Everest Base Camp Budget Trek 16 Days

Trip code	HH-EBC-BG-16
Package name	Everest Base Camp Budget Trek 16 Days
Duration	16
Max. elevation	5545 m
Level	Difficult
Transportation	All ground
Accomodation	Tourist Standard hotel in Kathmandu and lodge/Guesthouse en-route.
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Kathmandu- Salleri- Surke- Monjo- Namche- Dingboche- Everest Base Camp- Namche- Surke- Salleri- Kathmandu
Cost	USD 958 per person

Highlights

- Budgeted and less costly Everest Base Camp Trek
- Economical Trek to Everest Base Camp from Kathmandu
- Explore Lower Khumbu Area like Salleri and Surke
- Acclimatize rightly before heading to Namche Bazaar
- Comfortable Local Lodge Accommodation and foods
- Experience local Sherpa Peoples' lifestyle, culture and civilization
- Traverse through Sagarmatha National Park, Lukla town, Namche Bazaar, Tengboche and Lobuche
- Celebrate the cool, refreshing and energetic walks through the wild nature and mountain panoramas
- Ascend to Hotel Everest View, the highest hotel in the world
- Step at Kalapatthar and Everest Base Camp and enjoy marvelous views of Mt. Everest, Nuptse, Lhotse, Pumori and other alluring snow-covered summits
- Enjoy witnessing the mighty Khumbu Glacier
- Can experience an adventurous jeep ride/bus ride to Surke or Thame Danda from Kathmandu

Overview

"Celebrate your 16 days with Everest Base Camp Budget Trek with astonishing views of Mt. Everest, Nuptse, Lhotse and Pumori"

Since budget treks are becoming popular among global and internal tourists/trekkers, **Everest Base Camp Budget Tre**k is one of them. EBC Budget Trek is for those people who are looking for a short itinerary, less cost with all minimal expenses and minimal food and accommodation but still wish to celebrate this Adventure trek to Everest Base Camp as other people do in other normal and **luxury Everest Base Camp Trek.**

If you do the same thing and enjoy your trip in the same way just minimizing some extra expenses, then, why not go with Everest Budget Trek? Yes, you should go with it avoiding all so-called luxuries and superficial accommodations and other comforts like helicopter flights and other chartered flights and private car transportation and star accommodations on the trail and in Kathmandu. These are all rubbish if you focus on your adventure and can still enjoy the same flavor of Everest Base Camp Trek with a low budget as well.

Don't run with all the showy people and their attitudes of the way they do their EBC Trek with full of luxuries and comforts. This Everest Budget Trekking begins with a very ordinary hostel or tourist standard accommodation in Kathmandu which will be sufficient and comfortable to adjust for a single night in Kathmandu which reduces the **Everest Base Camp Trek** cost. You can also hire some necessary trekking equipment or checklists from the trekking gear shops in Kathmandu. We will help you do this after you arrive in Kathmandu.

Then, the trek will take you to Salleri and then to Thamedanda and to Surke by sharing a jeep or bus from Kathmandu. This is the way you avoid the Lukla flight from Kathmandu. Then, you will trek to Sureke or Paiyu and then to Phakding, Monjo and Namche with local lodge accommodation which will be convenient enough for a single night stay. Surke and Paiyu are the villages just below Lukla. They will provide you extra blanket as well on the trail.

The trail, then, will take you to Tengboche through Hotel Everest View (3880m) and then to Dingboche. After your acclimatization at Namche (3440m) and Dingbcohe, you will trek to Lobuche and trek to Everest Base Camp (5364m) and ascend to Kalapatthar(5545m) and enjoy a very panoramic view of Mt. Everest and other grand mountain summits from both viewpoints: Kalapatthar and Everest Base Camp. You will make history by stepping onto the Everest Base Camp with a low budget if you choose this Everest Base Camp Budget Trek as other people do in other ordinary and **luxury Everest Base Camp Trek.**

Further, you will have the chance to explore and experience Sagarmatha National Park and the Sherpa People's lifestyle, culture and civilization. At the same time, you will relish on having local Sherpa food items on the trail.

This 16-day EBC Budget Trek Itinerary has been set very perfectly so that the trekkers can have a memorable trekking experience of ascending and stepping at the Everest Base Camp in a budgeted way. Don't worry about the accommodation; you will have the same accommodation as other ordinary **Everest Base Camp Trek itinerary** offers the trekkers but not luxury. You will be happy and satisfied to have the type of accommodation you get during your Budget Trek to Everest Base Camp.

