

EVEREST BASE CAMP TREK



EVEREST BASE CAMP TREK IS FAMOUS FOR ITS MOST AMAZING AND FASCINATING VIEW OF HIMALAYAS. EXPLORE THIS MOST BEAUTIFUL KHUMBU VALLEY ALSO KNOW AS SHERPA LAND WITH RELIABLE LOCAL SHERPA GUIDE. MEETING REAL LOCAL SHERPA PEOPLE WILL BE TRULY MEMORABLE LIFETIME EXPERIENCE.

Everest Base Camp hike is filled with the most amazing experience, which offers magnificent scenery and beautiful views of snow-capped peaks. **Tenzing Norgay Sherpa** and Sir Edmund Hillary first climbed Everest in 1953. Mount Everest is still the final climbing journey. To stand at the top of the World is one of life's most gratifying experiences. Today hard-core adventure lovers seek the dare of reaching the mountaineer's Base Camp. **Everest Base Camp** is situated at the altitude of 5,380 Meters/17,600 ft. while the maximum point of this trek is Kala patthar located at the elevation of 5,644.5 Meters/18,519 ft. above the sea level.

Mt. Everest Base Camp hike certainly gives each trekker with the best trekking experience of his or her lifetime. Some of the wonderful highlights of this trek are exciting flying in to Lukla, the beauty of the famous Sherpa village, incredible views of tallest mountains in the world, meet loyal and friendly Sherpa people and visit ancient monasteries.

Our 16 days carefully planned itinerary includes 1 extra contingency day in case flights from Lukla are cancelled as well as one additional day prior to trek start for Equipment check and last arrangement for trekking and exploring city. Our **US\$ 1662** package is **all-inclusive Everest base trek**, which includes even hot shower with Attached bathroom lodge accommodations during trek. If you are looking shorter 14/15 days trek with cheaper package options, we can customized the quotations as per your requirements and interest. Please contact us for customized package offer.

 **Moderate**

Activity Levels:

This involves longer treks (5 to 10 days) on maintained trails. The best way to prepare for a trek in Nepal is to make sure you're fit.

Duration:

16 days



AT A GLANCE

- Everest base camp trek is once in a lifetime physical and spiritual journey through the beautiful Sherpa village
- We hike for 12 days on the trekking trails which begins from Lukla Airport out of the 16 days
- An Adventure Trek that involves legendary trails that bring you upfront with the king of all peaks
- We have Excursion and Acclimatisation day in well-known Sherpa town Namche Bazaar and Dingboche
- Hike to the base camp of Everest & Kala Patthar at a height of 5,645 meters to see the superb views of Everest
- Walk to Everest Base Camp, following in the tracks of the legendary Sherpa climbers with Expert Local Sherpa
- Accompany by expert & helpful local Sherpa guide & hard working porter who guarantee 100% success of your trekking journey

Cost Includes

- [Best 3/5 Star] Hotel Accommodation in city
- Quality lodge Accommodation during trek
- [3 times] healthy & hygienic meals on trek
- Flight Kathmandu-Lukla-Kathmandu Taxes
- [4 times] airport transfers by Private vehicle
- **Expert Local Sherpa guide [Certified by Gov.]**
- Strong & honest Porters [1 Porter for 2 Person]
- Duffel bag, Trek map, T-shirt & group Medical kit
- TIMS Card and Everest trekking permit fee
- Guides and porters pay, meals and insurance
- Half day sightseeing in Kathmandu on (day 02)
- Welcome dinner & healthy breakfast in KTM
- **Quality sleeping bag and down jacket for Trek**
- 1 hour Ayurvedic Full body massage after trek
- Private Car, Guide & Entrance fee for City Tour

Cost Excludes

- International Airfare and Nepal Visa fee
- Travel & Health Insurance-most recommended
- Emergency Helicopter Rescue Insurance
- Lunch & Dinner in Kathmandu: \$ 5-10 Per Meal
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratuities for Guide & Porter after end of trek
- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/Sick

ITINERARY

Day 01:: Arrival in Kathmandu (1,300m /4,264 ft) and transfer to hotel

(Provide us your correct international flight details). Please meet our Guide and driver who will be waiting outside the Kathmandu international airport terminal. Our Guide will be holding a welcome banner with your name and our company name Mountain Sherpa Trekking & Expedition at the Kathmandu international airport. They will take you to your hotel in a vehicle arranged by us.

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the sky itself. The sights from the windows of your flight show the glimmering snow-capped mountain peaks spread out down below you, giving you the first thrills of your just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with you for the lifetime. As soon as your plane hits the tarmac of Tribhuvan International Airport, Mountain Sherpa Trekking office



representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. They will help you check into your designated hotel.

