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Everest Base Camp Trek - 14 Days

“Trekking to Everest Base Camp is offering a lifetime achievement award to yourself.”

Everest Base Camp is a dream destination for trekkers around the world. And why wouldn’t it be? After all, it has everything from the classic trekking trails surrounded by 8000m mountains, sherpa villages, and locally owned teahouses found nowhere else. Besides that, the famed world’s highest mountain- Mt. Everest, lies here.

Starting with a flight to Lukla town from Kathmandu, trekkers get to experience a thrilling mountain flight. Our journey follows a dense forest trail leading to several high bridge crossings. And later on, it captivates us with a breathtaking sight that emerges once we arrive at the Everest Base Camp. There is no limit to what you can do once you visit this place. You can stay overnight in lodges run by local families and taste authentic Nepalese food. In addition to that, you will also get to admire the sunrise view over the summit of Mt. Everest from Kalapatthar (5,545m). All in all, this trip introduces you to a classic adventure that is sure to leave you in awe. And, if you want to know about the best time to visit EBC, then click here.

IS EVEREST BASE CAMP TREK FOR YOU?

The Everest Base Camp Trek is suitable for anyone with a reasonable level of physical fitness and a sense of adventure. It is graded as a moderate to demanding trek, but if you are generally healthy, can climb stairs, and are comfortable walking for a few hours at a time, you can complete this journey successfully. You’ll spend around 11 days on the trail, walking between approx. 3 to 8 hours a day with average daily elevation gains of 400–600 meters. The highest point you’ll reach is Kala Patthar at 5,545m. The trail itself is mostly gentle with occasional steep sections and downhill descents, following an unpaved gravel path that requires no technical skills—just steady, enjoyable walking. Comfortable mountain lodges along the route provide rest and meals, and our itinerary includes well-planned acclimatization days to minimize the risk of altitude sickness.

As long as you walk at your own pace, active travelers can enjoy this iconic adventure with ease. If you feel inspired to do the Everest Base Camp Trek but prefer a personalized plan instead of our standard itinerary, please let us know—our team will happily customize the itinerary to match your needs and requirements.

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PRICE INCLUDES

Transport

- Private vehicle: Hotel and airport transfers
- Flight: Kathmandu to Lukla and Lukla to Kathmandu

Accommodation

- 2 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel- Ramada Encore Thamel or Hotel Mulberry or similar
- 11 nights' accommodation (twin sharing) during the trek in local standard teahouses

Food

- Breakfast (B), Lunch (L), Dinner (D) during the trek
- Breakfasts while in Kathmandu
- Farewell dinner in Kathmandu
- Seasonal fruits on the trek

Staff

- English speaking Trekking Guide/leader: One guide for each group.
- One assistant guide for every 6 trekkers including their accommodation, transportation, food, salary, transportation, and insurance
- Porters (ratio of 1:2 clients, carrying up to 15kg of personal gear per client) including their accommodation, transportation, food, salary, transportation, insurance

Permits and Taxes

- Sagarmatha National Park Permit
- Local village Development charge
- TIMS permit (if applicable)
- All applicable taxes to be paid to the Nepalese government

Others

- Complimentary four seasons down sleeping bag and down jacket provided for the duration of the trek (we suggest bringing if you have your own)
- Complimentary 80-liter Duffel bag (to keep personal belongings to be carried by porter), down sleeping bag, and down jacket hire for the duration of the trek
- Complimentary Everest Base Camp Trekking map, Icicles Adventure t-shirt
- First aid box carried at all times by a guide

PRICE EXCLUDES

- Nepal visa arrangement (more on Nepal Visa Information)

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- International airfares, Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- Beverages (water, tea/coffee, alcoholic drinks & cold drinks)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipment and clothing
- Tips/gratuities for the staff (tipping is expected by staff)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,338 m/4,390 ft)

Welcome to Nepal. As you arrive at Tribhuvan International Airport in Kathmandu, our office representative will warmly welcome you. Your every travel necessity on this holiday is our responsibility now. Firstly, we will transfer to your respective hotel, help you check in and recommend to recover from any jet lag if it is there. Or rather take a short walk around Thamel area to have a quick insight into evening life over there. Either you are a first timer or you have already been in Kathmandu before, you will always find something new every time you are here. Later overnight stay at hotel in Kathmandu. Accommodation: Hotel.