Suggested Blog Posts Related to Everest Base Camp

Budget Trek 16 days:

1. Everest Base Camp Trek 14 Days Itinerary	2. Laundry and Hot Shower in Everest Base Camp Trek	3. Toilet Facilities in Everest Base Camp Trek	4. 10 Best Tips for Everest Base Camp Trek
5. Everest Base Camp Helicopter Tour with Landing Cost	6. Everest Base Camp Short Trek Cost	7. Everest Base Camp Trek Itinerary	8. 30 Everest Base Camp Trek FAQs Replied
9. Challenges on Everest Base Camp Trek	10. Top 20 Things to do in Everest Base Camp Trek	11. Trip to Everest Base Camp Trek: All You Require to Know	12. Commercial Helicopter Flight is banned in Everest region
13. Is Manaslu Circuit harder than the Everest Base Camp?	14. Everest Base Camp Trek in April	15. Kathmandu to Thamdanda Jeep Ride	16. Lukla Flights Alternatives
17. 60 Facts You May Not Know About Everest Base Camp Tre	18. Salleri to Surke Bus	19. How to Trek to EBC on a Budget	20. Everest Base Camp Trek in May
21. Can I get to Everest Base Camp Without Flying?	22. What is the alternative to Lukla Flight?	23. How to Avoid Lukla Flights?	

Why Everest Base Camp Budget Trek?

You are hugely benefitted by this **16-day Everest Base Camp Budget Trek** as you are not going to include any kind of luxuries during your trip and even you are not going to use the expensive Lukla flight and any helicopter ride from Kathmandu and back to Kathmandu. Instead, you are using a sharing jeep to Surke or Thame Danda via Salleri and the same thing while getting back to Kathmandu. You do not need to worry about the Lukla flights and the interruptions caused by the bad weather conditions during the trip. Actually, many people are stranded either in Kathmandu or in Lukla airport due to Poor visibility during the flights and as a result, the flights are either delayed or cancelled.

Everest Base Camp Budget Trek Permits Required

Trekking to Everest Base Camp, located in the majestic Himalayas of Nepal, is a dream adventure

for many outdoor enthusiasts and nature lovers. However, before embarking on this awe-inspiring journey, it is essential to obtain the necessary permits to ensure a smooth and legal trekking experience. Three permits are required for the Everest Base Camp Short trek: the TIMS (Trekkers' Information Management System) card, the Sagarmatha National Park Entry Permit, and the Khumbu Local Area Entry Permit.

The TIMS card is an important document that tracks trekkers' information for their safety and security. It is issued by the Nepal Tourism Board and is mandatory for all trekkers. The TIMS card helps to keep a record of trekkers' itineraries and ensures that necessary rescue and medical services can be provided in case of emergencies. It also helps to monitor the flow of tourists and collect data on trekking activities in the region. TIMS Card Costs $20 per person. You can collect it through the trekking/travel company you are using for your **Everest Base Camp Budget Trek.**

The Sagarmatha National Park Entry Permit is required to enter the Sagarmatha National Park, a UNESCO World Heritage Site that encompasses the Everest region. The permit aims to conserve the natural and cultural heritage of the area and funds various conservation and development projects. It is issued by the Department of National Parks and Wildlife Conservation and allows trekkers to explore the stunning landscapes, diverse flora and fauna, and the unique Sherpa culture of the region. It costs $30 per person.

The Khumbu Area Entry Permit is another crucial permit required for the **Everest Base Camp Budget trek.** It is issued by the local government of the Khumbu region and serves to manage and regulate trekking activities in the area. The permit fees contribute to local development projects, infrastructure improvements, and environmental conservation efforts. It has been in the implementation for the last 5 years. It costs $20 per person.

To obtain these permits, trekkers can either apply individually or through a registered trekking agency in Nepal. The permits can be obtained in Kathmandu or in Lukla, the starting point of the trek. It is important to carry these permits throughout the trek and present them at various checkpoints along the route.