Once you check into your rooms and get refreshed, we will brief you about your daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening, there will be a welcome dinner in a typical Nepali Restaurant where we will present you with Nepali food along with Traditional Nepali Cultural dance and folk music.

Accommodations: Option to Choose accommodations [Best 3-star hotel or 5 Star hotel] as per your preference

Meals included: Welcome Dinner with Traditional Nepali Cultural dance and folk music

Day 02:: Half Day sightseeing of Kathmandu city. Overnight Hotel [B/B] Or drive to Ramechhap

After a good night's sleep and enjoying a hearty breakfast, we proceed for our tour of Swayambhunath (popularly known as Monkey Temple) "Swayambhu" means "self-created" and refer to the myth that the hill sprung up suddenly from a vast lake that once covered Kathmandu Valley. After this tour, we drive for a visit to the famous Boudhanath Stupa (said to be the largest in the world) and a significant center of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos).

After lunch, we return to our hotel get refresh then we process for necessary gear shopping & checking. We will help to check your essential gear for Packing as well as we deliver you our company duffel bag, Sleeping bag, and down jacket. We will have an early supper and retire to bed, most probably. Since your flight will be an early morning you have to get up at 4:30 am and get ready to go to the airport for next day.

Accommodations: Best 3 star hotel or 5 Star hotels will be provided as per your preference

Meals Included: Breakfast

Optional: Embark on a bus ride to Ramechhap, a small town that operates flights to Lukla, the gateway trekking in the Everest region. We highly recommend you to travel Manthali Airport one day prior to the Lukla flight instead of leave Kathmandu very early in the morning around 3:00 AM same day. It will make your day very hectic and not leave you in a good spirit to start your trek up to Phakding.

Overnight: Local lodge in Ramechhap

Day 03:: Drive to Manthali & Flight to Lukla & trek to Phakding (2,652m/8,700ft) Lodge [B/L/D]

Dear guest, Please be inform that due to traffic congestion as well as renovation in Kathmandu airport, most of Lukla flight has been operating from Manthali airport since **July 2019**. For your information, it takes roughly 4 hours drive to get Manthali airport from Kathmandu by Arniko Highway. This means you need to wake up early in the morning **around 2:30 AM - 3:00 AM** to go for a drive and catch your early morning Lukla flight from Manthali.

Another best options is you can go Ramechhap one day earlier by private Vehicle or you can fly to Lukla directly by Helicopter. For Helicopter flight it cost approximately USD 300-500 Per Person. If you are looking more comfortable & hassle free journey then flying by helicopter to Lukla would be best options.

If you want to drive Ramechhap as per original itinerary then, we will drive to Manthali Airport by our comfortable Private vehicle early in the morning. it takes about 4 hours to reach Manthali by road from Kathmandu. We take an early morning adventurous flight from Manthali Airport to Lukla. This air route is one of the most beautiful routes in the entire world filled with the highest peaks and incredible green forests. It takes around 20 minutes to reach Lukla by flight from Manthali Airport.

Arguably, this is one of the most beautiful sky routes in the world, which concludes in a remarkable landing on a hillside



surrounded by high mountains peaks. Upon arrival at Lukla, you meet the other trekking members, and after some sorting and packing and arrangements, you will start your trek through the pretty wealthy village of Lukla until you reach Phakding.

To assist in acclimatization, we only have a short hike today. However, if you are interested in additional activities, we can take a side trip to a nearby monastery. This is our first Overnight in Phakding. Best Lodge accommodation

All meals included: Breakfast, Lunch, Dinner (B, L, D)

Day 04:: Trek to Namche Bazaar (3,440m/11,280 ft) -Approx- 6 hrs Lodge [B/L/D]

We will be walking through a beautiful pine forest, and the track leads us along the Dudh Koshi River through many suspension bridges, one of which is the famous Hillary Suspension Bridge.

First, we catch superb scenes of the glistening Mt. Thamserku (6618m). Through the settlement of Benkar, Chumoa, Monjo, we come to the check post and entrance to Sagarmatha National Park.

We pass through the last village of Jorsale before reaching Namche Bazaar. The trail climbs through the forests and bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers.

After a final steep ascent of about two hours, we get first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. At this juncture, we stop at Chautara to admire the views. We still need to hike about 1.5 hours to reach Namche Bazaar, a gateway to **Mt. Everest** and the main trading center of this region. Overnight in Namche [Las Vegas of the Khumbu] - Best Lodge accommodation

All meals included: Breakfast, Lunch, Dinner (B, L, D)

Day 05:: Hike to Everest View hotel, Khunde Village & return to Namche- approx 5 hrs Lodge [B/L/D]

Namche Bazaar is situated between two ridges amidst the enormous peaks of the Khumbu and has a variety of lodges, teashops, and souvenir shops as well. Its sophisticated position seems to be developed enough to meet western standards, even at remote mountain outpost like this.

