong suspension bridge, leaving the tall trees behind for mountain wilderness. Crossing the Imjatse River a slow climb to Pangboche, the last permanent village en-route Everest base camp.

From Pangboche onwards with temporary settlements at Dingboche, Pheriche, Lobuche and Gorakshep. Walk heads higher with great close views of the majesticpeak of Ama Dablam. Slowly the walk heads to a small stream and then an hour climb to enter Imjatse valley. Where the lovely settlement of Dingboche is located beneath the towering North Face of Ama Dablam facing views of the famous Island Peak.

Dingboche has may houses with nice lodges and restaurants within scenic Imjatse Valley from here onwards within the foothills of giant Himalayan peaks. Dingboche is the beginning point of popular Island Peak Climbing.

Day 7 : At Dingboche rest day for acclimatization and Hike to Nagarjuna Peak(5080 M/16,667ft),5 hours.

A great scenic spot Dingboche for another pleasant rest, enjoy the morning hike at the Nakarjung hill.

The top of the Nakarjung offers a grand panorama of snow-capped peaks that surround the beautiful Imjatse valley, from the top ridge of Nakarjung facing views of Lhotse, Nuptse, Ama Dablam and Island Peak with Mt. Makalu. This is good for acclimatization to complete for Everest base Camp Trek.

Rest of the afternoon relax and enjoy a short stroll around Dingboche amidst beautiful scenery. You can get luxury accommodation here at Dingboche if you really want.

Day 8 : Trek to Lobuche (4,960 m/16273ft) - 05 hrs.

Adventure slowly leads us closer towards our main destination Everest Base Camp (5364m), a morning short climb to a high ridge. From the scenic ridge adorned with prayer monuments, a pleasant walk on a gradual up to Thugla. A small settlement with few huts serves as tea houses and restaurants, a possible lunch stop before the trek up to Lobuche. Thugla where the trail from Pheriche and Dingboche joins towards Lobuche and Everest Base Camp. From here a steep climb of less than an hour to Thugla Ridge where you're referring to a memorial dedicated to those who have lost their lives on Mount Everest and surrounding peaks, various memorials along the trekking routes to Everest Base Camp and the Everest region commemorating climbers and Sherpas have died on the mountain. These memorials serve as reminders of the risks and challenges associated with climbing Everest and pay tribute to those who have perished while pursuing their dreams. The trail follows on gently up to Lobuche for an overnight stop. Lobuche is a small settlement with several fine good lodges with grand views of Lobuche and Nuptse Peak.

The people who plan their Lobuche East and West Peak Climbing, begin from here making Lobuche village basecamp.

Day 9 : Trek to Everest Base Camp 5,364 m and back to Gorakshep - 07 hrs.

Our main and final day of the adventure, as well as the longest high-altitude trek, to complete our major goal, walk to Everest Base Camp and step onto it. Start the early morning with a slow walk for an hour and then climb over the rocky moraine above the Khumbu Glacier. Then down to a flat sandy glacial field at Gorakshep, the last settlement before Everest Base Camp. There are 6 lodges in Gorekhshep for overnight stay.

Gorakshep is located beneath Mt. Pumori and Kalapathar rocky scenic peak as well en route to Everest base camp. From Gorakshep few hours of good walk reach you at Everest Base Camp, after walking through a glaciated path.

At Everest Base Camp enjoy the dramatic arctic zone of icy landscapes with massif Khumbu Ice-Fall and glacier. An exciting place to experience standing on the foot of Mt. Everest, Nuptse and Lhotse. During mountaineering expeditions, the base camp is flooded with various nationalities tented camp and commotion.

After achieving the goal of a lifetime, return walk to Gorakshep for the last overnight on the highest spot in the Everest region.

Inclusions

What is included?

- All Arrival and Departure from Airport to Airport
- 2 nights Hotel accommodation with (twin sharing room) at Kathmandu in tourist standard hotel on a bed and breakfast basis.
- Domestic airfare Kathmandu / Lukla / Kathmandu.
- Twin-sharing accommodation in the Guesthouse or lodges includes Breakfast.
- Service of guide, 2:1 porter (It means Two Clients and One Porter).
- Wages, meals, medical allowance of guides and porters.
- Trekking equipment's such like Sleeping bag, trekking pole and duffel bag.
- Applicable Trekking Permits, (TIMS) and Local Government entry fee.
- Comprehensive Medical Kit carried by our guide if required for minor wounds and sickness.
- Farewell dinner in Kathmandu.

What isn't included?

- Nepal Visa, Personal Medical & Travel Insurance.
- Expenses of a personal nature
- Gratitude or tippingfor trekking staffs, porters, and guides.
- Lunch and Dinner all around the trip.

- Emergency Evacuation if required the situation.
- Personal medical kit, as advised by your doctors.
- Early return from the trek due to personal domestic or medical reasons, no refund will be entertained on breaking the journey.

Complimentary

Booking Terms and Conditions
Booking
To book this trip, you have to find the book now button and click it. After that, you will see a form where you will fill up all the required information for the trip including the departure date you want and click the button submit. Now you have successfully completed the form and we will reply your email promptly.

Deposit for Booking
One needs to transfer or deposit 25% amount of the total cost of the trip. For example, if the trip you are booking costs USD 1250, the 25% percent for the booking of this trip will be USD 150. Once you have made the advance payment, you need to inform our team for the confirmation of the trip.

Cancellation and Refund
You can cancel the trip if you want, but no advance payment will be returned to you. It means, no refund will be transferred to your account again for the cancellation of the trip. Actually, once you book the trip, our team needs to prepare the transportation; accommodation and the trip crew for your trip and the company will already make certain payment to other operating sections. Therefore, the other operating department like transportation, food and accommodation, trekking crews are not ready to return the advance payment to us. This is the reason we are not going to return you back the advance payment. But, you can postpone the trip for future. We will offer you the same or other equivalent trip whenever you want in the future.

Trip Postponement and Transfer
Though you cannot get the refund after you cancel your planned trip, you can postpone it for future and you can do whenever you have favorable time for you. Or, you can transfer the same trip to your family members, friends and relatives. If you want you other people who are closer to you do this trip, you can do transfer of offer this trip as a gift. But for this, we require valid and reliable evidence like email address, other contacts and all requires contracts we made previously.