In conclusion, **trekking to Everest Base Camp** requires three permits: the TIMS card, the Sagarmatha National Park Entry Permit, and the Khumbu Area Entry Permit. These permits not only ensure a legal and organized trekking experience but also contribute to the preservation and sustainable development of the Everest region. Obtaining these permits allows trekkers to immerse themselves in the breathtaking beauty of the Himalayas and experience the rich culture and hospitality of the Sherpa people. Please, do not board on the trek until you collect these three different permits. If any inconveniences occur, please feel free to **contact us.**

Everest Base Camp Budget Trek Best Weather of the Year

Everest Base Camp Budget Trek is a mesmerizing adventure that offers breathtaking views of the world's highest peak. When it comes to the best weather for this trek, both autumn and spring seasons stand out. Autumn, which spans from September to November, is considered the peak season due to its favorable conditions and moderate temperatures. With clear skies, crisp air, and stable weather, trekkers can enjoy uninterrupted views of the majestic Himalayas. During autumn, temperatures at Everest Base Camp range from around -10°C (14°F) to -15°C (5°F), making it essential to pack warm clothing. Spring, from March to May, is another excellent time to undertake

the Everest Base Camp Trek. As the snow starts to melt, the landscape comes alive with colorful blooms, offering a stunning contrast against the snow-capped peaks. The temperatures during spring are slightly milder compared to autumn, ranging from -5°C (23°F) to -10°C (14°F) at Everest Base Camp. Both seasons have their marvelous highlights. Autumn provides spectacular views and stable weather, while spring showcases vibrant flora and the chance to witness mountaineering expeditions preparing to conquer Everest. Regardless of the season you choose, the Everest Base Camp Trek promises a once-in-a-lifetime experience, immersing you in the beauty and grandeur of the Himalayas.

As jeep ride from Kathmandu to Thamdanda or Paiya or Surke can run smoothly in Winter months: Dec, Jan and Feb, one can do Everest Base Camp Budget Trekking even in winter days without any disturbances.

Everest Base Camp Budget Trek Level of Difficulty

The **Everest Base Camp Budget Trek** is a challenging but enriching adventure. Also. some people consider it as a moderate adventure. With an elevation ranging from 2,800 meters to 5,380 meters, it demands a moderate to high level of fitness and endurance. The journey involves trekking through rugged terrains, steep ascents, and rocky paths, which can be physically demanding. Altitude sickness is a potential risk as you ascend to higher elevations, so acclimatization and careful pacing are crucial. The weather can be unpredictable, with freezing temperatures and strong winds, adding to the difficulty. However, the stunning views of towering peaks, picturesque landscapes, and the sense of achievement make this trek a bucket-list experience for adventure enthusiasts.

Everest Base Camp Budget Trek Preparations

Preparing for the **Everest Base Camp Budget trek** requires thorough planning and physical readiness. Begin by obtaining proper permits and travel insurance. Acquire essential trekking gear, including sturdy boots, layered clothing, a warm sleeping bag, and a reliable backpack. Train your body for endurance and acclimatization to high altitudes. Research and familiarize yourself with the trail, its landmarks, and potential challenges. Arrange transportation to Lukla, the starting point of the trek. During the trek, ascend gradually, allowing your body to adjust to increasing elevations. Stay hydrated, maintain a slow pace, and listen to your body. Lastly, hire an experienced guide or join a reputable trekking group for added safety and guidance.

Most importantly, prepare and carry authentic travel insurance that can rightly cover all kinds of risk coverage and address any serious health issues if you have by consulting a doctor before venturing onto the Everest Base Camp Budget Trekking trail.

Everest Base Camp Budget Trek Altitude Sickness Information

Altitude sickness, also known as acute mountain sickness (AMS), can affect trekkers in Everest Base Camp Trekking due to the high altitude above 5000m. Both Kalapatthar and Everest Base Camp are located above 5000m high.

Symptoms may include headaches, nausea, dizziness, and fatigue. To prevent altitude sickness, gradual acclimatization is essential. Trekkers should allow their bodies time to adjust to the increasing altitude by taking regular rest days, drinking plenty of fluids, and avoiding alcohol and

smoking. Slow ascent rates and proper hydration are crucial. It is advisable to consult with a doctor, carry necessary medications like acetazolamide, and pay attention to symptoms.

In case you get acute mountain sickness on the trail, you will be cared for by our team members suggesting what to do to get better health conditions. If the problem persists, then, you will, in no time, be evacuated and taken to Kathmandu for further treatment. Follow your guide/leader's instructions properly.

Trekking with a trained guide who understands AMS can also help ensure a safe and enjoyable experience.

Need to know more about high altitude sickness? Then, altitude-sickness-information

How is Everest Base Camp?

Everest Base Camp (5364m) is the top most trekking altitude in the world; after that, the climbing begins. Everest Base Camp is around 2 hours walk from Gorekhshep. Gorekhshep is the last human settlement in **Everest Base Camp Budget Trek.**

Everest Base Camp is a flat and rocky area in Sagarmatha National Park. It is located at an altitude of 5364m above sea level. It is decorated with some colourful prayer flags which you can find fluttering all the time by the cool wind. Moreover, it is written on a flat stone ' Everest Base Camp-5364m'. You can make the photograph there for the memory.

