

EVEREST BASE CAMP TREK -17 Days

3 Star Hotel Package

2280^{USD}
per person

*Including healthy meals

5 Star Hotel Package

2480^{USD}
per person

*Including healthy meals

Trip Style: Walking & Trekking

Trip Difficulty: Moderate to hard



Everest Base Camp Trek: A Legendary Himalayan Adventure

The **Everest Base Camp (EBC) Trek** is a stunning two-week adventure from Lukla through the Khumbu Valley to the foot of **Mount Everest at 5,364 m**. Covering about 130 km round trip, it offers breathtaking Himalayan panoramas, rich Sherpa culture, and stays in local lodges—an unforgettable, challenging journey to the world’s most iconic base camp. This moderately difficult, non-technical high-altitude trek is famed for its beauty and adventure.

Essential Facts About Everest Base Camp

There are two main base camps: **Nepal’s South Base Camp at 5,364 m**, the main trekking destination, and Tibet’s North Base Camp at about 5,150 m. **Everest** isn’t visible from EBC because peaks like Nuptse and Lhotse block the summit; trekkers get the best views from Kala Patthar at 5,545 m. **EBC** lies on the shifting Khumbu Glacier beside the dangerous Khumbu Icefall, highlighting both the dramatic Himalayan scenery and the fragile glacial environment of the Everest region.

Where the Everest Base Camp Trek Begins

The **Everest Base Camp trek** starts with a scenic flight to Lukla’s Tenzing-Hillary Airport, famously known as the “Gateway to Everest.” From Lukla, the trail leads to Namche Bazaar for two essential acclimatization nights. You then trek through the quiet village of Phortse and onward to Pangboche, where a rewarding day hike to Ama Dablam Base Camp awaits.

The journey continues with two nights in Dingboche, including an acclimatization hike to Nangkartshang Peak for panoramic Himalayan views. From there, you ascend to Lobuche and then to Gorakshep, the final stop before the iconic push to **Everest Base Camp**. This carefully crafted itinerary ensures proper acclimatization, safety, and a deeply enriching trekking experience.

Kala Patthar: The Ultimate Viewpoint of Mount Everest on the EBC Trek

Kala Patthar, meaning “black stone,” is one of the most iconic viewpoints in the Khumbu region, offering the best close-up panorama of Mount Everest. Located near **Everest Base Camp** at about 5,545–5,643 m, it is the highest point trekkers can reach on a standard **EBC itinerary** without a climbing permit. The ascent from Gorakshep takes around two hours and rewards trekkers with spectacular sunrise and sunset views of Everest’s south face, along with Lhotse, Nuptse, Pumori, and Changtse. From its summit, you also gain a dramatic aerial perspective of the Khumbu Glacier and Everest Base Camp far below. Renowned for its unobstructed 360-degree Himalayan vistas, Kala Patthar is considered a must-visit highlight of the **Everest Base Camp trek**. Interestingly, the name also appears in a 1979 Indian film, but in trekking terms it remains an essential high-altitude vantage point in Nepal.

Why Choose the Everest Base Camp Trek?

- Closest approach for non-climbers to **Mount Everest**.
- Meet Sherpa people and explore authentic Sherpa villages like Namche and Khumjung.
- Enjoy sunrise panoramic views from Kala Patthar.
- See iconic Himalayan peaks: Ama Dablam, Lhotse, and Nuptse.
- Visit Tengboche Monastery and experience Buddhist culture.
- Experience Lodge trekking with local Sherpa hospitality.
- Take on a physically rewarding high-altitude challenge.
- Safe trek with proper acclimatization and experienced Sherpa guides.
- Witness the Khumbu Icefall and trek along the Khumbu Glacier.
- Cross the iconic Hillary Suspension Bridge in Sagarmatha National Park.

7 Compelling Reasons to Trek Everest Base Camp with Mountain Sherpa Trekking

1. **Well-Designed Itinerary:** Our thoughtfully crafted 17-day **Everest Base Camp trekking** begins with a day in Kathmandu, followed by a scenic flight to Lukla. The journey takes you through less-traveled villages like Phortse, revealing hidden Sherpa gems. For optimal acclimatization, we schedule 2 nights in Namche Bazaar, 2 nights in Pangboche including day hike to Ama Dablam Base Camp and 2 nights in Dingboche, ensuring a safe and enjoyable trek to Everest Base Camp.
2. **Sherpa Expertise:** With over 27 years of experience and more than 15,000 satisfied clients worldwide, our expert Sherpa guides provide unmatched knowledge, reliability, and flexibility. Their guidance ensures safety, comfort, and a culturally enriching trekking experience from start to finish.
3. **Quality Accommodations:** Enjoy 16 nights in carefully selected lodges and hotels, including 3 nights in premium city hotels and 13 nights in mountain lodges. Eight lodge nights feature attached bathrooms, and hot showers are available along the trek, guaranteeing comfort even at high altitudes.
4. **Hygienic and Abundant Meals:** We prioritize your health and energy with hygienic, abundant meals at each stop. Our diverse lodge menus and personalized guidance from Sherpa guides ensure you enjoy nutritious meals and unlimited hot drinks throughout your trek.
5. **Local Expertise and Support:** Trek confidently with guides who know the Everest region intimately. From trail conditions to cultural insights, our Sherpa team provides exceptional local expertise, ensuring a smooth and memorable adventure.
6. **Comprehensive Package:** Focus on your adventure while we handle the details. Our all-inclusive **Everest Base Camp package** covers accommodations, meals, domestic flights, and quality trekking gear, making your journey hassle-free and fully supported.
7. **Make a Positive Impact:** By trekking with Mountain Sherpa Trekking, you support local communities. Our social initiatives include scholarships for students and sustainable development projects in the Everest region, allowing you to contribute to a meaningful cause while exploring the Himalayas.

