

Everest Base Camp

15 Day Trekking Adventure

Who hasn't dreamed of trekking to the base of the highest point on Earth? The Ammonite Adventure Everest Base Camp Trek is possibly the greatest trekking experience you can get because it has it all.

Trek Overview

Trip Code:	EBC15	Duration:	15 Days
Trip Level:	Strenuous	Max. Altitude:	5,643m / 18,513 ft
Start Point:	Kathmandu	End Point:	Kathmandu
Best Season	February to June & September to December		

Package Pricing **\$1,790 p/p**

Prices are in USD. The price shown are per person, however, the price per person is usually less for groups. Contact Ammonite Adventure for a custom quote.

IMPORTANT: Prices may change without notice due to varying reasons. The price will always be correct on our website.

Included

An experienced local guide including their food, accommodation and insurance.

One porter per two trekkers including their food, accommodation and insurance.

Return flight to Lukla.

Twin share accommodation at tea house while on trek including all meals.

[Trekking Information Management System \(TIMS\) permit.](#)

[Permits to enter National Parks](#)

[Nepal Government Tourism Levy charge](#)

Not Included

Flight tickets related to international travel.

Food during your stay in Kathmandu (except breakfasts).

Any kind of drinks (including bar tabs).

Your travel insurance.

Nepal visa fee and entry fee.

Personal expenses including tips to guide and porter (usually expected).

About This Trek

Lukla (2,845m / 9,334 ft) is the starting point for Everest Base Camp Trek and it takes around 30 minutes reach from Kathmandu by air. Tenzing–Hillary Airport was built under supervision of Sir Edmund Hillary in 1964 and it is one of the most scenic airstrips in the world.

A stop at Namche Bazaar for 24 hours is standard to allow for you body to acclimatize to the high altitude. Namche (3,440m / 11,286 ft) is considered the gateway to the high Himalayas as it is the last town on the way to Everest. Many villages dot the trek from this point, some of which you will spend the night at in Tea Houses or Guest Houses.

Trekkers follow the route of Dudh Koshi River Valley to reach Namche Bazaar. It is located at the height of 3,440m. Namche is a prime trade destination of Khumbu region where people gather for shopping daily essentials and goods related to trekking. It is also a place where people gather for social purpose.

Trek Level

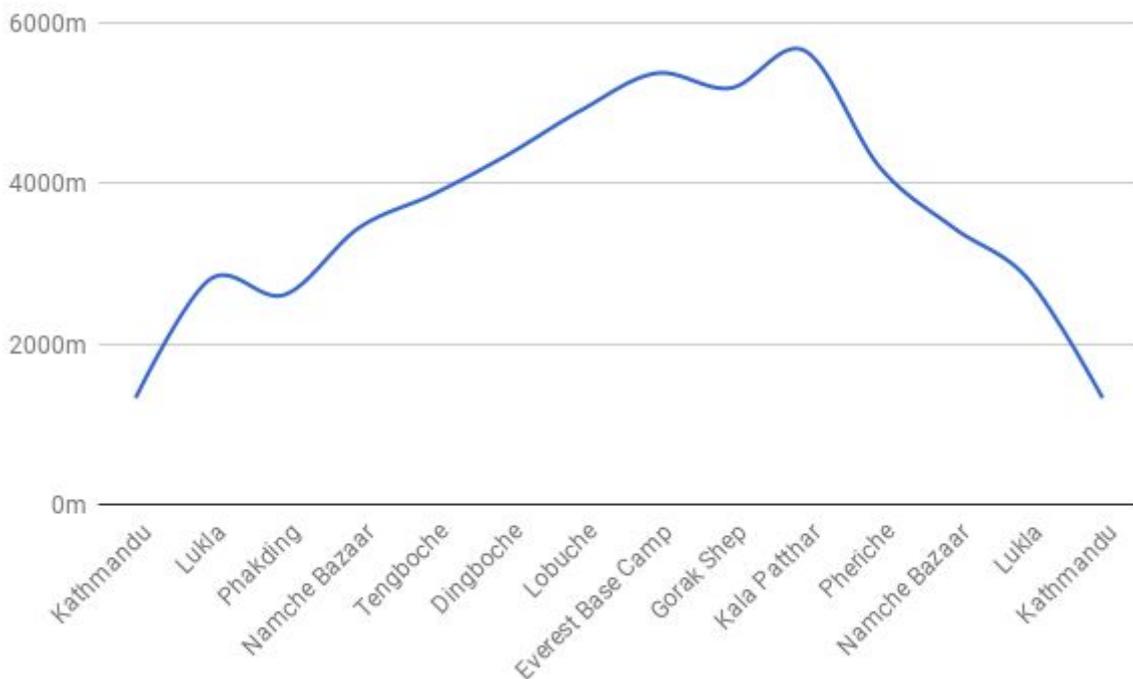
Everest Base Camp Trek is considered **Strenuous**. A good level of cardiovascular fitness and some trekking experience is strongly advised.