Everest Base Camp offers you exhilarating mountain views of surrounding peaks, glaciers and avalanches. Mt. Everest will be the most mesmerizing among them.

Everest Base Camp is, normally, a windy core mountain area where people even love camping overnight. This will be a big achievement for the adventure enthusiasts.

Major Places to Explore in Everest Base Camp Budget Trek

Lukla (2,860m): The starting point of the Everest Base Camp Short Trek, Lukla offers a thrilling mountain flight and a bustling gateway to the Himalayas. Lukla has two highlights: Lukla Airport and Lukla Town. You can go around the town and explore it. It is inhabited by Sherpa people and you can get some shops, lodges, ATMs and hotels.

Namche Bazaar (3,440m): A vibrant Sherpa town, Namche Bazaar is a cultural hub with markets, shops, and tea houses. It provides stunning panoramic views of the mountains Konde Peak, and Thamserku..... and is an acclimatization stop for trekkers. Now, it is modernized with some banks, luxury hotels, ATMs, hospitals and shopping centres.

Tengboche (3,860m): Known for its picturesque Tengboche Monastery, this serene village offers a spiritual retreat amidst breathtaking mountain vistas and is a significant cultural and religious centre in the Everest region. Tengboche is located at the centre of the Sagarmatha National Park.

Everest Base Camp (5,364m): The ultimate destination of the trek, the Base Camp offers awe-inspiring views of the Khumbu Icefall, towering peaks, and a chance to witness the spirit of mountaineering. Putting your footsteps at Everest Base Camp will be a lifetime memory.

Kala Patthar (5,545m): A popular viewpoint, Kala Patthar rewards trekkers with a panoramic vista of Mount Everest, Nuptse, and Lhotse. It's the perfect spot to witness sunrise or sunset over the majestic Himalayas. Kalapathar has a helipad where people land while doing the Everest Base Camp Helicopter Tour and enjoy the majestic mountain views.

How will be my guide and porter during Everest Base Camp Budget Trek?

The guides and porters working for Haven Holidays are very professional and highly experienced. They are trained with skills of languages and trekking skills. Also, they have a very comprehensive knowledge of culture, mountain peaks, flora and fauna, civilization, local foods and local people. Furthermore, they are familiar with the risks that may occur during the trek and can handle acute mountain sickness too. No need to panic that our guides and porter will help you in the arrangement of accommodation and meals for you from the very beginning to the end of your **Everest Base Camp Budget Trek.**

They are friendly, co-coordinating and prompt to you all the time. Even the porters can impart you many things during the trek along with carrying your stuff.

Everest Base Camp Budget Trek 2025

Everest Base Camp Budget Trek 2024/2025 will be more popular among global tourists/trekkers since the passion and the charm of the people to step in their footsteps at the highest base camp in the world. More people will flock to Everest Base Camp as the number of adventures is growing day by day. Most importantly, people want to create a history of putting their footsteps at the highest mountain base camp in the world with a low budget, not in an expensive way as money will be the most important thing in the world and they want to save it for other vacations too.

The Everest Base Camp Budget Trek 2024/2025 trail also will be more fascinating and safer though you pay less than for other trekking rips in the Everest region. The trails are being renovated and the local lodges are being constructed on the trail. For the security and safety of the trekkers, the tourism ministry of Nepal and the local people are putting their efforts into establishing police check post and listening to their complaints instantly.

If you want to know more about Everest Base Camp Short Trek Cost and Everest Base Camp Trek Itineraries comprehensively, more here: **Everest Base Camp Short Trek Itinerary** and **Everest Base Camp Trek Cost.**

New luxury hotels and modern restaurants are being introduced on the trail so that trekkers will be more facilitated and feel more convenient for food and accommodations. By **Everest Base Camp Budget Trek** 2024/2025, trekkers will be able to enjoy luxury accommodations and a variety of continental foods as well on the Everest Base Camp Budget Trekking Trail. This is good news for us all who are travelling to **Everest Base Camp Budget Trek**. Even the budget trekkers will have a chance to experience a better level of accommodation and food in the days to come.

So if you are making the grand Everest Budget Trek, even the price will be very competitive as more adventure seekers will join this trip. Enjoy your Everest Budget Trekking with more facilities and comforts. Of, course, there will be more Everest Base Camp Short Trek departure dates, Everest Base Camp Budget Trek flights to Lukla, **Everest Base Camp Trekking Prices** and many

more.