Transportation
We use both drives and domestic flights as transportation for Everest Base Camp Trek. It you are doing the trip in golden seasons (Autumn and Spring) (Sep-Nov and Mar-May) you are driving to Ramhecchap, Manthali Airport and then will take a short flight of 20 minutes to Lukla and do the same while returning.

But in off –seasons, Winter and Summer (Dec-Jan and Jun-Aug) , you will directly fly to and from Lukla airport for your trip.

Actually, driving to Ramechhap, Manthali from Kathmandu and flying to Lukla is to lessen the traffic in Tribhuvan International Airport in the Domestic Section during the golden trekking seasons (Autumn and Spring).

We drive to Manthali Airport from Kathmandu departing at 12 at midnight and get there in 4-5 hours and take early morning flight to Lukla. After you land at Lukla, you will meet your entire trekking crew and board to Phakding within 2-3 hours where your stay first overnight.

For this, you require prepare well for the midnight drive. You'd better fit yourself in comfortable outfit and go to bed earlier in the evening right after your dinner as you have to work from midnight next. Please confirm that you are flying from Ramhechha, Manthali or ddirectly from Kathmandu to and from Lukla with your trekking partner before you commence your trip and prepare accordingly.

In case your flights or drives are postponed and cancelled for and from Lukla, you can fly by helicopter back to Manthali, Ramechhap or directly back to Kathmandu. Some people are panicked due to the bad weather condition in Lukla and they have very important schedules ahead and they must catch them on time. Helicopter flight from Lukla to Ramechhap, Manthali or Kathmandu will be the final alternative for you during this critical time.

Everest Base Camp Trek Distance
One requires covering 65km in their Everest Base Camp Trek. This distance is from Lukla to Lukla.

The total days you spend for 65 km walking distance are maximum 7 excluding acclimatization days (2 acclimatization days- one at Namche and the other at Dingboche). And you will divide this 65 km for 7 days means you have to walk at least 10 km a day in Everest Base Camp Trek.

In the lower belt like Phakding, Namche and Tengboche, you can walk more than 10 km but when you ascend up to Dingboche, you cannot walk like that due to thin layer of oxygen and high altitude.

Therefore, one who is going for Everest Base Camp Trek needs to prepare in a way that they should have the stamina of walking at least 6 hours a day covering 10 kilometers an average distance daily. You will walk little less distance while ascending and walk longer hours and distance while descending to Lukla.

Everest Base Camp Trek and the Weather
The weather condition and changes in weather play vital role to make your trip successful. Actually, Lukla weather and the weather in Everest region keeps changing constantly so that it is always unpredictable to foretell the weather condition of Lukla airport and Everest region.

Sometimes, the trekkers have to wait for the better and improved weather condition in Lukla even for a couple of days and even a week. But, exactly same thing won't be there all the time. You can have wonderful time ahead and you will enjoy the entire magnificently including the regular and timely Lukla flight to Manthali, Ramechhap or to Kathmandu. If it is fair weather in Lukla, you won't have any issues; you can fly on time, promptly and safely back to Manthali or Kathmandu.

The weather at Everest Base Camp and Kalapatthar is normally windy and sometimes snowy as well. And more importantly, the temperature at Everest Base Camp and Kalapatthar is always (-) negative. For this, you require preparing accordingly.

You may have snow fall and slight rainfall on the trail. You also have to prepare for that. You require carrying multiple layers of clothes including jacket and rain cover to protect your luggage, trekking

equipment and personal gadgets.

Check weather condition before you depart for your trip to Everest region and also requested to find the right weather condition before you book the trip. More importantly, you can check the weather condition of the destination where you are heading to and prepare accordingly.

As Lukla and the weather in Everest region is always hard to foretell, be very watchful about it and it is must to have 1-2 spare days if you are doing the trip in Everest region. You need it to battle the worse weather condition and you will catch everything very timely after you complete your Everest Base Camp Trek 14 days.

Best Time for the Everest Base Camp Trek
The months of October, November and December are the best times of the year for the trip and these months are part of Autumn season of the year in Nepal. These months of the year brings you the most pleasant times and the weather of the year and eases your Everest Base Camp Trek. The days are astoundingly delightful with mild temperature which serves at perfect timing of the year for trekking in Nepal. The mountain views and the skies are fabulous during Autumn as the best time of the year.

Second best time of the year is the months of March, April and May. These times of the years are known as Spring. In fact, people's first preference for the best time of the year for the trip is Autumn and secondly they also go with Spring.

In spring season, you can enjoy the nature in its true form with all fascinating blossoms, new birds and wild animals serving new charms and fascination to the trekkers who are doing Everest Base Camp Trek. Most importantly, trekkers can enjoy Sagarmatha National Park with its diverse species of birds, plants, animals and winding rivers. You will be astonished to hear the bird singling like Be Freeee....Be Freeee while travelling to Everest Base Camp and back to Lukla. Do not forget to notice it and enjoy.

These two times of the year are almost similar to offer you the most marvelous weather conditions and mountain views with no rain and no snowfall. But, in spring, you may have slight rainfall on the trail, but not heavy.

The Autumn will be in festive mood and the spring will bring you a lot of happiness with new migratory birds and blossoms including flowering rhododendron. It depends on you who weather you like and also you need to consider your vacation. Best of all, we recommend to go with Autumn for your trip in Nepal as the weather condition, cities and mountains are in your favor: Weather in Nepal.

Ramechhap/Manthali Airport
Ramechhap Airport is located in Manthali Municipality in Bagmati Province of Nepal. It was constructed in1979 and renovated in 2025 after the earthquake hit hard. It is located at an elevation of 1,555 ft / 474 m above the sea level. Largely, the flight from Kathmandu to Lukla is served from Manthali Airport to avoid the huge traffic from Kathmandu airport.

The airport is 4-5 hours drive from Kathmandu. You can it by jeep or private car or even by regular bus services. Normally, people who are doing their trip in Everest region, they drive at midnight for

Manthali and get flight to Lukla early in the morning. Unfortunately, you don't have flight from Kathmandu for Ramechhap airport; you must go with drive. The airport is located at the bank of river surrounded by mountains and safer than Lukla airport. When there is no flight from Lukla airport for Kathmandu, you will have the regular and timely flights from Ramechhap airport.