In a scale of 1 to 10, the Everest Base Camp Trek is **rated 8**. You will spend a number of nights sleeping at altitudes above 4,000m / 13,000 ft so you must be willing and able to rough it as most creature comforts are back in Kathmandu.

Your safety and the safety of the support team safety of everyone on the trek is our highest concern and like all strenuous treks, the Everest Base Camp Trek is treated as an expedition.

Trek Altitudes

As you can see on the graph below, most of the trek is above 3,000m / 9,000ft and Altitude Sickness can be a real issue for some.



Altitude Sickness

The term Altitude Sickness is used often but there are intact 3 types of Altitude Sickness. The most common is actually Acute Mountain Sickness – or AMS for short. AMS becomes a real threat when ascending at altitudes of 3,000m / 9,000 ft or more.

AMS comes into effect usually because a trekker or climber ascends too quickly. As the air become thinner, there is less oxygen available. Your lungs need time to adjust in order to carry much needed oxygen to the different parts of your body.

All Ammonite Adventure treks over 9,000ft (3,000 m) include rest days – known as acclimatization days.

You can download the full Altitude Sickness Whitepaper at <https://ammoniteadventures.com/altitude-sickness/>

Accommodation

While on trek, all accommodation is included in the price. You will stay in either a guesthouse or a teahouse. Which one depends on the time of year you are trekking.

A Guesthouse is more like a low budget hotel room. You will likely have a shower and a western toilet (they will be shared with other trekkers). You *may* also have WiFi.

A teahouse is basically an extension of a family home (usually very basic, most likely no shower and a drop toilet.) In either case, the hospitality is always outstanding.

When a package includes nights in Kathmandu, Pokhara, Chitwan etc, the price includes a 3 star Hotel. 3 Stars in Nepal equates to 4 stars. You can, if you like, upgrade your accommodation to 5 Star (Nepali 5 star that is) which is a solid 4 star in most western countries.

Food

While on trek, all food is included in the price. The food is basic but extremely nutritious to keep you going.

When a package includes nights in Kathmandu, Pokhara, Chitwan etc, the price includes breakfast as long as you have it at the Hotel.

Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact.

Considerations

Adventure travel, very nature, involves an element of the unexpected. In remote and developing countries such as Nepal, do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered.

To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with one of Ammonite Adventures Team Members.

Important

To undertake any activity such as trekking, peak climbing, rafting etc, you MUST have travel insurance that covers air lift evacuation. Accidents and illness happen.

Booking

To book this or any Ammonite Adventure activity, either go to the activity page on our website and fill in the form on that page or email us on <https://ammoniteadventures.com/contact/> giving as much information as possible. That way we can tailor an adventure to suit your exact needs.

When making a booking, a minimum 30% deposit is required and can be paid via bank transfer. The balance is to be paid in person at the Ammonite Adventure office prior to the trek.

When paying the balance, you can pay in either Nepalese Rupees or US Dollars.