Day 2: Fly Kathmandu to Lukla (2,800 m/9,184 ft) and trek to Phakding (2,652 m/8,700 ft)

Begin your day with excitement and eagerness. Depending upon your flight time to Lukla, you can either have your breakfast at the hotel or get it packed if you have early flight. You will be transferred to domestic airport. Suggested is to take left pane of the aircraft, so that you enjoy the panorama during the 35 minutes of flight. As you land at Lukla airstrip, you will meet rest of the crew (porters), you can have tea/coffee while the porters rearrange your luggage to be carried on their back.

Your trekking guide will lead your way through National Luminary Pasang Lhamu Memorial Gate from where the route to epic journey begins. Your TIMS will be registered in entrance there at Police checkpoint and after one hour of walk, we have our lunch at first lunch stop in Thado Koshi. If you prefer to walk couple of hours more, then we can also have our lunch directly at our lodge in Phakding. Walking aside Dudh Koshi river, crossing suspension bridges and having a glass of mango juices at quick stops, we finally arrive at Phakding. Your rooms keys will be handed over by our guide, take rest, and have nice time at dining hall, enjoy exploring nearby monasteries, villages, later dine at around 7.30 and have a first good night sleep at one of the quality lodge. Walking time: 3 to 4 hours, Accommodation: Local lodge, Included Meals: B, L, D.

Lukla Flights

The primary gateway to the Everest Base Camp Trek is via a flight to Lukla (2840m), which lands at one of the world's most extreme airports: Tenzing-Hillary Airport. Positioned on a narrow plateau above a steep cliff with a short and narrow runway, the flight itself is as thrilling as it is challenging. Weather conditions here are notoriously unpredictable, with visibility shifting rapidly, which adds a layer of excitement to the journey.

Ramechhap Airport

During the busy trekking seasons in spring (March, April) and autumn (October, November), Kathmandu Airport faces significant congestion, leading most flights to Lukla to operate from Manthali Airport in Ramechhap, approximately a 4-5 hour drive from Kathmandu. To avoid this drive, you can opt for a helicopter flight from Kathmandu, though this is an additional expense.

Weather

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Flights to Lukla are dependent on clear weather and stable conditions. Delays or cancellations are common due to sudden shifts in weather, which may extend your trekking plans by a few days. We recommend adding buffer days to your itinerary to mitigate any disruptions to your return travel plans.

In the event of prolonged delays, a helicopter transfer to Lukla is an alternative, although this incurs additional costs and is not included in the standard trek package. While helicopters can operate in some conditions that planes cannot, extreme weather can ground them as well. In such cases, we will endeavor to arrange a helicopter charter, subject to availability and weather permitting. Please note, helicopter availability is limited and may lead to delays.

We ask for your flexibility and understanding in these situations. If weather conditions prevent flights for an extended period, an alternative is to drive to Tham Danda—a challenging 20-hour journey—and begin the trek from there. This route is prone to difficulties, especially in adverse weather, requiring extra days and considerable patience.

Should conditions make the Everest Base Camp Trek unfeasible, we can redirect to other treks such as Annapurna Base Camp or Langtang Gosainkunda. While these treks do not lead to Everest Base Camp, they offer stunning views and rewarding experiences.

Your cooperation and flexibility are crucial in navigating these complexities, ensuring a memorable and enjoyable trekking experience regardless of the route.

Day 3: Trek from Phakding to Namche Bazaar (3,440 m/11,283 ft)

As the darkness ends and sunlight shows up, we take our good morning meal at warm dining hall, pack and submit our duffel bag to porter team and get ready for a day's walk. Following the instructions and briefing from trek leader, we follow him through rocky forest trails, enjoying the overall atmosphere, the children's smile, passing donkeys, rhododendron trees and layers of hills. We enter through Sagarmatha National Park entrance gate, the stone steps and large mani stones, it will be mostly downhill walk until we stop at our lunch stop of the day at Jorsale.

In this way, challenging uphill walk to Namche begins after having our lunch on the course of which we cross numerous suspension bridges, Hillary bridge being the most iconic one, we will have our first view of Mt. Everest after few minutes of hike from bridge if weather is clear. And as the day progresses, clouds start to form with slight chances of rain, cool wind blows and finally we will be at popular Sherpa town of Namche Bazaar. The amphitheater style village with plenty of hotels, lodges, restaurants, bakery, shops and ATM services our trekking guide will show your way to hotel where we have our dinner and stay overnight. Comfortable wooden and stone built lodges, inbuilt coal warming at dining and quality rooms will make bring you're a good night sleep. Walking time: 5 to 6 hours, Accommodation: Local lodge Included Meals: B, L, D.