DURATION: 17 days

Trip Facts

Arrival City

- Kathmandu, Nepal

Departure City

- Kathmandu, Nepal

Trek Region

- Everest Region
- Nepal

Trip Style

- City Tour
- Trekking & Hiking

Maximum Altitude

- 5,644.5 m (18,519 ft)

Trip Durations

- 16 Nights/ 17 Days
- Can Be Modified If Needed

Suitable For

- Couples, Family Or Friends
- Solo Private Trek

Accommodations

- Luxury Hotels In City
- Best Sherpa Lodge in Trek

Meals

- Daily Breakfasts In City
- Breakfast, Lunch & Dinner
- During Whole Trek

Service Level

- Reliable & friendly
- Authentic sherpa guide
- Clean Hotel & Lodge

Fitness Level

- Physical & Mentally Fit
- Per Day Walk: 5-8 Hours
- Walk, Run & Gym Work

Best Time to Travel

- Spring : February-May
- Autumn: Mid September- December

ITINERARY

Day 01:: ARRIVE KATHMANDU, NEPAL | Transfer to Hotel

If it is a clear day when you fly into Kathmandu, your tour begins right from the sky itself. The sights from the windows of your flight showcase the glimmering snow-capped mountain peaks spread out below, providing you with the initial thrills of your vacation and igniting a series of unforgettable experiences that will stay with you for a lifetime. Once your plane touches down at Tribhuvan International Airport, a representative and driver from Mountain Sherpa Trekking office will be waiting to meet and greet you at the airport. They will then escort you to your hotel and assist you with the check-in process.

After settling into your rooms and freshening up, we will provide you with a briefing about your daily activities. The remaining time of the day is free for you to explore the neighborhood and become acquainted with your surroundings.

Day 02:: FLY TO LUKLA | Trek to Phakding with Sherpa spirit

Altitude of Phakding: (2,610 meters/ 8,562 feet)

Early in the morning, our Sherpa guide and driver will pick you up from your hotel and transfer you to Kathmandu Airport for your flight to Lukla. The flight from Kathmandu to Lukla lasts approximately 30 minutes and offers breathtaking views of the Himalayas. Upon landing in Lukla, you'll have a short break before meeting porters and preparing to trek to Phakding.

The trek from Lukla to Phakding is of moderate difficulty, suitable for trekkers of various skill levels. Along the way, you'll pass through charming Sherpa villages like Chablung and Ghat, where you can immerse yourself in local culture and hospitality. Enjoy picturesque views of the surrounding mountains, including Kusum Kanguru, as you traverse suspension bridges and lush landscapes on this scenic route.

Please note that during the busiest periods, specifically from October to December and April to May, flights from Kathmandu to Lukla may be redirected to Ramechhap Manthali Airport. For additional details regarding the diversion of flights from Kathmandu to Lukla, we recommend visiting the following link: [Kathmandu to Lukla flight](#).

Day 03:: TREKKING TO NAMCHE BAZZAR | Sherpa Capital

Altitude of Namche Bazaar: (3,420m/11,220ft). **Altitude gain:** 830 meters (2,724 feet)

Starting from Phakding, the trek follows the scenic Dudh Kosi River valley while staying on the west bank. As we proceed, we embark on a steep ascent over a rocky ridge leading to **Benkar (2,710m/8,891ft)**. From Benkar, the trail continues alongside the river, offering breathtaking views of the surrounding landscapes. This section of the trek is adorned with charming villages and awe-inspiring forests boasting rhododendron, magnolia, and giant fir

trees. The vibrant flowers that bloom during early autumn and late spring add to the enchanting beauty of the journey.

Crossing the Kyashar Khola River, we gradually ascend out of the valley, eventually reaching the village of **Monjo (2,840m/9,315ft)**. Beyond Monjo, we enter the renowned Sagarmatha (Everest) National Park, which was established in 1976 to preserve an area spanning 1,148 square kilometers (445 square miles) surrounding Mount Everest. After passing through the national park entrance station, the trail descends steeply and takes us across a 120-meter-long suspension bridge over the Dhud Kosi river, leading to Jorsale (2,830m/9,285ft).

Continuing on, we cross the river several more times while ascending the valley until we eventually reach the vibrant trading hub of **Namche Bazaar (3,420m/11,220ft)**. Namche Bazaar serves as a significant gateway to the Everest region and offers a blend of cultural charm and stunning natural surroundings.

Day 04:: NAMCHE BAZZAR | Acclimatization Hike with Sherpa

Today, as the sun rises over the Himalayas, our seasoned Sherpa guide leads you on an invigorating acclimatization hike. Situated at 3,440 meters, Namche Bazaar beckons as a lively mountain sanctuary, earning the nickname "**Las Vegas of the Khumbu**." Delight in cozy lodges, aromatic teashops, and charming souvenir stores, seamlessly blending **Sherpa traditions** with modern comforts.

Embark on a picturesque journey through **Khunde and Khumjung** villages, ascending to the Everest Views Hotel for awe-inspiring panoramas of Everest and Ama Dablam. Explore the historic Edmund Hillary Hospital in Kunde and the revered monastery in Khumjung, nestled at an altitude of approximately 3,790 meters, where the legendary Yeti skull resides.

After a day of exploration, return to the lodge to unwind and savor a nourishing dinner. Embrace the serene ambiance of Namche Bazaar, cradled amidst the grandeur of the Himalayas, while relishing the comforts of the finest Sherpa accommodations.

Day 05:: TREK TO PHORTSE VILLAGE | Less-Traveled Route

Altitude of Phortse : (3,810 meters/ 2,500 feet). **Altitude gain:** 370 meters/1,214 feet)

After a hearty breakfast at our lodge in Namche, our journey begins around 7-7:30 in the morning. Led by our Sherpa guide, we opt for a less-traveled route towards our destination. The trek spans 4 to 6 hours, covering 7 to 9 kilometers of scenic terrain.