Postponement and Cancellation of Lukla flight
If the flight is postponed for the next day or next few hours due to bad weather condition, you should be patient and wait for the next flight until the weather gets better and improved for the good visibility. It frequently happens while doing your Everest trip as the weather of Lukla is always unpredictable. Your flights may postponed and those who are schedule for the next day's flight will given the property and your flights, because , it is postponed, will be suspended and will be in waiting list until the scheduled flights for the particular day are operated and the same process will be continued if the flights are postponed for several days.

If you are tired to writing for the regular flights from Lukla, you can cancel the flight and go with the option: walk down to Surke and take jeep to Salleri and then to Kathmandu or can also go with helicopter flight from Lukla to Kathmandu or only for Ramechhap from Lukla.

An Escape To No Flights From And To Lukla
There are some beautiful escapes for not flight from Lukla due to bad weather condition. The first option to escape for No Flights from and to Lukla will be: Walking down to Surke and take jeep to Salleri and then finally to Kathmandu if you are returning from the trek and take jeep ride to Surke via Salleri and then walk to Phakding directly if you are commencing the trek. Many people do like this when the Lukla flights are postponed and canceled for several days for bad weather. And another way to escape to No Flights from and to Lukla will be helicopter flight to Kathmandu or Manthali/Ramechhap or from Kathmandu to Lukla directly and begin their trek. . Yes, some people go with it because they have important things to cover on time after their trip in Everest region. But, it may be costly for you to take helicopter flight from and to Lukla to Kathmandu or to Manthali. You can talk to your guide or the trekking company and follow the things how they go.

If you don't want to with these options to escape the No Flights from and to Lukla, then, you must wait the weather to be better and catch the regular flight. Yes, majority of the people do it.

Arrival And Transfer To Hotel
You will arrive either by air or land to Nepal. If you arrive in Nepal by air, you have to use the only Tribhuvan International Airport. Instead, if you use the road, you can enter or arrive Nepal by land, you can different borders of Neighboring countries (India and China) like Rupaidia, Jogbani, Raksaul, Sunauli, Nepaljung, Dhangadi, Chandani Dodhara, Birjung, Kakarvitta, Jhapa, Morang, Tatopani, Tinker, Rasuawagadi, Kimanthanka etc. You can use whichever entrances you like to suit your comfort and convenience.

On Arrival, you will have the on-arrival visa instantly if you have not applied Nepal visa for Nepal through the consulate centers or Nepal Embassies nearby you or your city. Within half an hour, you can get an instant authentic visa on your passport after producing all required documents for visa.

But, the majority of people/trekkers enter Nepal by air and that is via Tribhuvan International Airport. We receive you upon your arrival at any entry point of Nepal or mainly at Tribhuvan International Airport without any delay according to your arrival time. It may take some time like 20-30 minutes to

collect your luggage and for security checking at the airport. After that, you make your way to the exit of the airport and the Haven Holidays Pvt. Ltd. Representative will be waiting there holding the Board Witten “Haven Holidays Pvt. Ltd” As you see the board, you have to go with him or her and we will make a very comfortable transfer to the hotel you are staying overnight. The transfer from Tribhuvan International Airport and Thamel, the hotel where you are staying will take just a 15-20 minute drive. Don’t get scared by the chaos and heavy traffic on the way to the hotel from the Airport.

Get checked in hotel take a rest and get refreshed. We will give you the time for orientation after you get checked into the hotel.

Check if everything is fine with the accommodation you are using tonight.

Orientation
As you are given the time when you get checked in the hotel, you will be followed by our staff for the orientation. It may be on the same day or later the next day early in the morning at breakfast.

We will briefly let you know the trip you are undertaking from the next day or the same day onwards. You will be stated about the highlights of the trip, preparations, equipment, food and accommodation, guide and porter, emergency rescue, travel insurance and many other important things to know beforehand.

We will introduce you to the trip crew and have a brief talk with them so that you can feel more comfortable during the trip.

If you have any queries, you can put them in this orientation meeting before you depart for your trip.

Ho can I Train for High Altitude for Everest Base Camp Trek?
Training for high altitude means training for boosting your stamina to successfully cope with the new elevation your body gets during the Everest Base Camp Trek in the Himalayas. For this, you require doing short hikes and joggings, aerobics, regular exercises like jumba dances, walking up and downs with small backpack, joining gym for cardio and other exercises and primarily, jogging, cycling, futsall football and short hikes/treks in the hill. You can practice both slow joggings and quick running that will help you a lot in the mountain to adjust with new and high elevation you gain.

If you do above mentioned things very periodically, you will be able to battle acute mountain sickness and you will enjoy your trip blissfully. It is a must thing to do before you board on the trip in order to delightfully celebrate the trip in the mountain with new elevation, new culture and the atmosphere.

Burn your fat if you are fatty/obese, address serious sickness in your body if you have by consulting your doctor, stop smoking and drinking (heavily) if you can, avoid stress and mental burden, have balanced diet and keep your body fit and fine to work out in the mountain at least for 4 hours to maximum8 hours with little backpack for the trek you want.

If you love doing outdoor sports like lawn tennis, football, basketball, volleyball, badminton and any other games and sports, continue them and practice harder for the trek as you are going above 5000m which are Kalapattar and Everest Base Camp.

How to prepare for Everest Base Camp Trek ?
If you prepare the trek very well in a finely organized way, it is said, that half of the trek is already accomplished. Therefore, one requires preparing the trip with all required things to carry and keep oneself fit and fine.

Best Ways for Preparing the Trek
Do regular exercises basically related to Cardio
Boost up your stamina mentally and physically in order to be capable to adjust with the new elevation and atmosphere you will get to during the trip
Get and pack up all necessary equipment for the trek
Get and pack all required personal equipment and gears
Do some research on the trek you are doing and the region you are heading to and you are going to explore
Ask about the trip with someone who have already done it and collect important information
Address health issues if you have any before you depart for the trip
Prepare all required medicines you must take on the trip regularly if you are doing it
Let your friends, family or relatives know that you are going Nepal for the trip, destination and duration
Prepare mentally how you are going to spend your budget on different titles and carry/collect enough budget for the trip but don’t try to be prodigal, just enough
Prepare travel insurance and confirm that your trip is booked and reserved
Check the weather condition before you depart for the trip
Let your travel partner/ company/operator what kind of person you are: vegetarian, non-veg, female, and solo-travelling lover, spiritual traveler, adventure lover, city and luxury lover and similar so that the crew/team can prepare your trip in a better way.
Book your both ways flight tickets and confirm it so that it will be easier for you to return homeward
Last Minute Booking
Last-minute booking is always open for you but the same package tends to be a little more costly than the regular departure dates trip packages. Actually, those who approach for last minute booking with us; must pay 10% additional cost of the total trip cost mentioned on our website.