The enterprising Sherpa folks hereabouts have learned a lot from the big expeditions that have passed this way. Said to be the 'Las Vegas' of the Khumbu, Namche is just the place to spend a rest day, acclimatizing to the new altitude before setting off towards Tengboche.

After breakfast, our Sherpa guide will take you an acclimatization hike up the slopes above the **Everest** views hotel. Constructed by the Japanese this stunningly located hotel with delightful views of **Everest** and Ama Dablam is a perfect place for a tea break. Continuing, we will also walk to the towns of Kunde and Khumjung set below Khumbila, the rocky peak sacred to all Sherpas.

In Kunde, we will visit the Edmund Hillary hospital, and if the time permits, we will also visit the monastery in Khumjung, where we can witness the only Yeti skull in the world paying a small amount of fee. Afterward, we will return to the lodge for a tea break during the afternoon at leisure, after which you may choose to explore the town.

Enjoy a second cozy night at the Sherpa Lodge, with an evening briefing by your guide covering any necessary gear and the anticipated itinerary for the following days. **Best lodge Accommodations**

All meals included: Breakfast, Lunch, Dinner (B, L, D)

Day 06:: Trek to Tengboche(3,870m/12,694ft)-Approx 4 hrs Lodge [B/L/D]

After enjoying our breakfast in Namche, today we hit the trail towards Tengboche enjoying superb views of Mt. Everest, Nuptse, Lhotse, Ama Dablam and close up views of Thamserku.



Our trek follows on the gradual trail with some ups and downs overlooking magnificent views of the high Himalaya. Along the way, we can spot wild fauna like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kayangjuma. The path eventually reaches Sanasa, which is the major trail junction to Gokyo valley and Everest Base Camp.

The track then follows through the pine forests, and after we cross the prayer flags festooned bridge over Dudh Koshi River, we reach Phunki Thenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods.

After having a relaxed lunch at Phunki Thenga, we then have a little tough climb steep up through the pine forests while before we reach Tengboche at 3,867m. Tengboche is a great place for close up views of Ama-Dablam, Nuptse, and Everest and the biggest Buddhist Monastery in Khumbu region is found here. **Best lodge Accommodations**

All meals included:Breakfast, Lunch, Dinner (B, L, D)

Day 07:: Trek to Dingboche (4,360 m/14,300ft)-Approx 4 hrs Lodge [B/L/D]

From Tengboche, the trail descends to Debucho, traverses another breathtaking suspension bridge on the Imja Khola, and the trail ascends continue around the west side of the Imja Khola valley, providing outstanding views of Ama Dablam, the Nuptse-Lhotse wall and **Everest**. We enter Pangboche Village, which is one of the popular traditional Sherpa villages in Khumbu.

After having Lunch with **Locals Sherpa**,We visit the oldest monastery in Pangboche which has relics said to be the skull and hand of a Yeti.

From Pangboche we walk through alpine meadows and pass beneath the towering Ama Dablam to Dingboche. An exciting village to spend the night.

Best lodge Accommodations

All meals included:Breakfast, Lunch, Dinner (B, L, D)

Day 08:: Hike to Nagarjuna Peak back to Dingboche 4,360 m/14,300ft - Approx 5 hrs Lodge [B/L/D]

It is a day to haul up and rest without being idle. We can stroll around the village and get pally with the local folks with some interesting conversations. It will give us deep insights into the lifestyles and cultures of the local people in this region. At the same time, we can also relish the landscapes that surround us, and we can also catch up on some reading.

Today our guide will take you for a beautiful excursion to nearly 5,100M/16733ft high Peak for better acclimatization. We hike from the ridge on the north behind the Village to **Nagarjuna peak (5,100 m)**.

Nagarjuna peak (5,100M/ 16733ft), We enjoy the marvelous views of world's highest mountains, Mt Lhotse, Mt Makalu, and Mt Cho Yu as well as Cholatse (6440 m/21,126 ft) and Taboche (6542 m/ 21,463 ft) on the west. For the afternoon lunch, packing Lunch will be provided. **Best Lodge accommodation**

All meals included: Breakfast, Lunch, Dinner (B, L,D)

Day 09:: Trek to Lobuche (4940 m/16,207 ft) - Apporx 4 hrs Lodge [B/L/D]

After crossing by some of the teahouses of Duglha, we plod higher onto the pretty risky moraine of the Khumbu glacier, passing a chain of stone monuments built in memory of **Sherpas** who have died on mountaineering expeditions to Mt Everest.