As we depart Namche Bazaar, the trail gently ascends through rhododendron forests and Sherpa settlements. Along the way, we're treated to breathtaking vistas of Ama Dablam, Thamserku, and the majestic Everest itself.

Our path leads us to the tranquil haven of **Phortse village**, nestled amidst the towering Himalayan peaks. Situated at an altitude of approximately 3,810 meters, This **Sherpa Village** offers stunning panoramic views of Ama Dablam and Thamserku, providing a serene retreat for weary trekkers.

Day 06:: TREK TO PANGBOCHE | Visit oldest Monastery

Altitude of Pangboche : 3,985 meters/ 13,074 feet). **Altitude gain:** 175 meters/574.147 feet)

Today, your beautiful day begins after a restful stay at our local Sherpa lodge in Phortse Village. We'll kick off around 7:30 AM, setting out on the trail from Phortse to Pangboche, treating you to breathtaking views of the Khumbu valley along the way. You'll marvel at sights like the Imja Khola, Tengboche Monastery, and the majestic Thamserku rising from the valley at 21,680 feet.

After about 3 hours of hiking, we'll arrive at the picturesque Sherpa village of Pangboche, where after lunch break, Your expert local Sherpa guide will lead you to one of the oldest monasteries in the Himalayas, boasting a history

dating back around 400 years. This revered monastery holds immense religious and cultural significance for the Sherpa community. Additionally, Pangboche's traditional Sherpa houses offer a glimpse into the region's architectural heritage.

If you're up for it, you may even receive a blessing from the high Lama and unwind in the tranquil upper Pangboche. Later, we'll embark on a short acclimatization walk, treating you to stunning views of the iconic Ama Dablam.

Day 07:: HIKE TO AMA DABLAM B.C & RETURN TO PANGBOCHE

After a hearty breakfast, get ready for what promises to be one of the highlights of the trek! We set out, crossing the roaring Imja Khol river, gearing up for the exhilarating ascent to Ama Dablam Base Camp. As we ascend steeply, leaving the bustling crowds of the Everest Base Camp Trek behind, we embark on a less-traveled trail that feels like our own secret path to adventure.

With our trusty packed lunches and steaming hot drinks in hand, we pause to catch our breath and soak in the jaw-dropping views that stretch out before us. It's a moment of pure bliss amidst the rugged beauty of the Himalayas.

After savoring every moment at the Ama Dablam Base Camp, we reluctantly make our way back to Pangboche, where we'll settle in for the night. But fear not, the memories of this extraordinary day will linger, fueling our excitement for the adventures that lie ahead on this remarkable journey.

Day 08:: TREK TO DINGBOCHE | High-altitude Himalayan Haven

Altitude of Dingboche: 4,410 meters (14,469 feet). **Altitude gain:** (425 meters/1,394 feet))

After a delicious breakfast and a good rest in Pangboche, it's time to get back on the trail towards Dingboche. This part of the trek usually takes around 3 hours of hiking, as we climb to an altitude of 4,410 meters (14,469 feet). Along the way, we'll pass through the charming village of Shomare, offering stunning views of the surrounding mountains, especially the majestic Ama Dablam. Take some time to enjoy the scenery, snap photos, and take in the beauty of the Himalayas.

Once we reach Dingboche, we'll have a hot and filling lunch to recharge. Then, our experienced Sherpa guide will lead us on a short hike around the village to help us acclimatize to the altitude. It's important to take it easy and let our bodies adjust, ensuring a safe and enjoyable trekking experience.

Day 09:: DINGBOCHE | Acclimatization hike to Nagarjuna

Today, we focus on acclimatization, a crucial aspect of our journey. After breakfast, our Sherpa guide will lead us on a day hike to Nagarjuna peak from Dingboche. Situated at approximately 4,410 meters (14,469 feet), Dingboche marks the starting point for this trek.

The trail winds through rocky terrain as we ascend towards the ridge on Dingboche's north side. Along the way, we're treated to stunning panoramic views of towering mountains like Mt. Lhotse, Mt. Makalu, and Mt. Cho Yu.

Our experienced Sherpa guide ensures our safety and imparts valuable insights into the local environment, helping us acclimatize to the altitude. Regular breaks allow our bodies to adjust gradually as we approach Nagarjuna peak, reaching nearly 5,100 meters (16,733 feet).

At the summit, we're greeted with breathtaking views of the Himalayan landscape, making the challenging ascent truly rewarding. After relishing the scenery and capturing memorable moments, we descend to Dingboche to rest and recharge, feeling more prepared for the altitude as we continue our journey towards Everest Base Camp.

Day 10: : TREK TO LOBUCHE | Glacial Peaks, Everest Memorial

Altitude of Lobuche: (4,910 meters/16,109 feet) **Altitude gain:** 500 meters (1,640 feet).

The trek from Dingboche to Lobuche offers trekkers a thrilling journey through the Khumbu region, showcasing remarkable landscapes and majestic mountain views.

Leaving Dingboche, the trail ascends gradually, revealing captivating vistas of Ama Dablam, Lhotse, Nuptse, and other towering peaks. Trekkers navigate rocky terrains, glacial streams, and moraines, experiencing the awe-inspiring high-altitude environment.

After a brief stop at Thukla, where the trail steepens towards the Thukla Pass, trekkers encounter memorials honoring climbers lost on Everest. Descending past the pass, they reach Lobuche at approximately 4,910 meters (16,109 feet), a serene village nestled amidst snow-capped peaks.

Lobuche provides a peaceful retreat for rest and rejuvenation before continuing towards Everest Base Camp, offering breathtaking mountain vistas and a memorable Himalayan experience.