You can book the trip you like on our website even a day before the trip begins. If you are lucky, then, the last minute may be a golden opportunity for you to get the same price or even less than that if one of the members of the trip gives up and withdraws the trip plan at the eleventh minute. So, if you are late to book the trip you like to do with us, no worries, you still have the option and we will try our level best to make your trip as successful and grand as other normal trips.

Don’t hesitate to hit the booking button at the eleventh hour, we are always open and here to organize your vacation trips in Nepal.

Trip Extension
We are always flexible and open to the extension of the particular trip you are undertaking. If you really enjoy the trip you are doing, you can extend it to longer days or longer hours. But, for this, you must contact us one day prior so that we can arrange the required things like trip crew, accommodation, transportation and other minor needy things for your extended trip. If you let us know a day earlier directly or through the trip crew you are using in the field/route like through your trip leader, you will have a beautiful time ahead. For the extension of the trip, you must add some

little additional cost which we will settle in mutual understanding.

Currency Exchange
You can exchange your currency even in the Tribhuvan International Airport at your arrival or you can exchange it after you check in the hotel in Thamel or in other several places of Kathmandu Valley, Pokhara, Chitwan, Nagarkot, Lumbini or any trekking beginning points as well. You'd better exchange your currency with Nepali ones in Thamel as they give a good exchange rate. You can find several money exchange counters in different corners of Thamel city. You can directly go there and exchange your currency with Nepali ones.

If you are in a rush and cannot do this, you can pay USD AUD or CAD to the people whom you need to pay for your accommodation, food, trip costs, tipping etc. You can even exchange your currency with Nepali on the trekking routes/trip routes like in Lukla, Namche, Pokhara, Besisahar, Manang etc. You can ask to exchange your currency with Nepal ones with local lodges/restaurants/hotels/ guesthouses too. But, you must have your currency like USD, AUD or CAD. Even Indian currency does work in Nepal while paying but only Rs. 100 rupees not 500 and 1000. You can pay with your currency with the current exchange rate wherever you go in Nepal. No worries guys!!

HH Team for Everest Base Camp Trek
Haven Holidays Team is very professional, reliable and responsible. You can completely on them. They are well-trained, friendly and highly literate in their respective languages. You can share anything you like with them without any hesitation. They know local culture, civilization, history, foods and accommodation, weather conditions, expert in first-aid application and how to handle sudden accidents on the trip. They are eco-friendly and better understand the non-human's rights and their lives.

However, we kindly request you not to exploit them and provoke them on the trip for your benefit. You can enjoy your trip with them to the fullest but at the same time, we humbly appeal not to try to change their mindset, perspectives, religion and culture that are following.

The Haven Holidays Team will assist you in every step of your trip to make it memorable and more convenient.

Luggage and Storage
If you are hiring a porter for your trip in the mountains, you can pack no more than 10 kg. in the duffel bag or your backpack. We provide you with a very reliable duffel bag to put your stuff to be carried on the trip. It will be very safe to be carried by a porter. Because it is the Nepal labor rule that a porter can only maximum of 18 kgs in the mountain. Please, don't pack unnecessary stuff in the duffel bag. Actually, two people can share one duffel bag and one porter by putting 9k stuff by each individual.

If you think you don't need the stuff you have with you in the mountains, you can store it at the hotel in Kathmandu.. The best way to keep your unnecessary stuff is in the Kathmandu hotel. They will keep your unnecessary luggage/stuff very safe till your return back. Ask your trip leader or hotel receptionist to do it for you before you depart for the trip. Don't forget to take the luggage tag while storing the unnecessary luggage.

How will be the Meals on Everest Base Camp Trek ?
Meals will be provided according to the itinerary and cost includes and cost excludes. If you are given the itinerary or cost like including BB only, you will be provided breakfast only and if you have booked the trip package including a full-board meal, you will get all the meals including breakfast, dinner and lunch. Apart from main meals, if you have tea, coffee, cold drinks and other alcoholic drinks, you have to pay them personally.

During the trip, you will be given enough time to have a meal. You can enjoy the meal you like from the menu. Vegan, Vegetarian?? If you are vegetarian, you will still find the choice in the menu and our guide will take good care of you through the trip.

You will have your meal at the lodge/local guesthouse, hotel or resort during the trip. You are supposed to have the meal where you stay overnight in the mountain during the trekking trip.

Sometimes, you may not get the item you want in the mountain during the trekking trip/touring trip, at the time; you have to consider it very calmly.

You will enjoy freshly cooked meals in the mountain during the trip days with local ingredient The most popular items of food items that local lodge offer you during your Everest Base Camp Trek are: Sherpa Stew, noodles, pancakes, Tibetan bread, omelets, toast, dumpling, Tsampa, cucrries, Yak Steak and the most popular is Nepali Thali (Nepali Daal Bhat).

Where does Everest Base Camp Trek Start?
The trek commences from Kathmandu with a drive to Manthali during Spring and then flies to Lukla and Autumn(Mar-May and Sep-Nov) and in other off seasons like Winter and Rainy (Dec-Feb and Jun-Aug) Kathmandu to Lukla. We drive to Ramechhap, Manthali for 6 hours from Kathmandu and take a short 20-minute flight and if we take a direct flight from Kathmandu to Lukla, you will fly for 35 minutes with astonishing mountain views.

Actually, we need to leave Kathmandu at midnight like 12-1 am for the midnight for Ramechhap drive and then fly to Lukla. Hope you will consider this thing in your mind beforehand the trip begins.