Itinerary

Day 1 - Arrival in Kathmandu (1,400m / 4,593 ft)

An Ammonite Adventure representative will meet you at the Airport and take you to your hotel. Depending on the time of day you arrive, you can rest or explore the suburb of Thamel. The taxi to your hotel is covered in the package but an optional tip is not.

- No Meals Included
 - Overnight in Hotel
-

Day 2 - Sightseeing around Kathmandu and Pre-trip Meeting

After breakfast (at your hotel included) you will be picked up by your tour guide. You will be taken to 3 must see attractions:

Pashupatinath Temple

Pashupatinath Temple is one of the most significant Hindu temples of Lord Shiva in the world, located on the banks of the Bagmati River. Though you are not allowed to go inside the temple as it is strictly for Hindus only, you can clearly see the temple and the activities from the eastern bank of the Bagmati River. It is a square two-tiered pagoda temple built on a single-tier plinth which is famous all over the world.

Boudhanath Stupa

Boudhanath is one of the holiest Buddhist sites in Kathmandu. It was built in the 5th century with four pairs of eyes of Lord Buddha in four cardinal directions keeping an eternal watch over the people and their doings. You will find Buddhist pilgrims from Tibet going round the stupa spinning the prayer wheels.

Bhaktapur Durbar Square

Visit the Bhaktapur Durbar Square, the Royal Residential Quarter of Bhupatindra Malla, famous five-storied temple of Nyatapola in Pagoda style Batsala temple, Bhairavnath temple, Dattatreya Temple, Pujari Muth and Palace of 55 windows.

The rest of your time in Kathmandu is free for further exploration and some last-minute shopping in Thamel area for trekking essentials.

- Breakfast Included

- Overnight in Hotel
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Day 3 - Fly to Lukla – Trek to Phakding

An Ammonite Adventure representative will take you to the Tribhuvan International Airport in Kathmandu for the 35-minute scenic flight to Tenzing and Hillary Airport at Lukla (2,804 m / 9,199 ft). On arrival at the airport, the guide will brief you and introduce our porters before you begin your trek towards Phakding (2,610 m / 8,562 ft).

After landing, you will have time to explore the village while the Sherpa crew sort and load the trekking equipment. You will start the trek with a descent towards the Dudh Kosi River where you join the main trail to Namche Bazaar, located just above Chaunrikharka (2,713 m / 8,900 ft). The walking is easy and after passing through the small village of Ghat (2,550 m / 8,366), it is a short walk to Phakding.

- 35 Minute Flight / 3 hour Trekking
 - All Meals Included
 - Overnight in a Guesthouse
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Day 4 - Trek to Namche Bazaar

Today you continue trekking along the banks of the Dudh Kosi, crossing the majestic river many times on exciting suspension bridges laden with prayer flags. After entering the Sagarmatha National Park, the trail climbs steeply with breathtaking views.

Namche Bazaar (considered the Gateway to Everest) is home to many quality restaurants, hotels, lodges, shops, money exchange services, internet cafes and bakeries. Namche is the biggest town along the Everest trail.

- 5.5 hours Trekking
 - All Meals Included
 - Overnight in a Guesthouse
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Day 5 - Acclimatization Day at Namche Bazaar

You will spend a day in Namche Bazaar in order to acclimatize and adjust to the thinning air. Taking a short trek to a museum that is celebrated for its exhibits of the traditional customs of the Sherpa people. You will also hike up the Syangboche Airport and the Everest View Hotel, one of the highest-placed hotels in the world. From this point, you can see rewarding views of the Himalayas including Mt Everest.

- All Meals Included
 - Overnight in a Guesthouse
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Day 6 - Namche Bazaar to Tengboche

The trek continues along the rushing glacial waters of the Dudh Koshi with magnificent views of the mountains. You will have trekked to an altitude of 3,860m / 12,664 ft upon reaching Tengboche. Inside the monastery are incredibly ornate wall hangings, a 20-foot sculpture of Buddha, and the musical instruments and robes of the Lamas. Groups will be taken to observe a prayer ceremony either in the evening or in the morning dependent on the day's trek.