We also operate alternative Everest Region Treks

Everest Panorama Trek

Everest Base Camp Trek with Helicopter

Everest Helicopter Tour

Everest Short Trek

We also offer

Ghorepani Trek

Annapurna Base Camp Trek

Langtang Valley Trek

Manaslu Trek

Internet and Wi-fi facility in Everest Base Camp Budget Trek

Internet and Wi-fi facilities are available around the trip in **Everest Base Camp Budget Trek.** The local guesthouses and the lodges have Wi-fi facilities and you can have easy access to your smartphone or laptop/tab. Moreover, you can instantly talk to the person you like from the **Everest Base Camp Budget Trekking** Trail. You can share the photos and views simultaneously.

But, for installing/accessing internet/Wi-fi in your device, you may have to pay some charge like RS. 200-300 depending on the places where you stay. If you want to escape this charge, then, you can buy a Nepali SIM Card and buy a data pack in Kathmandu for your **Everest Base Camp Short Trek.**

Trip Itinerary

Day 1 : Arrival and Orientation (1,338 m/4390 ft) and transfer to hotel.

On first arrival at Kathmandu and Nepal international airport, Haven Holidays' Representative will receive you at the Tribhuvan International Airport. After getting introduced with the staff or the representative, your baggage will be loaded either in car, coach or bus as per group size. A short drive to the center of Kathmandu city, where your hotels is located. On checking to your lovely rooms, getting refreshed from Jet-Lag, then get ready for group briefing. Where you will meet with other members of Everest base camp Short trek.The guide or group leader brief with related information regarding the trek, culture, accommodation and foods. Includes information about hours of walks and overnight stops and views along the treks. Rest of the time will be yours and can enjoy whatever way you like.

Optional Itinerary: If you arrive earlier on the day, you can do some sightseeing tour of Kathmandu including Swyombhunath, Kathmandu Durbar Square and Patan.

Day 2 : Drive to Salleri (2362 m / 7749 ft) 7 hrs.

Driving from Kathmandu to Salleri offers an alternative to flying for those trekking to the Everest region. You will ride on a sharing jeep from Kathmandu to Salleri today. This drive will last for 7-8 hours.

Leave the hotel with a packed breakfast, and head to Gausala, Kathmandu, where the sharing jeep is available. Your guide will arrange it for you.

You begin this jeep drive along Pasang Lhamu Highway until you reach Khurkot, Okhaldhunga and finally reach Salleri. You'll this drive today as you pass through beautiful landscapes and local villages with winding rivers and waterfalls on the way to Salleri.

Salleri Bazaar, the administrative headquarters of the Solukhumbu District in eastern Nepal, serves as a gateway to the Everest region. Located at an altitude of approximately 2,362 meters. The town is accessible by road and is an alternative starting point for treks to Everest Base Camp, especially for those seeking to avoid the flight to Lukla. The surrounding landscape is characterized by lush hills and scenic views, making it a pleasant spot for trekkers and travellers.

Day 3 : Drive to Thamedanda and trek to Paiyu/Surke (2,290 meters (7,513 feet)) 6 hrs.

You begin today's trip with a short jeep drive to either Thamdanda and begin your trek for either Paiyu or Surke.

You again have an adventurous drive by sharing jeep to either Thamdanda 2-3 hours and you will enjoy the trek through awe-inspiring landscapes till you get to Surke.

Surke is a beautiful settlement resided by Sherpa people just below Lukla airport and Lukla town.

Arrive at Surke and stay overnight at local lodge.

Day 4 : Trek to Monjo (2880m/9449 ft) - 06 hrs.

Today's walk will take you to the entrance of Sagarmatha National Park which is Monjo. You will enjoy this section of today's walk via deep woods of fir, rhododendron, juniper, oak and pine forest. Also, you will celebrate this beautiful walk by crossing suspension bridges and passing through local Sherpa people's settlements, Ghat. Phakding, Tot-tok and Banker. Monjo is a serene and picturesque village that offers a glimpse into the natural beauty and cultural richness of the Everest region. Stay overnight at the local lodge.