As you land at Lukla airport either from Ramechhap/ Manthali or Kathmandu, you will meet your porters, introduce them briefly and begin the formal walk towards Phakding, the very first town you are going to stay overnight on your trip. It takes around 2-3 hours to get Phakding from Lukla.

Electricity and Water in Everest Base Camp Trek
You will get a good and undisturbed facility of electricity during the trip to Nepal. Even though you go to the mountain for trekking and other adventure activities, you can get the facility of electricity to charge your phones and backups for free. However, in some cases you may have to face the problem of load-shedding and the local lodges and guesthouses may charge you some amount like Rs. 100-200 to charge your batteries, backups and phones in remote areas trekking like upper Mustang Trekking, Upper Dolpo Trekking, Annapurna Circuit Trekking and Manaslu Circuit Trekking. Otherwise, in Annapurna region trekking and Everest Region trekking, you don’t need to pay for battery, phone and backup charging on the trail. But, there won’t be an electricity heating system in the mountain while doing Everest Base Camp Trek or other adventure activities. Unlike that, you can enjoy all kinds of electricity heating systems in the city tours like Kathmandu City Tour, Pokhara, Chitwan and Lumbini Tour, Nagarkot and Namobouddha Tour.

Drinking water must be pure, safe and contamination-free. You can get bottled or purified drinking water during the trip even in the mountain which is very safe for you to drink. The majority of the people who make trekking or adventure trips in the mountains go with boiled water which is prepared by the local lodges/guesthouses on the trail which is the best way to keep you safe from contaminated water. However, some people carry water purifying ingredients and they apply it to the drinking water and they drink it. But, don't try to drink the water from the Local River, stream and taps. The bottled water costs between Rs.100-300 which is 1 liter in the mountain.

One can get bottled and properly boiled water in Everest Base Camp Trek at local shops and at local lodges. You need to pay extra money like Rs. 200-300 per liter. You can ask your trekking leader to manage it for you while trekking to and back from EBC.

How will be Accommodation and Toilet Facilities in Everest Base Camp Trek
You will have very basic but neatly organized accommodation and toilet facility on the trail in the mountain while trekking. The accommodation will be twin sharing basis in a group trip and if you have private trip, you will get single. The beds are comfortable enough to spend a single or double nights in the mountain.

Normally, the lodges/teahouses/hotels and guesthouses are made up of woods and rocks and are run by local people. They try their best to comfort you during your stay with providing you extra piece of blanket and making your bed more comfortable. But, one important thing to carry during your trip in the mountain is your private sleeping bag which will make your nights more comfortable in the mountain at higher elevation and you can easily battle chilling cold nights and make your body warm.

It is very rare that you get suite room as your accommodation in the mountain. The toilets are detached from the bedrooms and you should be ready share the toilet with other trekkers in the mountain. You, sometimes, can get the room with attached bathroom/washroom/toilet but it will be very rare. If you get this kind of attached bathroom accommodation, consider that you are very lucky and thank your trekking leader/guide.

Carry enough roll/toilet paper for the toilet use during the trek in the mountain. You can prepare it from the cities and even you can get them on the trail, but will be more expensive to get them on the trail.

Can I get Hot Shower in Everest Base Camp Trek
Actually, a warm or hot shower makes you refresh and offers you new energy during the trip and it in very necessary. If you are travelling in the city area in Nepal, you will easily get the facility of a hot shower. But, if you are making a trip in the mountains, it may be difficult to get a hot shower during the trip. However, local lodges and guesthouses will offer you a bucket shower with warm water or they will provide hot shower with cooking gas at local lodges in Everest Base Camp Trek. If you want to do enjoy the hotel shower in the mountain, you can ask the local lodge owner to manage it for you and they will charge some money like Rs. 300-500 per individual.

Communication on Everest Base Camp Trek
You can enjoy excellent facilities of communication in Kathmandu and other major cities like Chitwan, Pokhara, Nagarkot and Lumbini. However, in case of a trekking trip like in Everest Base

Camp Trek in the mountains, you may not be able to have such kind of facility as in the cities. But, most of the local teahouses/lodges/ guesthouses/ hotels on the trail will offer you the facility of Wi-fi in your Everest Base Camp Trek 14 days. Sometimes, you get it for free and sometimes, you may have to pay like Rs.100-200 per device for the installation of Wi-fi during the trip in the mountain. You can co-ordinate with your trekking leader if you have to pay for Wi-fi.

In remote areas trekking like Manaslu Circuit Trek, Annapurna Circuit Trek, Kanchenjungha Circuit Trek and Upper Mustang Trek, charge a certain amount like Rs.200-400 per device for the installation of Wi-fi at the local lodges.

The best way to access good communication over your smartphone is to get a local Nepali SIM Card like NT and NCELL. You get these local Nepali SIM Cards easily in Kathmandu and even in International Airport, Tribhuvan International Airport. For this, you have to present a copy of your passport and a passport-sized- photograph. You can buy a data pack via this local SIM Card and you make a very good communication wherever you go, even from the corner of the mountain. You can make a call, you access the internet over it and even make a video call instantly from the Everest Base Camp (5364m) while conquering over Everest Base Camp and Kalapatthar and even from Larkya La Pass (5106m) in Manaslu Circuit Trek.

Where does the Everest Base Camp Trek End?
The Everest Base Camp Trek ends at Lukla officially with a flight to Kathmandu. Normally, at Lukla, you can celebrate the last day of the trek with your entire trekking crew by offering them tips and heavy dinner because they have worked hard for you and your safety all around the trip. The last day's walk is from Namche to Lukla and you wait for the next day’s flight to Kathmandu or Ramechhap and then 6 hours drive to Kathmandu. The flight to Ramechhap is for 20 minutes and the flight to Kathmandu from Lukla is for 40 minutes. Optionally, you fly back to Kathmandu directly by helicopter as well. For this, you have to make a prior request to us to arrange your helicopter flight.

Important Note
The Lukla weather keeps changing in 15 minutes so it cannot be 100% sure that the flight to Ramechhap or Kathmandu from Lukla can take place at a given time. It may get delayed postponed or even cancelled for a few days. In this case, don’t panic, don’t get agitated and don’t trouble your trekking leader for the delay, cancellation or postponement of flight. Be calm and talk to your trekking lead to find out the way to escape this situation.