From hereabouts, the trail lowers and goes by the west side of the valley to Lobuche. The sunset on Nuptse from this point is a fantastic sight to behold.

Overnight at Lobuche - **Best Lodge accommodation**



All meals included: Breakfast, Lunch, Dinner (B, L, D)

Day 10:: Trek to Everest base camp 5,364m and back to Gorakshep (5170m) 7/8 hrs Lodge [B/L/D]

A real early start is required to reach the **Everest Base Camp**. It takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier.

After a brief lunch and rest, we take the path to **Everest Base Camp** through the once vast Gorakshep Lake. Continuing straight ahead, we come through the Indian army mountaineers' memorials. Only upon reaching the Everest Base Camp do we appreciate the Everest climbers who brave the dangerous route through the Khumbu icefall.

Mountaineer's tents stand out in bright colors against the monotony of gray surroundings (especially in the spring). Nuptse, Khumbute, and Pumori are the mountains we can view from the base camp. On the return leg, we can take a higher route to get a grand view of the Khumbu icefall and the way to the South Col. We return to Gorakshep for a restful night. **Best Lodge accommodation**

All meals included: Breakfast, Lunch, Dinner (B, L, D)

Day 11: : Hike to Kalapattar (5545M) & Trek back to Pheriche 4280m approx 6/7 hrs Lodge [B/L/D]

Today is the most crucial part of our trip. We start early at dawn to catch the dramatic views from **Kalapattar** witnessing the first light of day shining on **Mt. Everest**. However, we need to get prepared for an early morning, dark and cold temperature (-10 to -14 C) departure beforehand.

Plus there is always the potential for chilling cold winds, which are quite common. Familiar peaks such as Lingtren, Khumbutse, Changtse tower to the east even as **Everest** begins to expose itself emerging between the west shoulder crest and Nuptse.

During the ascent to Kalapatthar, we can pause to catch our breath at several outstanding view points to click pictures. After several hours of rising, we reach Kalapatthar.

From here, we scuttle to climb the rocky outcrop near to the summit marked by Cairns and prayer flags. As we reach the top, we sit on the Kalapatthar rocks, and our eyes take in the unbelievable Himalayan views, wandering from one mighty massif to another.

We take as many pictures as we possibly can with our camera so they can last a lifetime. After this we make our way back to Pheriche with a slow descent; for a good night's rest, which we truly deserve. Overnight at a local lodge after a great day - **Best Lodge accommodation**

All meals included: Breakfast, Lunch, Dinner (B, L, D)

Day 12:: Trek from Pheriche to Namche Bazaar (3,440m/11,280 ft): 20km, 6 - 7 hours

We lose approximately 2,000 feet in elevation today and walk on a trail with a lot of ups and downs. We descend through a hillside filled with rhododendron and juniper trees and cross a bridge over the Dudh Koshi River.

We descend rapidly through a pine forest where we can easily spot mountains goats, pheasants, and other wild animals and birds common to the area. The path eventually reaches Sansa from where we can enjoy views of Ama Dablam, Thamserku and Nuptse mountains.

We walk on winding trails followed by another walk through a forest before reaching Namche Bazaar. Overnight in Namche Bazaar. **Best Lodge Accommodation**

All meals included: Breakfast, Lunch, Dinner (B, L, D)



Day 13:: Trek to Lukla [2840 M/ 9,318ft] - Apporx 5 hrs Lodge [B/L/D]

Today, we begin to get warmed up by the light cool breeze. Although we are traveling the same route down, we enjoy entirely different views. We snap a mixture of open plains, rhododendron and pine forests, and in the distance snow covered peaks.

We take time and walk at our own pace today as this is the last day of our trek. We experience the Sherpa villages' profound faith in Buddhism and culture of prayer stones and prayer flags while we walk through the villages.

Upon arrival in Lukla, we have plenty of time to relax, stretch those aching legs, and recall the experiences of the last couple of days. We experience the culmination of a fantastic trek on a happy note with everyone back safe and sound with smiling faces! Upon arrival in Lukla, we stroll around while our leader will re-confirm our flight ticket. In the evening, we enjoy the last dinner with our crew and make it a party night, which calls for a celebration. **Best Lodge accommodation**

All meals included: Breakfast, Lunch, Dinner (B, L, D)

Day 14:: Fly to Kathmandu & Transfer to hotel, relax after Long Trip Hotel [B/B]

Today, after a hale and hearty breakfast, we fly back to Kathmandu after our long mountain journey. The early morning flight drops us at **Kathmandu**. We can rest and relax throughout the day at our hotel.