Day 5 : Trek to Namche (3440 m/11,286 ft) 5 hrs

Morning after breakfast, enjoy the pleasant walks on gradual trail and crossing a long suspension bridge, with slow climb after Monjo village. From Monjo enter the famous Sagarmatha National Park (Sagarmatha name for Mt. Everest in Nepal, while the Sherpa call as Chomolungma of Tibetan origin language). Entering the park cross another bridge above Dudh Koshi River to Jorsalle village for lunch stop. Afternoon walk follows the river bed amidst lovely cool forest of rhododendron, oaks, pines and fir trees. Slowly the walk leads to climb then cross the last bridge to Namche Bazaar, from the bridge undulating winding ups till Namche Bazaar is reached for overnight halt.

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

Day 6 : At Namche, Acclimatization and Rest (3880 m/12,730 ft) 4 hrs

Namche Bazaar a perfect place for rest day, as well as right altitude for acclimatization before heading higher elevate.

Things to do in Namche Bazaar on rest day:

Enjoy the pleasant rest day with short hike to the view-point above Namche Bazaar for best look of Mt. Everest. Includes grand view of Ama Dablam(6,812 metres (22,349 ft), Tharmasarku and Kwangde peaks with aerial view of Namche Bazaar.

From the high view-point visit the nearby national park museum treasures all necessary information of Khumbu region. The history, cultures of Sherpa tribe, flora/fauna, and history of mountaineering around Khumbu and Mt. Everest.

For energetic people, they can hike up to Everest View Hotel about 2 hours walks with steep climb. Provides excellent views of Mt. Everest in the comfort of luxury Everest View Hotel at 3,880 m high.

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

Day 7 : Trek to Tengboche Monastery (3,867 m/12,687 ft) - 05 hrs.

Adventure 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 colourful 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 8 : Trek to Dingboche (4,410 m / 14,470 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 houses many nice lodges and restaurants within scenic Imjatse Valley from here onwards within the foothills of giant Himalayan peaks.

Day 9 : At Dingboche rest day for acclimatization(4410 m) Nagarjuna Peak(5080 m/16,667 ft)

A great scenic spot Dingboche for another pleasant rest, enjoy the morning hike on top of Nakarjung hill. 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. It is important for trekkers heading to Everest Base Camp or other high-altitude destinations. This rest day helps your body adjust to the thinner air, reducing the risk of altitude sickness. Trekkers typically take short hikes to higher elevations and return to sleep at a lower altitude, a strategy known as "climb high, sleep low."

These hikes not only aid acclimatization but also provide a chance to enjoy the breathtaking Himalayan scenery. Rest of the afternoon relax and enjoy a short stroll around Dingboche amidst beautiful scenery.

Day 10 : Trek to Lobuche (4,960 m/16,273 ft) - 05 hrs.

Adventure slowly leads us closer towards our main destination Everest base camp, 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.

Day 11 : Trek to Everest Base Camp (5,364 m/17,598 ft) and back to Gorakshep(5190m/17,027 ft) - 07 hrs.

Our main and final day of the adventure, as well as the longest high-altitude trek, to complete our major goal. 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.

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.

Day 12 : Climb Kalapathar(5,545 m/18,192 ft) trek to Periche(4,200 m/13,779 ft)-08 hrs.

Rise up early morning for stunning sunrise views and clear views of surrounding towering snow-capped peaks. Start the climb towards Kalapathar's rocky hilltop, a strenuous haul for a few hours, once on top. Enjoy the glorious sunrise with the closest views of Mt. Everest with adjoining giant peaks, after a refreshing morning climb.

Descend to Gorakshep for breakfast, and then on the road downhill to Thukla and then to Pheriche Valley for an overnight stay.

Day 13 : Trek to Namche Bazaar (3,440 m/11,286 ft) via Tengboche - 07 hrs.

Enjoy the morning views of Ama Dablam, after breakfast head down to Tengboche. Having a refreshing stop along with the surrounding grand panorama of peaks and serene Sagarmatha National Park at Tengboche, you will descend to the river, Phungi Tenga, and ascend to the trail which takes you to Namche Bazaar. Reaching the junction of Namche Bazaar, Khumjung and the trail to Gokyo, from here onwards an easy pleasant walk to Namche Bazaar.

Trekking back to Namche Bazaar from higher elevations, such as Everest Base Camp or Dingboche, is a rewarding journey that takes you through the heart of the Khumbu region. The descent involves retracing steps through familiar paths, offering a chance to enjoy the scenery with less exertion compared to the ascent.

Day 14 : Trek back to Surke (2535m) 6 hrs

Walk down to the suspension bridge and cross it to move to the other side of the Dudhkoshi river.

You, now, begin to enjoy walking through serene and cool shady trail with local people and mules carrying heavy loads.