Day 4: Acclimatization Day: Hike to Syangboche (3,780 m/12,402 ft)-Everest View Hotel for acclimatization

We will be kicking above 3000m from sea level today from where we should be aware about altitude sickness, its causes, symptoms and preventive measures. If this is your first time at high elevation, then you might feel mild

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headache and dizziness which is absolutely normal. Our trekking guide will suggest you to drink plenty of water and always keep your body well-nourished and hydrated. We advise you not to take Diamox as far as possible and avoid AMS by simply taking lots of fluids, soups, water, tea and ascending gradually. However according to your physical condition at that time, one tablet of 250mg Diamox is recommended to take after lunch and start from 3000m altitude i.e. from Namche.

Today we progress our day enjoying the warm sunlight, after few minutes traversing through stone paved entrance to national park, excellent views of Mt. Thamserku, Mt. Ama Dablam and even Mt. Everest at far corner is seen. It will be the best view day until today as we also give our visit to nearby museum and hike towards Everest View Hotel via Syangboche airstrip. A pot of tea/coffee, drinks and lunch at Everest View Hotel shall be mesmerizing experience at 3800m altitude with panoramic views of grand Himalayan range. Afterwards we traverse towards our lodge in Namche and enjoy free activities until end of the day that includes taking shower. Taking hot shower is free here at most of the hotel whereas you need to pay extra (around 500rs) at higher elevations from here. Also, we will most probably do some souvenir shopping in our return trip to Namche instead of today as it won't be a smart choice to carry items all the way to base camp and bring it down at same place. After having lump sum dinner at Namche hotel, we go to our respective room for sleep. Walking time: 4 to 5 hours, Accommodation: Local lodge Included Meals: B, L, D.

Day 5: Trek from Namche Bazaar to Tengboche (3860 m/12660 ft)

After having our breakfast, we shall get ready and grab our trekking poles, we will then trace our steps towards Tengboche circling huge prayer wheel. We will enjoy walking through flat surfaces on side of hills, with charming views of Ama Dablam. And then go mostly downhill through beautiful rhododendron forests, take a bar of chocolate and dry fruits in our way to level up our energy level and finally cross beautiful suspension bridge to arrive at our lunch site, Phunki Thangka.

Our heavy lunch at Phunki Thangka fuels up to arrive at Tengboche. After ascending through strenuous steep forested trails, a sense of relief comes around us as soon as we arrive at top of the hill and check in into our nearby lodge. Like always, our trekking guide will hand you over the room keys, take rest and explore around the nearby attractions. The most popular and iconic attraction is Tengboche Monastery which is the oldest and biggest monastery at Khumbu region. According to local Buddhist monk, the current infrastructure was reconstructed in 1989 after it caught fire. There we can also see monks playing football in a ground. We shall also take a delicious bite of cake and bakery items at nearby bakery shop. Later we enjoy evening activities at dining hall of tea house and stay overnight. Walking time: 4 to 5 hours, Accommodation: Local lodge Included Meals: B, L, D.

Day 6: Trek from Tengboche to Dingboche (4410 m/14464 ft)

Our day begins with excitement as we see Yak pasture lands, mostly downhill through refreshing trees to Deboche and finally cross Imja Khola on a wooden bridge. Then steep uphill walk takes us towards village of Pangboche where great views of Himalayas and surrounding landscapes is seen. There are plenty of tea houses and lodges here with lodging and boarding services. We can stop at any to have a quick stop and have refreshing drink. Then we hike further through rocky dusty and windy trail to Pangboche where we will have our lunch. Wind starts to blow strongly as we elevate at higher elevation. Then in late afternoon after crossing several hills, we jump with a joy as we see our

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tea house far at a distance. There are many chortens, horse stable, and lodges with few shops offering their services here at Dingboche. We stay our first night here at Dingboche. Walking time: 3 to 4 hours, Accommodation: Local lodge Included Meals: B, L, D.

Day 7: Acclimatization day at Dingboche: Acclimatization hike to Nagarjun Hill (5,100 m/16,728 ft)

It is an absolutely awesome feeling to wake up and see great Himalayan views right from your hotel room. We have our early meal and gear up for acclimatization hike up to Nagarjun hill. There is also an option to take another for acclimatization to hike up to Chukkung and have close views of Ama Dablam, Lhotse, Island Peak and other snowcapped Himalayas. Either way, we will hike up to higher elevation and return to our lodge in Dingboche for overnight stay which makes our perfect active acclimatization day at Dingboche. We shall go to our bed early today and take proper rest with good night sleep. Walking time: 5 to 6 hours, Accommodation: Local lodge Included Meals: B, L, D.