Day 11:: TREK TO EVEREST BASE CAMP | Ultimate Destination

With our seasoned Sherpa guide leading the way, your trek from Lobuche to Gorakshep and Everest Base Camp is in expert hands. Covering about 4 kilometers from Lobuche to Gorakshep and 3 kilometers from Gorakshep to Everest Base Camp, the journey is around 2-3 hours each, offering stunning landscapes and occasional rocky terrain.

At Gorakshep, nestled at 5,164 meters, our guide ensures your comfort and assists with accommodations, preparing you for the final stretch to Everest Base Camp at 5,364 meters. They prioritize your safety and enjoyment, guiding you through the flat trails and rocky sections, making the experience memorable and secure.

Once at Everest Base Camp, soak in the breathtaking views before our Sherpa guide accompanies you back to Gorakshep, ensuring a steady pace and keeping your well-being a top priority. With their expertise, your trek is not only safe but also filled with unforgettable moments amidst the Himalayan wonders.

Day 12:: TREK TO PHERICHE | Kala Patthar, Stunning View

Today, Our Expert Sherpa guide will lead an exhilarating hike to Kala Patthar from Gorak Shep, promising a sunrise spectacle over Everest. Starting from Gorak Shep, nestled at 5,164 meters (16,942 feet), trekkers will embark on a challenging ascent to the 5,643-meter (18,513 feet) peak of Kala Patthar.

Ascending amidst rugged terrain and rocky slopes, trekkers will push their limits in the thin air of high altitude. The dramatic backdrop of Everest's neighboring peaks, like Nuptse, Lingtren, and Pumori, will add to the thrill of the adventure. Upon nearing the summit of Kala Patthar, anticipation will grow as panoramic views unfold. At the summit, marked by Cairns and colorful prayer flags, trekkers will be rewarded with unparalleled vistas of Everest and its majestic neighbors, stretching across the vast Himalayan landscape. Capturing this breathtaking moment with photographs, trekkers will bask in the serene beauty of the Himalayas, feeling a profound sense of achievement and gratitude. After relishing the magnificence of the surroundings, it will be time to descend back to Gorak Shep for a hearty breakfast before continuing the journey to Pheriche.

Day 13:: TREK TO NAMCHE BAZAAR | Must Exciting Landscape

The trek from Pheriche to Namche Bazaar is an exciting and scenic journey through picturesque landscapes and charming Sherpa villages. Starting from Pheriche, situated at an elevation of 4,371 meters (14,340 feet), the trek covers a distance of approximately 15 kilometers (9.3 miles) and takes around 6-7 hours, depending on your pace and acclimatization.

The trail begins with a gentle descent, following the Dudh Koshi River. As you make your way through rhododendron and pine forests, you'll be treated to occasional views of stunning snow-capped peaks such as Ama

Dablam and Thamserku. The trek becomes more thrilling as you cross several suspension bridges, adding a sense of adventure to your journey.

Namche Bazaar, situated at an altitude of 3,440 meters (11,286 feet), serves as a bustling hub for trekkers and climbers. It usually takes 6-7 hours to reach Namche Bazaar from Pheriche. The journey from Pheriche to Namche Bazaar offers not only stunning landscapes but also an opportunity to immerse yourself in the Sherpa culture and hospitality.

Day 14:: TREK TO LUKLA | End lifetime Journey with Sherpa

Starting from Namche Bazaar, a lively Sherpa town at 3,440 meters (11,286 feet), the trek to Lukla spans approximately 13 kilometers (8 miles). Initially descending, we follow the Dudh Koshi River through charming Sherpa villages and lush rhododendron forests. Crossing sturdy suspension bridges, we enjoy stunning views of Thamserku, Kongde Ri, and Kusum Kanguru.

After several hours, we reach Phakding, nestled at 2,610 meters (8,560 feet), before gradually ascending through pine forests and quaint villages. Along the way, we encounter fellow trekkers, porters, and yaks, adding to the vibrant atmosphere. As Lukla comes into view, we celebrate the completion of our trek, grateful for our Sherpa guide's expertise.

Back in Lukla, we confirm our flight tickets and gather for a festive dinner with our crew. Laughter fills the air as we share stories and toast to our successful journey. The evening unfolds as a joyful celebration, cementing the bonds formed during our unforgettable adventure.

Now, as we bid farewell to the mountains, we express our gratitude to our Sherpa guide for their unwavering support, professionalism, and dedication throughout the journey. Their guidance and expertise were instrumental in ensuring that everyone returned to Lukla safely, with joyful memories and a deep appreciation for the incredible adventure we had experienced together.

Day 15:: FLY TO KATHMANDU | Rest and Relax after the Trek

After bidding farewell to Lukla, we prepare for our flight back to Kathmandu. Lukla Airport, also known as Tenzing-Hillary Airport, is famous for its short and challenging runway, nestled amidst the mountains. We make our way to the airport, filled with a mix of excitement and nostalgia for the journey we have just completed.

The flight from Lukla to Kathmandu offers breathtaking aerial views of the Himalayas, including the majestic peaks we trekked through. As the small aircraft takes off, we soar above the picturesque valleys and snow-capped mountains, marveling at the beauty of the landscape below.

During the approximately 35-minute flight, we can catch glimpses of Mount Everest, Lhotse, Nuptse, and other prominent peaks that have captured the imagination of mountaineers and adventurers for centuries. The panoramic vistas from the aircraft window serve as a final reminder of the awe-inspiring nature that surrounded us throughout our trek.

DAY 16:: CONTINGENCY DAY | Full day city tour in Kathmandu

Extra Contingency Day – A Thoughtful Addition to Your Everest Base Camp Trek

An extra contingency day is an important consideration for your Everest Base Camp trek. Due to unpredictable weather conditions, flights from Lukla to Kathmandu are sometimes delayed or canceled. By including an additional night in Kathmandu, you have a valuable safety buffer in place—offering peace of mind and ensuring your onward journey remains smooth and stress-free, even in the event of unforeseen delays.