You love crossing thrilling suspension bridges several times and finally arrive at Surke and enjoy this second last day of your Everest Base Camp Budget Trek with your friends and team.

Day 15 : Trek back to Themedanda and drive back to Salleri (2362 m),06 hours

Walk along the riverside and cross the supension bride to reach the other side in lower Everest region. After a few hours of walk, you will reach Thamedanda from where you can get jeep drive to Salleri.

You get the sharing jeep from Thamedanda and drive back to Salleri.

Arrive at Salleri and stay overnight at local lodge and prepare for the next day's long drive back to Kathmandu from Salleri.

Day 16 : Drive back to Kathmandu- 1338 m (8 hrs)

Drive via rough country road in the beginning as you leave Salleri for Kathmandu. The road is little bumping and dusty and later it turns to be smooth and via Khurkot and finally through Bhaktapur, you will enter into Kathmandu and check in the hotel.

Get refreshed with shower, have some snacks and stroll around the city. Attend a beautiful cultural farewell dinner with Haven Holidays Team in the evening.

Inclusions

What is included?

- All Arrival and Departure from Airport to Airport and late afternoon at 4pm group orientation.
- Twin sharing room on Budget standard hotels in Kathmandu(For single supplement at extra cost).
- Both way sharing Jeep drive services like,(Kathmandu-Salleri-Thamdanda-Kathmandu).
- In the trekking twin sharing accommodation on best available lodges/Guesthouse.
- Providing guide and Porter as per size two each to one porter(It means Two people for one Porter) .
- Wages, meals, medical allowance of guide and porters.
- Insurance of Guide and porters.
- Applicable Trekking Permits and National Park fees.
- Comprehensive Medical Kit carried by our staff 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, meals on the entire trip and gratitude or tipping for the guide and porter
- Personal trekking gear, including sleeping bags and down jackets.
- Emergency Evacuation if required by any means of quick transportation Service.
- Early return from the trek due to personal domestic or medical reasons, no refund will be entertained on breaking the journey.

- Breakfast, Lunch and Dinner when you are in Mountain and Kathmandu city.

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 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. 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 Manathali 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.

The Trip 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.

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 trek.

Best Time for the trek

The months of September, October and November are the best times of the year for the trip.
The second best time of the year is the months of March, April and May. These times of the years are known as Autumn and Spring respectively. 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.

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 a festive mood and the spring will bring you a lot of happiness with new migratory birds and blossoms including flowering rhododendrons. It depends on which weather you

like and also you need to consider your vacation. Best of all, we recommend going with Autumn for your trip in Nepal as the weather conditions, cities and mountains are in your favour **Weather in Nepal.**

Ramechhap/Manthali Airport

Ramechhap Airport is located in Manthali Municipality in the Bagmati Province of Nepal. It was constructed in 1979 and renovated in 2025 after the earthquake hit hard. It is located at an elevation of 1,555 ft / 474 m above 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 do it by jeep or private car or even by regular bus services. Normally, people who are doing their trip in the Everest region, drive at midnight to Manthali and get a flight to Lukla early in the morning. Unfortunately, you don't have a flight from Kathmandu to Ramechhap airport; you must go by 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 Ramehchhap 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

You will arrive either by air or land to Nepal. If you arrive in Nepal by air, you have to use only Tribhuvan International Airport. Instead, if you use the road, you can enter or arrive in Nepal by land, you can different borders of Neighboring countries (India and China) like Jogbani, Raksaul, Sunauli, Nepaljung, Dhangadi, 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 centre or Nepal Embassies near you or your city. Within half an hour, you can get an instant authentic visa on your passport after producing all the required documents for the visa.

Tourist Visa Nepal

A tourist Visa is on arrival visa in Nepal. It means tourists who are visiting Nepal can get the visas instantly on arrival at International Airports by producing all required documents. It's a quick and not a delayed process. TIA (Tribhuvan International Airport) under the Department of Immigration has been facilitating tourists flying to Nepal by providing visas on Arrival. The 'On Arrival' visa procedure is very quick and simple. Within 5-10 minutes, you will get a visa on your passport. However, You can expect some queues during peak Tourist season (Autumn-Sep-Nov). If you wish to skip those queues, you can also consider getting a Visa from Nepalese Diplomatic Missions stationed abroad before your arrival. Actually, we recommend you obtain a visa before you enter Nepal from the diplomatic missions located nearby you so that you don't need to bear any hassles during the process of obtaining a tourist visa on arrival. The choice is yours.