If interested, we could buy some gifts to take home from Nepal for loved ones and friends and relatives; we can visit some nearby shops or venture out in Thamel for typical Nepalese goods. **Mountain Sherpa's guides** either can assist this short excursion, or we can do it ourselves too.

If you want to explore any other areas in Kathmandu, you have to manage time for this today as well! At eventide, we will attend an exciting celebration dinner together for completing our original **Everest Base Camp trek** hosted by **Mountain Sherpa Trekking and Expeditions!** Overnight in Kathmandu, the valley of the gods. **Best Hotel accommodation**

Meals included: Healthy Breakfast

Day 15:: Reserve day (In case of flight cancellation due to Bad Weather) Hotel [B/B]

It is more or less a contingency day we keep in hand in the event of a delay in flights from Lukla to Kathmandu, which sometimes happens; so, if this doesn't happen which is good and fortunate, and then it's just great.

It's your free day to do whatever you wish, at your brisk pace that suits your convenience. You could use this day for some shopping of souvenirs or penning a few postcards to the loved ones at home. It's your day anyway. **Best Hotel Accommodation**

Meals included: Farewell Dinner [Typical Nepali Restaurant]

Day 16:: Drive to the Airport to head back to that lovely place we call 'home''

After breakfast, our representative and office vehicle will be on standby at our hotel to transfer us to the airport for your connecting flight home. Serving you was an incredible joy and pleasure, we at **Mountain Sherpa Trekking and Expeditions** will cherish the bonds of our relationship created over the time you spent with us, and we thank you for choosing us as your travel partner and for visiting this fantastic country Nepal.

We are sure that trekking in this beautiful region of the Khumbu [**Everest region**] will give you lifetime memories of a vacation well enjoyed. Ciao friends! Till we meet again.

Breakfast included

Please Note: Although we try to follow the itinerary given above, at times local trail or weather conditions may necessitate



slight changes if necessary. The trekking itinerary may also vary slightly depending on our trekkers' acclimatization rates. This adventure goes into wild territory above the timberline, so we seek to request maximum flexibility if and when required for the safety of your trip and your life. Thank you so much for your understanding.

ACCOMMODATION

 4 Nights Deluxe accommodation in Kathmandu at Best 3 or 5 Star Category Hotel as per your Choices

Our 3 Star Hotel Options:

[Sampada Garden Hotel](#)- Located at peaceful area Lazimpat, Katmandu. 15-20 minute walk from Thamel

[Mandala Boutique Hotel](#) - This Hotel is located at Chhetrapati, just 3-5 minute walk from Thamel

5 Star hotel Options:

[Marriott Kathmandu](#) - Located at Naxal, Kathmandu. Combine with morden design with local creativity

[Yak and Yeti Hotel](#) - Centrally located Luxury 5 star hotel in Kathmandu

Mountain Lodge/Tea House:

 11 Nights best Sherpa Lodge comfortable room with attached bathroom & Hot shower where available

Among 11 nights, we will accommodate you 5 Nights room with attached bathroom Lodge. Here are the lists of Places where room have an attached bathroom options

Day 03: Phakding (2,652m/8,700ft)

Day 04 & 05 : Namche Bazaar (3440M/11,280ft)

Day 12: Namche Bazaar (3440M/11,280ft)

Day 13: Lukla (2,860 M/9,380 ft.)

 All accommodation is on a twin sharing basis [Single rooms can be organized during trek with extra cost]

 For the 4 Nights hotel in Kathmandu single rooms are available at a supplementary cost.

What Kind of Food I Can expect during Trek?

Morning Breakfast [6:30-7:30 AM]

- Tea or Coffee, Hot chocolate, lemon tea, hot milk or green tea
- Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet,
- Bread items- Toast, Pancakes, Chapati & Tibetan Bread
- Porridge with Honey

Afternoon Lunch [12:30 - 1:00 PM]

- Curry with Rice, Pasta, Noodles item, fried rice, fried Potatoes, Mo.Mo

Evening Dinner [6:00-8:30 PM]



- Sherpa Stew, vegetable Soup, mixed Soup, Potato Shop
- Dal bhat tarkari - a soup of lentils with rice and a vegetable curry

Fried potatoes with veg, MO. MO, fried Noodles, Pasta, mash potatoes with Chesse

WHAT MAKES OUR PACKAGE DIFFERENT?

Healthy and enough Food is a most important for successful trek. Concerning Food & Drinks on the Everest Base camp Trek, we are completely different than other trekking agencies, we never control on your foods and drinks during trek. In fact, our expert Sherpa guide will do his best to check fresh, hygienic and healthy meals & hot drinks in each and every lodge. Generally, most of trekking company do not includes more than one item at Breakfast, Lunch and dinner and just 3 cup of tea/coffee a day, which is not enough for high mountain trek. However, travelling with **Mountain Sherpa Trekking** you will get **flexibility** for meals and hot drinks. Our guide will provide you enough meals and drinks according to your own taste and choice. This will give you a **BEST VALUE** to trek with us.