If you return to Kathmandu on schedule, we'll treat you to a complimentary full-day city tour as a delightful bonus. This immersive tour includes visits to some of Kathmandu's most iconic sites:

1. Swayambhunath (Monkey Temple)
2. Kathmandu Durbar Square
3. The bustling local markets of Ason and Indra Chowk
4. Boudhanath Stupa, where we'll also stop for lunch
5. Pashupatinath Temple, one of the most sacred Hindu temples in the world

In the evening, you're free to explore the vibrant streets and shops of Thamel at your own pace.

It's a wonderful opportunity to experience the rich culture, history, and spiritual heritage of Kathmandu—adding an extra layer of meaning and adventure to your journey.

Day 17:: DEPART FROM KATHMANDU | Transfer by Private Car

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 sherpa land of the Khumbu region will give you lifetime memories of a vacation well enjoyed. Ciao friends! Till we meet again.

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.

Cost Includes



Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning and conclusion to your journey.
- Kathmandu-Lukla-Kathmandu round-trip flight, including airport drop-off and pickup service.
- Kathmandu Stay: 3 nights in a centrally located premium 4- or 5-star hotel with daily buffet breakfast (based on the selected package).
- Trek Accommodation: 13 nights in the best available Sherpa mountain lodges, including 10 nights in rooms with attached bathrooms. Hot showers are included daily throughout the trek.

Meals & Drinks Included As Per Below

- Three hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- 5–6 cups of warm beverages, such as tea or hot lemon, will be provided daily to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.
- Safe drinking water (3–4 liters per day) and fresh fruit will be provided daily for your health and well-being.

Staff Wages, Insurance & All Permits Included

- Your package includes fair wages and full insurance for your Sherpa guide and porter. We provide the highest daily pay and comprehensive insurance—because we believe those who make your journey unforgettable deserve the very best care and respect.
- Sagarmatha National Park entry permit fee & Khumbu Pasang Lhamu Rural Municipality Entrance Permit.
- Full-day Kathmandu city tour with a private guide and driver—an immersive experience to explore Nepal's rich heritage and vibrant local life, all included in your package.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Experienced Sherpa Guides & Porters Included

- Our package includes highly experienced, responsible, honest, and friendly Sherpa guides. We provide a reliable Sherpa guide to accompany you throughout your entire trek. Your guide will be caring, trustworthy, and exceptionally friendly. As we are a 100% Sherpa-owned company, your guide will be a native Sherpa from the Everest region.
- You'll be supported by hardworking, trustworthy porters (one porter for every two trekkers) who will carry your luggage and handle your belongings with the utmost care and honesty throughout the entire trek.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole.
- If you don't have your own warm sleeping bag and down jacket, we will provide them for you, which must be returned after the trek. Their rental value is around US\$17–20 if rented from shops in Thamel.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for measuring oxygen saturation and heart rates

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
 - We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
 - We offer a complimentary Local Market Guiding Service for our valued clients interested in purchasing souvenirs at both wholesale and local prices.
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WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

Vital Information

Why Book with MST

7 unbeatable reasons to book your Everest Base Camp Trek with Mountain Sherpa Trekking

01.Over 27 years of experience:

With more than 27 years of experience in organizing treks and expeditions in the Everest region, Mountain Sherpa Trekking has gained extensive knowledge and expertise. Our team is well-equipped to handle the challenges and complexities of the trek, ensuring a smooth and enjoyable experience for our clients.

02.Top-notch Sherpa Guides:

Our team of 100% local Sherpa guides from the heart of the Everest region brings unmatched expertise, passion, and warmth. With decades of experience in guiding treks and climbs in the Khumbu region, the home of the Sherpa people, they ensure your journey is both safe and unforgettable. We assign three expert Sherpas for every 10 trekkers, and for private treks, we provide 1 Sherpa guide for every 2 people, ensuring personalized care. By choosing us, you're not just embarking on an epic adventure—you're supporting the local community and empowering Sherpa guides to share their rich heritage and unparalleled knowledge of the Himalayas.

03.Supporting Our Community:

At Mountain Sherpa Trekking, we believe in the power of giving back to the communities that make our work possible. Through the [Mountain Sherpa Foundation](#), we've provided scholarships, healthcare, and educational resources to underprivileged communities, including supporting 140 students and providing relief to over 450 tourism workers during the COVID-19 pandemic. Our commitment to social responsibility goes beyond business—it's about uplifting lives and creating opportunities for those who need it most, ensuring that every

trek helps make a lasting, positive impact.

04.Unmatched Comfort & Freedom:

At Mountain Sherpa Trekking, we believe that the best accommodations are key to an unforgettable trek. From the moment you arrive, we ensure you're staying in top 4 or 5-star hotels in the city, and along the trek, we provide the best available lodges featuring hot showers and rooms with attached bathrooms for ultimate comfort. But we don't stop there—your meals are tailored to your tastes, with complete freedom to choose from the menu, unlike other companies that limit your options. Our priority is your comfort, and we make sure every meal, every rest stop, and every moment on your journey is designed for your enjoyment and satisfaction.

05.Ethical and Responsible Treatment of our Porters:

At Mountain Sherpa Trekking & Expeditions, we proudly lead the way as the **highest wage-paying company in Nepal for our Sherpa guides and porters**. We see our porters as the backbone of every trek—carrying heavy loads, preparing essentials, and offering vital support. Our founder, Pasang Sherpa, began his career as a porter and deeply understands their needs, which is why we go beyond just offering top wages and quality gear—we actively invest in their communities, supporting schools and health clinics. At Mountain Sherpa, we're a family dedicated to uplifting our team and creating a lasting positive impact for all.