Day 8: Trek from Dingboche to Lobuche (4,910 m/16,105 ft)

Our day today starts with straight ascent to Dingboche hill and our trekking guide will lead you through gradual trails for one hour or two towards lunch stop called Dughla. We see great Himalayas at southern side with a pass that leads to Cho la. Overlooking these wonder Himalayan landscapes that includes from tiny shrubs to grand Himalayas and rocky mountain trails, we cross crystal clear river to have our lunch at one of two restaurants in Dughla. We fuel up our tummy and take straight hike up to top of the hill.

Upon reaching the top, it feels like we are in completely different planet surrounded by Himalayas from all directions. An emotional feeling also arises when we see so many memorials built in memories of people who lost their lives climbing Mt. Everest. Further continuing our gradual walk for little more than an hour on the way of which we see Lobuche peak and few camps in spring climbing seasons. In this way, finally we arrive at our tea house in Lobuche. Walking time: 6 to 7 hours, Accommodation: Local lodge Included Meals: B, L, D.

Day 9: Trek from Lobuche to Gorakshep (5,181 m/16,994 ft) to EBC (5,364 m/17,594 ft) and return Gorakshep

Finally, on tenth day, we will be at most important day of our trek. Today, firstly we take a gradual walk through rocky trails to Gorakshep with quite a challenging hill top ascend and very unstable route. Careful stepping one step at a time with support of our trekking pole is very essential as we don’t want any slip and strain on our feet/knees. Upon arrival at Gorakshep, we check in at one of the lodge, take rest, have a great meal and stretch up to EBC. Way to base camp is narrow and unstable. Our trekking guide will take care of each and every client ensuring safe and successful hike. It is very much advisable to save yourself from strong wind, straight sunlight and extreme cold. Enjoy views of Khumbu glacier, icefall and feel proud to step at base of highest Himalaya. Take your camera out and snap plenty of pictures, enjoy breathtaking views, and celebrate every moment at EBC. Mission Accomplished! We will then return the same route back to Gorakshep, have our dinner and finally stay overnight at local lodge. Walking time: 8 to 9 hours, Accommodation: Local lodge Included Meals: B, L, D.

Day 10: Trek from Gorakshep to Kalapatthar (5,545 m/18,188 ft) and descend to Pheriche (4,210 m/13,809 ft)

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We will wake up very early in the morning before sunrise at around 4am to spectacle best sunrise views over Mt. Everest from Kalapatthar. Our trekking guide will help you in knocking at door if you prefer wakeup call. Then we shall gear up putting our trekking shoes up with a pair of trekking poles and backpack containing a bottle of water with camera and few nuts. It will be straight steep walk in a dark so we need to walk carefully with head torch on. Slowly as we hike at the top, we can hear gurgling sound of ice crackling down from Nuptse, and have the best views of Mt. Everest when sun shines through horizon creating magic as it turns white snowcapped Himalayas into golden in color. While we are at top of Kalapatthar, it is also very important to save ourselves from freezing cold. You must wear gloves, and cover full body from top to bottom. Your head might feel altitude here and you are highly recommended to take hot garlic soup couple of times a day while you are in Gorakshep. Believe us, it helps! You will also see many Heli rescue from here as it is very necessary to descend as fast as possible if health condition of any individual worsens.

Day 11: Trek from Pheriche to Pangboche to Tengboche and Namche Bazaar (3,440 m/11,280 ft)

Our return trek begins early in the morning as we will be tracing our steps back to Namche from Pheriche today. Comparatively it will be most of downhill trek with gradual and few about an hour of ascents. We can also feel that breathing gets easy as we descend on lower altitudes. We get different insights into the same place while coming back through the same trail. We shall then buy souvenirs at Namche, take a shower, and get relief from tiresome muscles. After long walking day, we shall reach Namche during late afternoon and stay overnight at tea house in Namche. Walking time: 4 to 5 hours, Accommodation: Local lodge Included Meals: B, L, D.

Day 12: Trek from Namche Bazaar to Lukla (2,800 m/9,184 ft.)