You have two options in this case: the one is a helicopter flight to Kathmandu and walk down to Surke and Paiya for 5 hours and get a jeep ride to Salleri and then to Kathmandu. You’d better approach the helicopter first and then go with a walk down to Surke and Paiya. Actually, the walk down to Surke and Paiya is very challenging to follow the trail used by mules; the trail is muddy and slippery. Be careful to follow this trail to Paiya via Surke from Lukla.

If you are doing your Everest Base Camp Trek, you have to have at least one/two spare days. This will help you make your Everest Base Camp Trek less stressful and less panicked

Feedback on your Everest Base Camp Trek
You can give feedback about Everest Base Camp trek you have undertaken at the end of the trip in Kathmandu. You can visit our office or you can do it in the farewell dinner we organize. Your

feedback about the trip will always be taken positively. We need it to grow and to sharpen our services and facilities in the days to come.

If you cannot attend the farewell dinner at the end of the trip in Kathmandu or you don't have time to visit our office, you can write your feedback in the trip advisor page which will be more reliable and public.

Trek Extra Personal Expenses in Everest Base Camp Trek
How prodigal you are? Your trek extra personal expenses depend on it. If you love doing extra expenses on the trip, you will go to topics like alcoholic drinks, extra tea or coffee apart from the meal, tipping, some minor donations, extra snacks on the trail, some urgent personal stuff like clothing or any other equipment you immediately require on the trip in case it gets damaged or stop functioning. You will enjoy going through Namche Bazaar and collect some beautiful souvenirs and personal trekking gears too in your Everest Base Camp Trek. And, at the end of the trek, you have to give some tips to your trekking crew, at least some or a little. For this, you have to allocate some dollars or Nepali currency.

Typical Day in Everest Base Camp Trek
The typical trip day begins with a good breakfast. You will have breakfast at around 7-8 am and begin the day after it. Then, you will have to work/walk for 3-4 hours after breakfast and you will stop for lunch. The lunchtime will be around an hour. You will order your lunch item and the restaurant/hotel/teahouse will cook for you. Sometimes, you may have to wait for some time if the restaurant or hotel is crowded. You can find the item you like to have on the menu prepared by the local lodge/restaurant/hotel. If you are vegetarian, no worries, you can still find the ways.

After lunch, you will resume your work/trek/trip again and end it in the after like around 3-4 pm. After that, you will check in the hotel/ guesthouse/ teahouse and get refreshed. Take rest, change clothing and go for dinner at around 6-7 pm. Your leader will help you to order the meals you like. At the dinner, your leader will share the important information for the next day's trip and you can raise the question regarding it. The leader will orient you on what to wear, how to walk, what to carry and where to eat. Follow the instructions from the guide/leader very well.

Why with Haven Holidays?
Free Booking and Free Cancelation
Veteran Crew Members
Enhancing Eco-Tourism
Prompt response, full safety and comfort guaranteed.
No hidden cost
Flexible
Cost Friendly
Wider Networks
Expert in risk management
Booking, Cancellation and Refund
If you want to book the trip featured by us, you are required to settle the 25 % payment of the total trip cost. However, if you are in a rush and instantly plan your trip to Nepal, then, you can make the trip payment by visiting our office in Nepal as well but we need a confirmation email prior to it.

In case you cannot do the booked trip in the timeframe you wanted for some reason, you have the

right to postpone it. Even if you cannot do the trip after the postponement, you can transfer the same trip or another in exchange for your family, relatives and friends.

But for Everest Base Camp Trek or other any trip in the Everest region, the cancellation must be made 2 months prior as we have already booked the accommodation, transportation and domestic flights to make your trip more consistent and convenient.

But, sorry to state that no refund will be made for the exchange of booked trip with us. We are ready to wait for months and years for the right time to do the booked trip in Nepal. Be confident that we won't spoil your booked trip.

Travel Insurance for Everest Base Camp Trek
Travel Insurance is a must thing to fix before the departure for a particular trip. In case you face a sudden and unpleasant incident during the trip, you may need rescue evacuation and medical expenses. For that, you must have travel insurance. Actually, life is more important than your trip. As long as you have life, you have everything. So that, have authentic travel insurance that covers all rescue evacuation and medication expenses in case you have got some nasty accidents during the trip.

Travel Insurance is a must thing to prepare and carry with you beforehand you venture onto the trail. You'd better prepare your travel insurance before you fly to Nepal. You can do it through ha reliable and trustworthy insurance company based in your country or you can it online as well.

Actually, it's not good to rush and bustle for the travel insurance here and there after your arrival in Nepal. However, you still can do it here in Kathmandu. There are some international insurance companies here in Kathmandu and they will do your travel insurance and you can simply filled up the forms on online and prepare your travel insurance.

Your travel insurance must be capable to cover entire expenses from minor to major sudden accidents including rescue from the mountain and the cities by helicopter and all treatment expenses in hospital. For example, if you are going higher in the mountain and you have got a terrible accident or acute mountain sickens, you may need immediate rescue form the spot and more importantly, your treatments in hospital. Until and unless your travel insurance covers entire expenses for the rescue and medical expenses, you are not rescued and cannot get medical treatments on time. Its matter of life and you must do prepare and do authentic and valid travel insurance before you board on the trail for a particular trip. Nobody knows the future and mountain are always wild and unpredictable. Please take it seriously.

If you have got some idea about travel insurance and the companies who do travel insurance for you, you can go with them, otherwise, you can search on Google and will easily get the travel insurance companies who will help you doing insurance for your trip.

Why Everest Base Camp Trek with Haven Holidays?
Expert and professional local guides
Flexible trekking crew
Better understanding of weather conditions and local culture
Immediate Rescue in case of emergency
Better Accommodation Food

Eco- Friendly and Sustainability
Expert in Communication
Departure
After a farewell dinner with our team and the important feedback session, we will comfortably drop you to the Tribhuvan International Airport and to any other destination you want for your exit to your homeland or for the commencement of another trip. After we drop you to the destination you prefer, you can catch up on your international flight and another trip you want. We wish you a very wonderful time ahead.

Additional Information
What I expect at Everest Base Camp Trek?
Most importantly, trekkers will see Mt. Everest (8884.86m) from Kalapatthaar (5545m) and Everest Base Camp. At the same time, you will walk and step at Everest Base Camp, the world highest mountain base camp which will be a lifetime adventure history and achievement for you.