06.Reliable and honest Local Sherpa guide:

As a 100% Sherpa family-owned company, we pride ourselves on providing reliable, honest, and dedicated **Sherpa guides** with an in-depth knowledge of the local culture, traditions, and terrain. Our guides are not only highly responsible and friendly but also committed to delivering the highest quality service, ensuring your safety and enhancing your experience every step of the way. This dedication earned us the **trust of our guests**, many of whom returned to us year after year, with some joining us on over **17 different trips**.

07.Flexible itinerary with an all-inclusive package:

Our all-inclusive Everest Base Camp package is designed to provide full service and a worry-free experience for our valued guests. However, if you'd like to customize the itinerary or package, we are fully open to that. Once you book with us, we offer complete flexibility with date changes and itinerary adjustments as needed. During your trek, our Sherpa guides remain adaptable, ready to modify the plan in response to any unexpected challenges, such as illness or fatigue. This flexibility ensures a worry-free, personalized adventure, giving you the best possible experience.

Hotel & Food

Trek to Everest Base Camp in Unmatched Comfort!

Imagine conquering Everest Base Camp while enjoying luxurious 4 or 5-star hotels in the city and the best lodges on the trail—each with Western toilets, attached bathrooms, and hot showers to keep you refreshed every step of the way.

Are you dreaming of standing at Everest Base Camp in 2026 or 2027?

With **Mountain Sherpa Trekking**, you don't just trek—you experience the **finest service, ultimate comfort, and an adventure of a lifetime.**

Your Everest Base Camp trek is a once-in-a-lifetime adventure—don't let uncomfortable stays hold you back! **Luxury accommodations are the key to an enjoyable, successful trek, keeping you well-rested and energized.**

Why do so many guests choose our Everest Base Camp trek Package?

Our **Everest Base Camp trek package** includes **3 nights of luxurious 4- or 5-star hotel accommodation in Kathmandu**—1 night before your flight to Lukla and 2 nights after completing your trek. Here's why this matters:

- **Before the Trek:** After your long international flight, you'll need time to recover from jet lag and rejuvenate your energy. Resting in a premium hotel with plush beds and world-class service ensures you're fully prepared to begin your journey.
- **After the Trek:** After days of trekking in the Himalayas, your body deserves comfort, care, and recovery. A warm shower, a peaceful night's sleep, and the relaxing ambiance of a top-tier hotel will help you unwind and cherish your achievement.

We understand that great sleep and proper rest are essential for a successful trekking experience. That's why we've chosen centrally located, safe, and highly-rated hotels, offering both comfort and convenience.

4-Star Hotel Packages option:

Experience ultimate comfort with our exclusive 4-star Everest Base Camp trek package, starting at just **\$2280 USD per person**, including 3 nights at the elegant Hotel Lo Mustang in the heart of Thamel. Enjoy modern luxury, vibrant culture, and unmatched service—your perfect retreat before and after the adventure of a lifetime!

5 Star Hotel Packages option:

Indulge in luxury during your Everest Base Camp trek with our exclusive 5-star packages, starting at just **\$2480 USD per person**. Stay at The **Marriott Kathmandu**, a haven of elegance in Naxal with stunning Himalayan

views, **Yak and Yeti Hotel**, a sophisticated retreat near iconic landmarks, or **Dusit Princess Kathmandu**, offering unmatched comfort in the city's vibrant core. Book now for an unforgettable pre- and post-trek experience!

Sherpa Mountain Lodges: 13 Nights Included

During your trek, you'll stay at authentic Sherpa mountain lodges, warmly run by local Sherpa families. Out of 13 nights, 8 will be in carefully selected lodges offering rooms with attached bathrooms and hot showers for added comfort. We understand that a great trekking experience begins with restful nights, so we've designed our package to ensure you sleep as comfortably as you would at home.

For those seeking an even more luxurious experience, we offer our 16-day [Everest Base Camp Luxury Lodge Trek](#), featuring premium accommodations for ultimate relaxation. If you're short on time, our 13-day [Luxury Everest Base Camp Trek with Helicopter Return](#) combines adventure and indulgence seamlessly.

Join us to create lifelong memories while experiencing the unmatched hospitality of the Sherpa people, breathtaking mountain views, and the comfort you deserve on this journey of a lifetime.

Food during Everest Base camp Trek:

At Mountain Sherpa Trekking, we prioritize your nourishment with a diverse menu on the Everest Base Camp Trek, featuring hearty breakfasts, lunches, and dinners, including local favorites like Dal Bhat and international options like pasta, noodles, and Mo.Mo. Unlike most companies, our guides won't limit your choices—you can select any item from the lodge menu, with all meals included in the trip price for a worry-free experience.

Drinking Water during Everest base camp Trek:

To minimize the environmental impact of your trek, we highly encourage our valued guests to avoid using single-use mineral water bottles. While they are convenient, the best alternatives are water filter bottles, boiled water, or purification tablets. These options reduce waste, promote sustainability. By making these simple changes, you'll help protect the fragile mountain environment, ensuring its beauty for generations to come.

Flight & Extra Cost

At Mountain Sherpa Trekking & Expeditions, we understand that your time is valuable and that unexpected weather conditions can disrupt travel plans. That is why we have put in place a reliable contingency plan to ensure that you arrive at your international flight connections on time.

Our usual mode of transport to and from **Lukla is the Twin Otter aircraft**, which is a dependable service. However, in the event that flights are cancelled due to mountain weather conditions, we offer a charter helicopter service to ensure that you remain on schedule. Our helicopters can fly in visibility conditions of 1500m, while the Twin Otter requires visibility of 5000m as per the Civil Aviation Rules.

We believe that safety and reliability are paramount when it comes to air travel. That is why we only work with experienced pilots who are familiar with the challenging terrain and weather conditions in the region. Rest assured that your safety and comfort are our top priorities.