Today is our celebration day as it is our final trekking day at Lukla. Walking across the Phakding, crossing several river tributaries, we enjoy the fresh Himalayan atmosphere, grab a drink, dance and overall celebrate our successful trek with our trekking guides, porters and team. Tipping is expected, and our clients shall be the part of contributing something to our guides and porters as thanksgiving which can also be considered as doing something for local people and society. At the end of the day, we finally stay overnight at quality tea house in Lukla. Walking time: 5 to 6 hours, Accommodation: Local lodge Included Meals: B, L, D.

Day 13: Fly Lukla to Kathmandu (1,338 m/4,390 ft)

Enjoy final morning at heart of Himalayas in Khumbu region as will be boarded to Kathmandu in most probably a morning flight. Upon arrival at Kathmandu, check in at your respective chosen hotel and enjoy rest of the day at your willing. We recommend to take rest, enjoy spa and stroll around culturally rich capital city of Kathmandu. Later, welcome to farewell dinner organized by Icicles Adventure at one of the cultural restaurant nearby Thamel. Overnight stay at hotel in Kathmandu. Flight Time: 27 minutes, Accommodation: Hotel, Included Meal: Breakfast.

Day 14: Final Departure. Airport Drop

Our trek officially concludes today. We shall assist you in transferring from your hotel to international airport 3 hours prior scheduled international flight. From the day of arrival to today, we hope we have made your time in Nepal worthwhile and better than what you had actually thought of. In waiting of your reviews, recommendations and nice words, we say final goodbye. We hope that you let us serve in coming days too. Included Meal: Breakfast

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FAQ

1. Is it possible to stay overnight at EBC? What would be other options?

Yes, it is possible to stay overnight at Everest Base Camp. Actually, we do have separate itinerary to make this happen: Everest Base Camp with overnight stay at EBC. Staying overnight at base camp is recommended during spring season in the months of April, May as you get the chance to see and meet Everest climbers (mountaineers) and the base camp is colorful during this time. Other options may be exploring the beautiful Everest region for couple of days more, try Gokyo Lakes and EBC or cross a few high passes for even more adventure.

2. When is the best time for EBC trek? April/May or October/November?

Best time to trek to Everest Base Camp during spring season is March, April and May; you will see many Everest expeditions mountaineers (April & May) as it is the climbing season too and weather is quite fine at high altitudes with magical blooming rhododendron forests at lower hills. If you really want to enjoy view of Base Camp, then it is the time to embark in.

In the same way, autumn season during months of October/November is also the best time to go for Everest Base Camp Trek when the weather is clear with crystal clear views of world's highest Himalayas.

3. What type of shoes to buy for EBC trek?

Most of the trekkers wear ankle support trekking shoes for EBC trek. But it is not actually necessary to be ankle support unless you are carrying heavy loads. All of your luggage loads will be carried by porter team. Actually, you will be amazed seeing locals making their way up and down the hills on flip flops.

But you need to get the strong shoes meant for trekking purposes. Have a look at this blog for more info on trekking shoes for Everest Base Camp.

4. What permits are required for EBC trek?

TIMS card, Sagarmatha National Park Entry Permit are two permits required for Everest Base Camp hike. If you are taking roadways from Kathmandu to Jiri, then additional Gaurishankar Conservation Area Project permit is also required. All these permits will be arranged by the agency. You just need to focus on making your trip a worthwhile experience.

5. We want to travel in our own pace. What is the best way to do this?

While on EBC trek, you can definitely trek on your own pace but still if you trek in a joining group, you may need to catch up with the group. We suggest you to go on a private EBC trip if you want to walk on your own pace without any pressure. If you have your own group of friends and families (at least two) we offer private trip in the group cost and if you are solo, there will be small surcharge for solo EBC trip. Private and Solo trek gives you a lot of freedom.

In both of these cases, you don't have to follow any others; you will be trekking at your own pace. Stopping at the place you like for selfie, enjoying the menu of your choice and making your Everest Base Camp walk, the way you like it.

6. What should my insurance policy cover during EBC trek?

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Your travel insurance must cover the helicopter rescue up to 6000m altitude. It comes handy during medical emergencies and contingency situations. Travel insurance is mandatory before joining any trips with Icicles, and you need to get your travel insurance policy before joining Everest base camp trip too. It is recommended to get it from your home country. In case you haven't bought travel insurance after arriving at Kathmandu; we can help you get one.