----- Safe Drinking Water -----

You can get bottled water all the way up to base camp but the price per liter goes higher and multiplies significantly. It is recommended to bring steripen (UV filtration) or iodine tabs for water purification with soft plastic bags so that you can purify the water from local source and make it safe for drinking purposes. At teahouses you will be served with boiled water. And please be noted that don't drink water from local taps and resources as it would prone you to water borne illness and affects the whole trekking journey. For your kind informations, We also provide you safe drinking water during the entire trek, each day our guide will provide you at least 2-3 liters boiled water.

EXTRA SPECIAL FROM MOUNTAIN SHERPA TREKKING

1. Welcome/farewell Dinner with live Cultural Show at typical Restaurant (Local Sherpa dance & music)
2. One hour special Himalayan Ayurveic massage after trek (Full body relaxing massage)
3. Complimentary Mountain Sherpa Trekking Duffel bag, Everest Base Camp Trek Map & T-shirt
4. Water bottle and walking poles by Mountain Sherpa if required (to be return after trek)
5. Quality hot bag with filled hot water to warm your body or feet inside the sleeping bag
6. Oximeters for oxygen saturation as well as heart rates in order to avoid any risk of high altitude sickness

EXTRA SERVICE:

1. Free extra luggage storage service
2. Free guide Service for renting and buying hiking gear in Kathmandu, If Needed
3. Free guide and help to get Local SIM Card
4. Call support for anytime 24/7 for Emergency
5. International flight ticket Reconfirmation service if required
6. We help in case of Delayed Luggage or lost in international flights

VITAL INFORMATION

Regarding Lukla Flights:



(In July 2019) The Civil Aviation Authority of Nepal has announced that most of the flights to Lukla will operations from Manthali Airport Ramechhap rather than Kathmandu Airport directly. This situation is subject to change and we will notify you and will make flight arrangements accordingly. The Manthali Airport, Ramechhap is 4-5 hour drive from Kathmandu.

Alternatively, you also can fly to Lukla by Helicopter. For Helicopter, it cost additional USD500 Per person one-way flight on sharing basis. Our Airport representative will try to coordinate and form groups at the airport for lukla helicopter arrangement, it is not always 100% guarantee but we try our best. Helicopter flight to Lukla carries maximum of 5 passengers in one shuttle. If you want to fly by Helicopter then please inform us while booking this trek.

As per our pervious experience, Drive to Ramechhap and flight to Lukla is almost always certain unless the flight is canceled due to bad weather conditions.

Read Before You Book:

[How To Choose Best Sherpa Guide For Everest Base Camp Trek?](#)

[Why Are Sherpa Guides Best For Mount Everest Base Camp Trek?](#)

[Best Everest Base Camp Trek Company](#)

[7 Most Essential Everest Base Camp Trek Tips](#)

[Everest Base Camp Trek Reviews](#)

FAQS

How Fit Do I Need to Be to Do the Everest Base Camp Trek?

Everest base camp trek is not very difficult trek. But, a reasonable level of fitness is required to enjoy this trek fully. If you are relatively fit and don't mid to walk 5-6 hours a day then you can walk to Everest base camp. As there are steep ascent and descents, rocky paths, rock steps and some moraine walking. So, this trek isn't suitable for anyone with knee problems or weak ankles. Anyone with heart trouble or lung problems should check with their doctor.

We suggest you to do some physical fitness programs such as running, swimming, hiking before embark on your journey.

What sort of accommodation can I expect in Kathmandu and in trekking?

We provide accommodation you deluxe rooms at best **three Star** or **five Star** category hotels in Kathmandu with healthy breakfast included. Along the Everest base camp trek routes, we provide you **Best Mountain lodges** with attached bathroom & hot Shower wherever available. We can also offer you good quality sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bon fire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be outside the room in many places.

Will My Travel Insurance Cover Me for the Everest Base Camp Trek?

Check the terms and conditions of your travel insurance very carefully before embarking on the Everest Base Camp trek - the elevations involved are above 5000m, and many companies simply will not cover you at that level. (World Nomads offers trekking up to 6000m under its level 2 cover.)



You need to be covered for helicopter evacuation from the mountains in emergencies, and, if you have a connecting flight to your home country, are flying out of Lukla, and planes stop running, your insurance should cover the cost of a helicopter out of Lukla. We fully facilitate for our valued clients for any emergencies issue.