We understand that cost is an important factor in travel planning. The cost of the **helicopter service** is payable directly to our Kathmandu office in the event that this service is utilized. We accept US cash, traveler's cheque, or credit cards (Visa, MasterCard & American Express only) for your convenience. The cost of the helicopter service will depend on the number of group members, with a minimum cost of US\$350 and a maximum of US\$650.

Please note that the maximum allowance for checked luggage on these flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to, so we ask that you pack carefully. Approximately 5.5kgs of this weight will be taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg), and sleeping bag liner (0.5kg) that we provide.

We want you to enjoy your trip to the fullest, without any worries about travel disruptions. Our helicopter service is a reliable and efficient way to ensure that you remain on schedule, even in adverse weather conditions. Rest assured that your safety and comfort are our top priorities, and we look forward to providing you with an unforgettable adventure.

Thank you for choosing Mountain Sherpa Trekking & Expeditions.

EXTRA COSTS:

Our Everest base camp trek packages are all-inclusive but we advise that you budget between \$400 and \$500 for additional expenses on your trek including tips. We also suggest you plan on having extra money available in cash or on a credit card in case you require to book a helicopter in the event your flight is canceled.

Unforeseen cost due to flight cancellation, weather conditions, etc. You are responsible for extra hotel nights and meals in Kathmandu or Lukla that are a result of flight delays.

Nepal entry visa (\$40 USD).

Meals in City:

All the meals are included on the trek however we only include breakfast while you are in the city. you can budget \$10-15 per day for lunch and dinner in Kathmandu.

Gratuities:

Tipping is always appreciated and should be based totally on your satisfaction. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your trips.

Wifi, Batteries Charging, and hot Shower are also not included in the trek package. Wifi is available in some teahouses for \$3 to \$5 an hour. Hot Showers are also available in a few of the teahouses for between \$4 and \$6. You can also charge your electronic devices in the lodges and charging costs between \$1 and \$3 an hour.

Travel Insurance

The importance of Everest Base Camp Insurance

Travel insurance is necessary for any trip but is mainly important when undertaking activities such as high-altitude trekking in remote regions where medical facilities or assistance may not be close at hand. You'll enjoy your adventure better with the peace of mind that comes from knowing you have the right insurance cover in place should a mishap occur.

This can be anything from medical emergencies, trip cancellation, trip interruption, delays, lost or stolen luggage to a full helicopter rescue of a mountain. For the **Everest base camp trek**, you need to confirm that your travel insurance covers Helicopter Rescue with a height limit of no less than 5,500m. Most standard policies provide cover for walking up to a maximum of 2,500 meters.

The Nepal Trekking Activity Pack add-on extends cover to include trekking between 4,600m and up to 7,000m within Nepal and also includes all activities in the Extreme Activity and Activity packs.

Everest Base Camp Trek Altitude Sickness

When we hike above 3500 meters our bodies have to acclimatize to the decreasing amount of oxygen available. To allow our bodies to adjust we have designed our trek's itinerary so that you walk gradually, allowing acclimatization to occur. However, during the acclimatization process, You may experience some of the following symptoms.

1. Tiredness
2. Minor Headache
3. Troubled sleep
4. Loss of appetite/nausea
5. Shortness of breath
6. Cough
7. Palpitation

8. Swelling of the hands and face

Each Person acclimatizes at different rates. Our best suggestion is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our Sherpa guides have extensive first aid training and we urge you to talk with the Sherpa guide at all times should you believe you have any symptoms in order that we can efficiently monitor your symptoms. The only cure for Acute Mountain Sickness is to descend. Please note that your guide has ultimate responsibility and may ask you to descend if symptoms persist.

Gears List

Packing List EBC Trek

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at stores in Thamel, Kathmandu.

YOU MUST BRING THE FOLLOWING ITEMS:

Upper Body - Head / Ears / Eyes

1. Sun hat
2. Headlamp with Fresh Batteries
3. Wool or synthetic hat that covers the ears
4. Sunglasses with UV protection
5. Neck gaiter or bandana (for sun protection)
6. Face Masks
7. Sun protection (including total bloc for lips, nose etc.)

Hand

1. Fleece/Wool Gloves
2. Glove Liners
3. Heavier shell glove

Core Body

1. Base layer shirts
2. Moisture-wicking long-sleeve t-shirts (1)
3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Insulated Warm jacket
7. Underwear (4-5 pairs)
8. Sleeping bag (comfort rated -10°C)*

Lower Body – Legs

1. Hiking Pants (Convertible, Quick-Dry, Lightweight) 1-2
2. Warm hiking pants with waterproof Windproof and breathable
3. Rain Pants (Lightweight, Waterproof, Breathable)- optional
4. Gaiters (needed Dec-Feb)
5. Long underwear

Feet

1. Hiking boots with ankle support recommend
2. Camp shoes or tennis shoes for lodge
3. Hiking Socks (Synthetic or Wool) 5-7 pairs recommended

Food & Snacks

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

Toiletries

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant
5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes
9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring \$30 (15 Days) or \$50 (30 Days) USD for Visa Application)
- Money (\$200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)
- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges)
- Travel towel
- Small padlock (to lock your kit bag)

- Antibacterial handwash

Additional Supplies

1. Portable solar charger/power bank
2. Book
3. Journal/pen
4. Playing cards

Basic First Aid Kit including antiseptic cream, throat lozenges, diarrhea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea

THE FOLLOWING ITEMS ARE OPTIONAL:

1. Trekking poles – if you don't have poles, We can provide complimentary use during trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf, or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Earplugs (particularly if you are not the one snoring)
6. Travel clothes
7. Camera
8. Pen-knife (remember to pack sharp objects in hold baggage)
9. Repair kit – (eg. needle, thread, duct tape)
10. Reusable cloth bag for shopping (to avoid plastic bags)

Note:

The Nepalese are still traditional and conservative in the way they dress. Hence to avoid discomfiture on both sides we advise that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach just above the knee and be modest and for women, it is better to wear trousers or a long skirt.