You will traverse through Sagarmatha National Park, the world highest national park and a UNESCO World Heritage Site with diverse species of flora and fauna. You will encounter natural water falls, glacier rivers, local towns like Lukla(2900m), Phakding (2300m), Namche Bazaar (3400m) (Town), Tengboche(3860m), Dingboche (4400m), Lobuche (4900m) and Gorekhshep (5100m). Gorekh Shep is the last human settlement in Everest Base Camp Trek.

You will get to know and be familiar with local Sherpa people’s lifestyle and their authentic cuisines during the trek. This part and the taste will marvelous and exciting to experience. You will stay overnight at local lodges owned by local Sherpa People and you will have your meals there. The toilet will be outside of your bed rooms and will be common and sharing. Expect to use sharing toilet and twin sharing accommodation during the trek. You can get luxury accommodation at Namche and Diengboche if you are ready to pay little higher.

The local lodges will get crowded during Peak Trekking seasons in Nepal(Autumn and Spring) and you should be ready to bear some interruptions and noises during the stay at the lodges. There may be hundreds of people in the same lodge staying overnight and having their meals. Sometimes, you have to wait for your meals and shower while staying at local lodge.

Early morning hike up to Kalapatthar and celebrate mesmerizing Mt. Everest and all other surround mountain peaks including grand and massive Khumbu Glacier. Capture as many photos and videos of the things you see from Kalapatthar and walk back to Lukla along the same trail. If you want to skip the same and tiring trail down to Lukla, you can fly back to Lukla/Manthali or directly to Kathmandu by helicopter.

What I expect from Haven Holidays ?
We will provide you a veteran trekking team with fully equipped trekking gears for your Everest Base Camp Trek. Also, we will provide sleeping bag (if necessary), a cap or t-shirt as a gift, provide better accommodation and transportation in order to make your entire trip more safer and exciting. You will have local guides who are very knowledgeable about local culture, foods and accommodation, places to explore and destinations to visit during the trip.

We provide an authentic and comprehensive orientation regarding the trip, the trails, accommodation, foods , walking hours and distance, preparations and risks and challenges

beforehand the trek commences.

We care you individually al round the trip so that your entire trip will safer and less-risky.

We offer you a grand farewell dinner with your trekking team and you can give us feedbacks about the services we provided you during your stay in Nepal and that will help us to grow up more.

A Drive from Kathmandu to Manthali
The drive from Kathmandu to Manthali/Ramechhap begins at midnight like the ghosts travel. We should be ready for this midnight drive beforehand by going the bed earlier in the evening right after dinner. You trekking company or your guide will inform you the exact timing to leave from the hotel for Manthali.

You begin this drive from the hotel at around 12.30-1 pm at midnight and head to Banepa. Next, you will switch this drive to Mid- Hill Highway. The road passes through various country settlement and landscapes. The road is black top but you will experience several bumps on the way to Manthali from Kathmandu. It takes minimum 3 hr 54 min (129.0 km) via Mid-Hill Hwy to get Manthali from Kathmandu.

You are taking this almost 4 hours drive from Kathmandu to Manthali to catch the early morning flight to Lukla for 20 minutes. This drive will take place only in Spring (Mar-May) and Autumn(Sep-Nov) to avoid the big traffic from Tribhuvan International Airport – Domestic Section and in other two trekking seasons (Summer and Winter), the flights will directly be operated from Kathmandu to Lukla.

Manthali is a city with a little domestic airport. You fly to Lukla from here and can fly back and but cannot fly from Kathmandu to Manthali. You will have only one access for Manthali from Kathmandu that is drive in and drive out for the recent times.

The Places you Explore During the Everest Base Camp Trek
The places you explore during the trek are: Manthali, Lukla and Lukla airport, Phakding, Sagarmatha National Park, Monjo, Jorsalle, Namche Bazaar, Hotel Everest View, Tengboche town and the monastery, Dingboche, Lobuche, Gorekh Shep, Everest Base Camp and Kalapatthar. Besides, while acclimatization at Namche you can go to explore Khumjung Village and Thame Monastery. Both side trips will amaze you some incredible insights of ancient Khumbu region's civilization and religion.

Everest Base Camp Trek- Is this right for you?
Everest Base Camp Trek is a moderately difficult trek in Everest region taking you’re the highest elevation Everest Base Camp (5364m) and Kalapattahr (5545m) . The trek tends to be moderate till you get to Namche and Tengboche and Hotel Everest View. But, as you ascend above Dingboche and Lobuche, the trek becomes more challenging till you get to Everest Base Camp and Kalapatthar. So, those who have got prior trekking experience and are well prepared with all required personal gears and first aid kit.

Have you got prior trekking experience? Are you well prepared to walk at least 6 hours a day covering the distance minimum 9 kilometers? Are you confident enough to walk to Everest Base Camp and Kalapattahr located above 5000m in the wild mountain? If you have the right and reliable

answers to these questions, you can conquer over Everest Base Camp Trek.

Test your stamina of waking and going above 4000m covering the minimum distance of 9 kilometers and decide doing Everest Base Camp Trek.

The Everest Base Camp Trekking Trail
The Everest Base Camp Trekking Trail is the same trail trodden by legendary climbers Edmund Hillary and Tenjing Norgay Sherpa in 1953 while successfully scaling Mt. Everest. The trail begins from Lukla town to Phakding. The trail from Lukla to Phakding is easier all the way going down through local Sherpa settlements, Buddhists monuments and monasteries. You will enjoy moving the Buddhist prayer wheels clockwise and pray for good luck for the successful trek.

Then, the trail takes you through Sagarmatha National Park via Monjo and Jorsalle. As you enter into Sagarmatha National Park, you will enjoy the serenity and peacefulness of wild nature with diverse species of flora and fauna. You will experience the thrills of crossing suspension bridge over Dudhkoshi river several times before you ascend up to Namche Bazaar.

At the base of the Namche Bazaar, you will enjoy crossing high and thrilling suspension bridge and walk up to Namche bazaar through pine forest. Finally, you will see a beautiful gate, Namche Bazaar Gate, written ‘Welcome to Namche Bazaar’ at the entrance of Namche Bazaar. The water fountain, beautiful garden, restaurants and hotels, souvenirs shops, ATMs, banks, money exchanges, clubs etc. will astonish at Namche.