- 5 hours Trekking
 - All Meals Included
 - Overnight in a Guesthouse
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Day 7 - Tengboche to Dingboche

From Tengboche, the trail ascends to Debuche (4,350m / 14,271 ft), crosses another exciting suspension bridge on the Imja Khola, and climbs to Pangboche amongst thousands of mani stones. Our uphill trek continues, taking us to the quaint traditional Sherpa village of Dingboche with its exquisite views of Lhotse, Island Peak, and Ama Dablam. We take our time, so we avoid getting affected by the altitude.

- 5 hours Trekking
 - All Meals Included
 - Overnight in a Guesthouse
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Day 8 - Acclimatization Day in Dingboche

This day is planned as acclimatization day. You won't make progress towards Everest Base Camp. Instead you will take a hike to Nangkartshang (5,083m / 16,676 ft) peak just above Dingboche. The peak is an excellent view point, especially of Ama Dablam. If weather is clear, we will get to see Ama Dablam from its summit to its feet. You can spend the afternoon strolling around the village or resting.

- 3 hours Trekking
 - All Meals Included
 - Overnight in a Guesthouse
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Day 9 - Dingboche to Lobuche

Today the trail continues along the lateral moraine of the Khumbu Glacier and passes by stone memorials for climbers who have perished on nearby summits. You will continue to climb as you are heading to the village of Lobuche (4,910m / 16,108 ft) which is located at the foot of giant Lobuche peak. Some breathing problems may arise today due to the altitude.

- 5 hours Trekking
 - All Meals Included
 - Overnight in a Guesthouse
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Day 10 - Lobuche to Everest Base Camp back to Gorak Shep

This is a big and difficult day walk along the Khumbu Glacier and up to Everest Base Camp at 5,365 m / 17,601 ft, the closest you can get to Mt. Everest without mountaineering equipment. During spring, there will likely be expedition teams about to attempt the summit. The view of the Khumbu Icefall from Base Camp is spectacular. You return back to Gorak Shep for the night.

- 8 hours Trekking
 - All Meals Included
 - Overnight in a Guesthouse
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Day 11 - Gorak Shep to Pheriche via Kala Patthar

This will be another difficult yet rewarding day. Most of the morning is spent climbing Mt. Kala Patthar, a small peak at 5,643 m / 18,513 ft. The ascent is demanding but the climber gets the most magnificent mountain panorama of Mt. Everest, the highest point on the planet at 8,848 m / 29,028 ft, towers directly ahead and on all sides loom the giants such as Nuptse, Pumori, Chagatse, Lhotse and countless others. You make a relatively quick descent to Gorak Shep and have hot breakfast, and then trek down to Pheriche.

- 7 hours Trekking
 - All Meals Included
 - Overnight in a Guesthouse
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Day 12 - Pheriche to Namche Bazaar

Leaving the mountains behind, your descent takes you through Pangboche and Tengboche before continuing to Namche Bazaar. You arrive back to Namche in the afternoon.

- 7 hours Trekking
 - All Meals Included
 - Overnight in a Guesthouse
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Day 13 - Namche Bazaar to Lukla

This is your last day of trekking as you return to Lukla where the trek began. You will enjoy this time to reflect on the trek as a group and the personal achievement of all those who took part. The afternoon is free, so you can wander about, relax and enjoy a hot shower! In the evening, have a few celebratory drinks and dance with your trekmates.

- 6 hours Trekking
 - All Meals Included
 - Overnight in a Guesthouse
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Day 14 - Fly from Lukla to Kathmandu

Enjoying the last glimpse of the mountains, the 35 minutes scenic flight takes you back to Kathmandu. On arrival in Kathmandu, an Ammonite Adventure representative will meet you at the hotel and take you back to your hotel.

- 35 minute Flight
 - Breakfast Included
 - Overnight at Hotel
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Day 15 - Leisure day in Kathmandu

Today is yours to do as you wish. If you are departing Nepal, an Ammonite Adventure representative will get you to the Airport in plenty of time.

- Breakfast Included
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