For more information **tourist-visa-Nepal**

Transfer to Hotel

The majority of people/trekkers enter Nepal by air and that is via Tribhuvan International Airport. We receive you at the arrival of 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 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 30 minutes drive.

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

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.

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 a 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 hour. 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 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 other several places of Kathmandu, trekking beginning points as well. You can find several money exchange counters in different corners of Thamel city. 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, and Namche You can ask to exchange your currency with Nepal with local lodges/restaurants/hotels/ guesthouses too. But, you need to 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.

Haven Holidays Team,

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 the 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 labour rule that a porter can only maximum of 20kgs in the mountain. Please, don't pack unnecessary stuff in the duffel bag. Actually, two people one porter putting 10kg of 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. 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. Take the luggage tag while storing the unnecessary luggage.

Meals,

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 extra 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

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 4 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.

We need to leave Kathmandu at 2 am for the 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 3 hours to get Phakding from Lukla.

Electricity,

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. 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 to charge your batteries, backups and phones in remote areas trekking. There won't be an electricity heating system in the mountain while doing trekking or other adventure activities.

Drinking Water,

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 you can buy along the trek in the guesthouse.

Hot Shower

Actually, a warm or hot shower makes you happy and offers you new energy during the trip and it is 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 to the mountains, it may be difficult to get a hot shower during the trip. However, local lodges and guesthouses will provide a hot shower with a cooking gas geyser or offer you a bucket shower with warm water. Some guesthouses may charge an additional fee for hot showers. Please be prepared to pay a little extra for this.

Communication,

You can enjoy excellent facilities of communication in Kathmandu and other major cities like Chitwan, Pokhara, Nagarkot and Lumbini. However, in the case of the trekking trip 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. Sometimes, you get it for free and sometimes, you may have to pay for the installation of Wi-fi during the trip in the mountains.

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, access the internet over it and even make a video call instantly from the Everest Base Camp (5364m).

Trek Ends,

The 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 4 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 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. 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 Trek less stressful and less panicked

Feedback,

You can give feedback on the trek/trip you have undertaken at the end of 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 on the trip advisor page which will be more reliable and public.

Trek Extra Personal Expenses,

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. And, at the end of the trek, you have to give some tips to your trekking crew. For this, you have to allocate some dollars or Nepali currency.

Typical Day,

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 want in 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

Everest Base Camp Trekking Packing List

When preparing for Everest Base Camp Trekking, it's essential to have the right equipment and packing list to ensure your safety and comfort to complete your mission. You will need to pack smart and light. This packing list doesn't mean you need to pack everything listed here. This list is a guideline, and your final list will depend on your preferences and judgment. Follow as per your personal needs and preferences by taking this as a reference. Here's a comprehensive list of items you should consider. **trekking-equipment-checklist**

What can I expect from Haven Holidays during the trek?

Haven Holidays will provide fine-class accommodation with a beautiful breakfast, a sleeping bag (recommended own if you have one), Duffel bag. Our porters are limited to carrying (20 kg) of your personal belongings which is also the weight restriction for flights to Lukla. Be selective in what you take. We will provide you with a very professional and experienced trekking leader throughout the trek.

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/Mancthali 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. 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, Gorekhshep, 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 amp 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 Pkakding. 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 vegetations. The trail while you are approaching to Lobuchce 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 amp 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.

1. Lifestyle and Economic activities of local Sherpa people
2. Festivals, celebrations, rituals and rites of Sherpa People
3. Religious Insights (Buddhism)
4. Monuments and idols
5. Art and Architectures
6. Local Cuisines
7. Monasteries (Tengboche and Thame) temples, museums and art galleries

Natural Highlights on Everest Base Camp Trek

1. Lifestyle and Economic activities of local Sherpa people
2. Festivals, celebrations, rituals and rites of Sherpa People
3. Religious Insights (Buddhism)

4. Monuments and idols
5. Art and Architectures
6. Local Cuisines
7. Monasteries (Tengboche and Thame) temples, museums and art galleries

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 way 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 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 require preparing for it.

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

Best Itinerary- Everest Base Camp Trek

The best itinerary for Everest Base Camp Trek is 14 days Everest Base Camp Trek Itinerary. This 14 days will be very sufficient for your 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 have to do so and plan accordingly to make your Everest Base Camp Trek more flexible and convenient.

If you want to go with helicopter return from Everest Base Camp while returning back from Everest

Base Camp Trek , Everest Base Camp Trek with Helicopter Fly-10 days itinerary will be the best one for you.