At acclimatization, you will either walk to Hotel Everest View/Khumjung Village or Thame Monastery. This one day acclimatization at Namche will be very exciting to spend and explore.

The Everest Base Camp Trekking Trail, next, will take to Tengboche town and the monastery. The trail today will go down to river and then ascend up to Tengboche town via deep pine woods. Further, you will ascend to Dingboche and Lobuche. The trail from Dingboche to Lobuche passes through various monuments and alpine vegetation. The trail while you are approaching to Lubuchce turns to be more challenging as you are tired and due to high elevation and thin layer of oxygen. Moreover, the trail passes through dry and arid landscapes of upper Everest region while approaching to Gorekh Shep(5100m) and Everest Base Camp (5364m). You will step at Everest Base Camp and Kalapatthar and walk down to Lukla along the same trail to end Everest Base Camp Trek.

Cultural Highlights on Everest Base Camp Trek
You will encounter various unique and authentic cultural insights during your Everest Base Camp Trek. The followings will be the cultural highlights in Everest Base Camp Trek.

Lifestyle and Economic activities of local Sherpa people Festivals, celebrations, rituals and rites of Sherpa People Religious Insights (Buddhism) Monuments and idols Art and Architectures Local Cuisines Monasteries (Tengboche and Thame) temples, museums and art galleries Natural Highlights on Everest Base Camp Trek Local Towns like Lukla, Namche, Tengboche and Lobuche Sagarmatha National Park Winding rivers (Dudh Koshi) Diverse Species of floras and faunas in Sagarmatha National Park Awe-inspiring landscapes and mountain peaks The majestic Mt. Everest, Pumori, Loa Tse, Cho Yu, Nupse, Makalu and massive Khumbu Glacier Everest Base Camp (5364m) and Kalapatthar (5545m) The guide and porter.

The guide and the porters you will accompany as your trekking crew/team will be very professional and highly experienced. They will speak your preferred language very fluently and try their best to satisfy you with some marvelous insights and experiences during the trek. The guide will manage all required accommodations, meals and transportation for your trip. Also, if any lack and insufficiency occurs during the trip, the guide will manage all the things according to the situation. So, hiring guide and porter will enhance your entire trip with multiple helps from minor sickness and scarcity to acute mountain sickness. They will take a good care of you all round the trip.

Porters will help you tremendously by carrying and taking care of your luggage. They will safely carry and drop your luggage to the destination you want to go. They will be very hospitable, hard-working, funny, and friendly and also can communicate little with you during the trip. Porters will carry maximum 18 kg of load in the mountain. We request you to co-ordinate with your guide and porter during the trip and make it more exciting, safer and memorable.

Safety Measures on Everest Base Camp Trek
Carry Comprehensive First-Aid Kit
Carry Right and Reliable Trekking Gears
Listen to your Trekking leader and follow his/her instructions properly
Stay hydrated and have balanced diet
Stay calm, cool and confident
Try to avoid alcohol and smoking
Carry Diamox in case you get altitude sickness
Drink safe water (bottled and properly boiled)
Address any serious health issue beforehand or on the trail if you have got any immediately
Share your problems with your trekking leader on the trail
Ask for helicopter rescue in you think that you are in critical condition
What I like most about the Everest Base Camp Trek?
Stepping at Everest Base Camp (5364m) and Kalapatthar(5545m) and capturing Mt. Everest and all surrounding peaks is the most beautiful moment to celebrate during your Everest Base Camp Trek. Along with this, one can enjoy going up to Hotel Everest View (3880m) and enjoy snacks viewing Mt. Everest. People also love spending some quality of time in Namche Bazaar by collecting souvenirs, going clubs and bars and having their favorite local cuisines like Yak Steak.

Tipping for Guide and Porter
Tipping for your guide and porter is not mandatory but they expect something extra from you after they work hard for you. You'd better prepare USD 5-10 per day per individual guide and porter. But, it doesn't mean that you have to do the same as we recommend you. You reward them with some handsome tipping as well if you are satisfied. Sometimes, you don't need to reward them with tipping if they don't take a good care of you and try to spoil your trip with some unnecessary personal benefits and interests.

Meals Available on the Everest Base Camp Trek
You will enjoy, mostly, enjoy local cuisines during the trip. The local teahouse and lodges will offer you very authentic local cuisines like tsampa, porridge, Tibetan bread, yak meat items, locally grown vegetables and fruits, etc. They also offer some continental, Indian, Chinese, Japanese and popular dishes during the trek as mentioned on their food menu. If you are a vegetarian or vegan, no problem, you will have various items of meals on the Everest Base Camp Trek and for this, you

require informing your trek leader before the trek commences.

You can cook on your own at local lodges while staying overnight during the trip in the mountain. The meals you have will be freshly cooked and very hygienic in order to ensure your balanced diet and hygiene. Pick up the item from food menu and ask them to prepare for you.

Temperature at Everest Base Camp
The temperature at Everest Base Camp is always negative and you have to prepare accordingly. You will see snow and frozen glaciers around you and also feel the chilling cold wind at Everest Base Camp. Therefore, you must carry warm water or drinks and multi-layer jacket, cap, gloves etc. while heading from Gorekhshep to EBC. You also will encounter heavy snowfall at Everest Base Camp and you are required to prepare for it.

During the winter and peak of the winter(Dec-Feb), the temperature of Everest Base Camp drops down like -20 degree Celsius.

Best Itinerary- Everest Three Passes Trek
The best itinerary for Everest Base Camp Trek is 14 days Everest Base Camp Trek Itinerary. The 14 days will be very sufficient for you to explore the region, acclimatize, step at Everest Base Camp and Kalapattahr. It also has the days for your arrival and departure. If you want a day spare in case your Lukla flight is postponed or cancelled, you are suggested to do so and plan accordingly to make your Everest Base Camp Trek more flexible and convenient.

If you want to go with a helicopter return from Everest Base Camp while returning back from Everest Base Camp Trek, Everest Base Camp Trek with Helicopter Fly Out 10 days itinerary will be the best one for you.