7. What should I pack for Everest Base Camp hike?

You need to have proper gear and equipment so that your trip will be more pleasurable. If you have your own sleeping bag, sleeping mat (airbag), and trekking boots and down jacket, then we recommend to use the same during the trek. There are plenty available for sale and hire at stores in Kathmandu and at Everest region. In case you don't have, all equipment will be arranged by our company. For detail list of things to pack for trekking in Nepal, please visit this page.

8. What would be fitness level required for hiking Everest Base Camp?

For EBC trek, previous trekking experience is not mandatory, but you need to be physically fit, strong and passion towards walking along the trails of high mountains. Every person has their own limit, but you need to do prepare for your trek like getting involved in cardio exercises like swimming, treadmill, cycling, short day hiking etc. In this way, your stamina along with confidence will also increase that will eventually help you make the most out of your trip.

9. What about teahouses occupancy and crowd during high season?

Oh yes, you will see many travelers from all round the world especially at popular Everest region during the best season like during spring and autumn. However, nowadays, there are plenty of tea houses across the trail that can accommodate the travelers. At higher altitudes like at Lobuche and Gorakshep there is handful of tea houses, where there might be a problem, but taking a sleeping bag along will allow to sleep at dining room also.

10. What meals do we eat while walking on Everest Base Camp trip?

During EBC trek, we offer all (three) time meals breakfast, lunch and dinner (but no tea/coffee and desserts). Along the EBC trail, mostly we find the vegetarian items on menu. Generally, common food items are Dal Bhat, & Tarkari (rice, lentil soup and curry), soups, noodles, potato, apple pan cakes and other to name the few. You will be provided menu of the teahouse restaurant and you can choose from the menu.

11. How to prevent altitude sickness during Everest Base Camp adventure?

Proper altitude acclimatization is the best way to prevent the high-altitude sickness. Trekking is not racing, so you should never walk too quickly too high ignoring your body symptoms. Listen to your body, trek gradually enjoying the best of culture and nature while giving enough time for your body to adapt the changing atmosphere. Drink plenty of fluid and keep your body hydrated. If symptoms like headache, difficulty in breathing and other occurs then descend to lower altitude and taken to Tenjing Hillary hospital. If condition worsened you will be airlifted to hospital in Kathmandu.

12. What is the withdrawal limits at ATMs in Kathmandu? How much cash should I carry during the trek?

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Most of the ATMs accept international credit cards with withdrawal limit of 35,000 Nepalese rupees that costs usually 500 extra. You are requested to exchange your currencies while you are at Kathmandu. However, there are few ATM at Namche.

All your meals, accommodations, transport and salaries to guides, porters, trekking permits are included in total trip cost. Therefore, generally, we can say that maximum carrying 10 USD per day would be more than enough for extras like purifying water, charging your batteries, hot showers, donation to monasteries etc.

13. What happens if my scheduled flight in Ktm-Lukla-Ktm route gets delayed or cancelled?

The weather at Himalayas is uncertain and unpredictable. Therefore, rate of fight delay and cancellation is high at Everest region. If this happens then you will be boarded on the flight tomorrow and you have to spend extra night at Lukla (if you are returning Ktm) at Ktm (if you are going Lukla). Helicopter rescue can also be used, that depends upon situation.

So, you are requested to allocate couple of extra days for Everest base camp trek, so that you will not miss your international flight back home.

14. What are alternates to flight from Kathmandu to Lukla?

The best recommended way to go for any Everest trek is to board a Kathmandu-Lukla 20 minutes scenic mountain flight. Another available option is to drive from Kathmandu to Jiri (9 hours' drive) and trek for a week to reach Lukla. In present day, jeep runs from Kathmandu to Salleri (15 hours' drive) and trekking two days from Salleri takes you to Lukla.

15. What are the variations of Everest base camp trek? Is it customizable?

EBC is the most popular trek in the world and there are quite a few variations available. Depending on your fitness, time and interest, Everest Base Camp can be reached through couple of routes. If you are experienced high-altitude hiker, it can be paced to 14 days itinerary, or if you are with kids/senior trip can be elongated to 20 days, if you have more than 16 days and want to explore more than high passes trek or Gokyo Lakes & EBC is recommended. In the similar way, we do have classic Tenjing Hillary EBC Trek that takes you on a drive from Kathmandu to Jiri followed by a week trek to arrive at Lukla (or drive on recently developed road at Salleri and 2 days trek to Lukla). Also, if we have itinerary that lets you spend overnight at EBC (recommended during Spring season).

We are flexible in customizing the trip as per need and requirements of our valuable clients.