Do your guides have trekking guide license and first aid training for high altitude?

Yes, they have all received 45-day training from the Hotel Management and Tourism Center in Nepal. The guides have also received high altitude first aid training from KEEP (Kathmandu Environmental Education Project). Please check our [Trekking Guides Profiles](#) and Training Certificates. All our guide are 100% Local Sherpa from Khumbu Region. Most of them have more than 20 years of Experience.

Is Mountain Sherpa trekking staff insured and well equipped?

Yes, Our Company staffs including Sherpa guide, cooks, porters and driver are fully insured and fully equipped. We do provide them quality clothes. Hence, we are totally different then other company. We are 100% local Sherpa owned Company. We do care our staff very well and support society as much as we can.

Should I Buy My Gear at Home or in Nepal? Can i hire gears in Kathmandu?

That very much depends on how much use you intend to get out of it. Reasonable quality gear is available in Kathmandu for a fraction of the price of the real deal. We will help out you to find good standards gears in Kathmandu. You also rent out down gear and sleeping bags, which are the most sensible option if you don't think you'll be using them again for a while.

You can buy all types necessary warm clothes in Kathmandu. You will discover many local stores to branded stores like **North face**, Mountain hardware etc. We will accompany and assist if anybody needs to buy or hire the equipments.

What is the maximum weight for my trek bag?

We suggest that you keep the weight of your trek bag maximum **15kgs**. Each porter can carry maximum **30kgs** = 2 clients trek bags @15kgs per bag per person. Please note that you are allowed only 15 kgs of luggage including your hand bag for Lukla flight. For excess baggage you have to pay extra charges.

Can I hire an extra personal porter to carry my excess pack?

Yes, you can hire an extra porter if required.

Where can I leave my extra things and valuables while I am on the trek?

The hotel we use in Kathmandu has a secure locked room where they store our Clients extra belongings in a safe way. You can also safely leave your belongings at our office.

What happens if I get sick?

Our expert Local Sherpa guides and porters are trained in mountain first aid and altitude related illness. The solution to severe altitude problems is always to descend. Thousands of our clients hike the Everest base camp trek each year and most do not have serious issues. If someone is unwell or has an accident, we evacuate them out to the nearest road or village where we organize helicopter evacuation back to Kathmandu. We always have sufficient staff with our crew so that one of our people can leave to care for the sick/injured client and the rest of the group can continue on with their trek or climb if they wish to. There are now cell phone masts installed at Gorakshap so it is possible to get 3G connectivity throughout the entire Everest Base Camp trek. If necessary, your guide will utilize your travel insurance information to call a rescue helicopter, and you will be flown to Kathmandu for medical attention.



Do you guys have a PAC Portable Altitude Chamber?

Yes, we do have PAC but we don't use it for Everest Base camp trek since you only have to stay a night above 5000 meters. We will surely provide one if required.

Do mobile/ cell phones work while on trek? Can I buy a Nepal SIM card and which is best network?

There are now cell phone masts installed at Gorakshep so it is possible to get 3G connectivity throughout the entire Everest Base Camp trek. The best network above Lukla on Everest Base Camp trek is NCell. Please note in order to get Nepal SIM card you will need to provide a photocopy of details page of your passport and one passport photo. Our guide will help you to buy SIM Card. Also all our guides are equipped with the local mobile phone. You may wish to pass the number of our guide to your family for the callback or you can make a call from the guide's mobile and pay him directly for the international call too.

Are solo female travelers safe on Everest base camp Trek?

We ensure the travel safety of all our trekking guests, both male and female. Nepal, on the whole, is both very safe and welcoming of foreign visitors. We have longstanding, strong relationships with the lodges we frequent, and know them to be safe and reliable. In addition our guides are consistently mindful of all guests' whereabouts while trekking. We travel in small groups, all the better to easily maintain continual contact.

Can I have vegetarian meals during this trek?

No problem at all because the lodges mostly serve the vegetarian meals. We always recommend our clients to eat vegetarian meals to avoid the food poisoning, eating heavy meals and non-vegetarian meals at the high altitude is not really safe for the stomach.

What would be normal group size & How many porters and trekking staff are in the group?

Mountain Sherpa Trekking & Expeditions committed to looking after our porters and our trekking weights are carefully calculated so that our porters are not overloaded. We provide **1 porter for 2 trekkers**. There will be **one expert local Sherpa guide** for 2 people. For above 4 trekkers we provide one extra Sherpa guide. This arrangement ensures that should anybody in the group get sick, the trip can still go ahead as planned. We can run the trek for groups of any size but we after years of experience we have found a maximum of twelve people to be the optimum size for a successful trip. However, if you'd like to book this trip for a larger group then that can be arranged too.

Do the tea houses/ lodges have electricity? Can I charge my iPod or camera?

In Everest base camp trek most of lodges/tea houses have electricity. You can charge your iPod or camera batteries while on treks. Please note that lodges/tea houses will charge you some money for the charging fee (1 USD to 3 USD per hour) in during your trek.

How much should I plan to give in tips to my guides, porters and driver?

The tips for the guides, driver and porters are not included in the price you paid for your tour. However is something extra present to your staff after a special trek, however you must know that tips are not mandatory and instead you must take from different view of point as saying thanks after making successfully your trip to Everest Base camp. Normally, we recommend you to spend minimum 10% of your total trip cost for tipping entire local staffs, the ratio of tipping guide and porter will be given to you at the pre-trip meeting in Kathmandu before starting the trek.

How much additional money do I need per day?



It depends on your spending habits. Generally, in Kathmandu, you can allocate USD 10 to USD 15 for a lunch and a dinner. USD 10 to USD 15 per person a day will be enough to buy bottles of water, chocolates, pay for the hot shower and a few drinks during the trekking.

What happens if the flight from Lukla or Kathmandu is delayed?

This is very practical matters for Everest base camp trek, however many company doesn't take it seriously,The flights between Kathmandu and Lukla are generally reliable but if the weather is not good they can be canceled for the entire day. Our 17 day package includes one extra contingency day in case of delays. If your flight is delayed in Kathmandu we will rebook your flight for the next day. We may also be able to provide an option for a privately chartered helicopter. If you choose to take the helicopter this can cost an additional \$150 to \$500 or more depending on availability and group size. Extra hotel nights in Kathmandu will be provided, when flights are delayed. If your flight is delayed in Lukla we will provide the accommodation and meals in the cost.

What about payment, do you need a deposit?

Once you have confirmed your booking, an advance deposit of 30 percent (35%) of the "total trip Package" is required for 100% Confirmation. The deposit can be paid by Credit Card, or by bank Wire transfer. The remaining trek balance needs to be paid in Kathmandu on your arrival day. When we confirm your trek booking we will send you more details about how to pay the trek deposit. Please note that the trek deposit is non-refundable. However, you may postponed your travel date if incase required. Your deposit expires after 3 Years only. You can travel any date within 3 years.

What is your success rate for reaching the Everest base camp [5,364m] & ascent of Kala Pattar at [5,545m]?

We boast **99% success rate to date** on our Everest base camp trek, this is achieved because of our highly experience local Sherpa guides & staff. As we are 100% local Sherpa Company in Nepal. Our entire guides & staff are 100% Local Sherpa people from Everest region. As you know "**Sherpas are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest**"

Second reason: Our specially designed itinerary ensures you a proper acclimatization, we added two extra days in the critical acclimatization period. One night in **Namche Bazaar (3,440m/11,286ft)** & we spent another night in **Dingboche at (4,410m/ 14,465ft)**.

If I have more questions, how should I contact Mountain Sherpa Trekking?

"If you have more questions, do not hesitate to contact us. You can e-mail us or you can skype with us, see the **Contact Us** button on the website."

WHY BOOK WITH US

Quality service is always matters for safe and enjoyable trip in Himalayas. Here are our top 7 reason why book your trek with Mountain Sherpa trekking & Expeditions

01. Flexible Itineraries

100% Tailor-made and personalized treks which means you have the flexibility to make changes to an itinerary to ensure your trekking holiday is, as you want it to be.



02. Sherpa Owned Company

We are a family owned and operating business since 1998 so we are friendly, open-minded and devoted to making your holiday a success for you.

03. Expert Local Sherpa Guide - Reliable & Sincere

Private Guided Treks by fully qualified specialist local Sherpa guides who will be there to share local insight that adds the difference to your holiday.

04. All-Inclusive Package (No Hidden Fees)

Our trekking package are full inclusive service, we fully support you from when you first make an enquiry until you return home from your holiday.

05. Safety (Always Our First Priority)

Customer Service 24/7 before and during your holiday including an emergency contact telephone number.

06. Guarantee Departure-100%

A guaranteed departure means that the tour will definitely operate on the day it is scheduled and will not be cancelled for lack of participation. All guaranteed departures would run except in the event of a natural disaster or other similarly disruptive event that is beyond our control.

07. Giving Back To Community

We work closely with one of the main supporters of Mountain Sherpa Foundation, A non-political and non-profit social organization. Our foundation provides much-needed head start scholarships to less fortunate Sherpa children. In Nepal many children grow up in remote mountain villages, deprived of basic education. The Mountain Sherpa Foundation mission is to help the next generation find better future.