Additional info:

As you pack for Everest Base Camp, remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffle bag which will be carried between tea houses by porters.

All extra baggage (non- trekking items) can be stored at the hotel before you start your trek. We provide you with a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 25 kg - 30 Kg or 55-66 pounds of your personal items. This must include your sleeping bag and down jackets. Therefore your duffel bag should not weigh more than 12 kg-15 kg or 26 pounds to 33 pounds.

INSIDE YOUR DAYPACKS:

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l size is good for the EBC trek. You need to carry your own backpack (with waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone), etc.

If you don't have your own down jacket & sleeping bag, don't worry. We will provide you 4 season sleeping bags and a good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude trek.

FAQS

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

The Everest Base Camp trek is not a very difficult trek, but it does require a reasonable level of fitness to fully enjoy. If you are relatively fit and prepared to walk 5-6 hours per day, you can undertake the journey to Everest Base Camp. However, please note that you will encounter uphill and downhill sections and some moraine walking. Therefore, individuals with knee problems or weak ankles may find this trek unsuitable. It is advisable for those with heart or lung issues to consult their doctor before embarking on this trek.

We suggest that you engage in physical fitness programs such as running, swimming, and hiking before embarking on your journey.

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

Our all-inclusive Everest Base Camp trek package offers exceptional comfort, with deluxe room accommodations in Kathmandu at top-rated three-star or five-star hotels, including healthy breakfasts. For the trek, you'll stay at carefully chosen **Sherpa-run mountain lodges**, many with **attached bathrooms and hot showers** for your comfort. Our 3-star option is priced at **USD \$2170 per person**, while the 5-star option, which includes stays at luxury hotels like **Dusit Princess or Marriott** in Kathmandu, costs **USD \$2370 per person**. Both packages are designed to ensure you enjoy restful nights and a seamless, comfortable trekking experience.

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

Please ensure that you carefully review the terms and conditions of your travel insurance before undertaking the Everest Base Camp trek. The altitudes involved in this trek exceed 5000m, and many insurance companies do not provide coverage for such high elevations. For more information on recommended insurance companies, please visit the following link. [Nepal Travel Insurance](#)

It is crucial to have coverage for helicopter evacuation from the mountains in case of emergencies. Occasionally, flights from Lukla to Kathmandu may be delayed due to weather conditions. In such situations, it may be necessary

to arrange a helicopter flight back to Kathmandu to catch your international flight. Therefore, your insurance policy should cover the expenses of a helicopter transfer from Lukla to Kathmandu if required. We make every effort to assist our valued clients in case of emergencies.

Are your guides licensed trekking guides and do they have first aid training for high altitudes

Yes, all our guides have undergone a 45-day training program at the Hotel Management and Tourism Center in Nepal. Additionally, they have received specialized high-altitude first aid training from the Kathmandu Environmental Education Project (KEEP). You can verify the profiles and training certificates of our trekking guides. It's worth noting that all our guides are 100% local Sherpas from the Khumbu Region, and the majority of them possess over 20 years + of experience.

Is Mountain Sherpa trekking staff insured and well equipped

Yes, our company ensures that all our staff, including Sherpa guides, cooks, porters, and drivers, are fully insured and equipped with the necessary gear. We provide them with high-quality clothing to ensure their comfort and safety. This sets us apart from other companies in the industry. It's important to note that we are a 100% local Sherpa-owned company. We take great care of our staff and strive to [support the local society](#) to the best of our abilities.

Should I buy my gear at home or in Nepal? Can I rent gear in Kathmandu

The availability and usage of hiking and trekking gear largely depend on your personal preferences and needs. However, it's worth noting that quality trekking and hiking gear can be purchased in Kathmandu at reasonable prices. We can assist you in finding good standard gear in Kathmandu. Additionally, if you require a **Down Jacket and a warm Sleeping bag**, we will provide those items to you, which you will need to return after the trek.

In Kathmandu, you can find a wide range of warm clothing, from local stores to branded ones like North Face and Mountain Hardware. Once you have booked your trek with us, we will be there to accompany and assist you if you need to purchase or rent any equipment.

What is the maximum weight limit for my trekking bag

We suggest keeping the weight of your trekking bag at a maximum of 15 kilograms. Each porter can carry a maximum of 30 kilograms. We provide one porter to carry two clients' duffel bags. Please note that you are allowed only 15 kilograms of luggage, including your handbag, for the Lukla flight. For excess baggage, you will have to pay extra charges.

Can I hire an additional personal porter to carry my excess baggage

Certainly! You can indeed hire an additional personal porter to assist you with carrying your excess baggage. Hiring an extra porter will ensure that your belongings are handled with care and that you have the necessary support to manage your luggage effectively. With an additional porter by your side, you can travel with peace of mind and enjoy a more convenient and comfortable journey.

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

The hotel we use in Kathmandu has a securely locked room where they store our client's extra belongings in a safe way. You can also safely leave your belongings at our office. We will provide you with **free service** for extra luggage storage.

How will your guide handle the situation if someone falls ill during the trek?

Your safety is our top priority. Our **expert Sherpa guides** are trained in mountain first aid and altitude illness management, ensuring you're in good hands throughout the trek. In the rare case of illness or injury, we have a

swift evacuation system in place, with helicopter access to Kathmandu and continuous communication through 3G connectivity at Gorakshap. You can trek with peace of mind, knowing that we're fully prepared to handle any situation, prioritizing your well-being and ensuring a smooth experience.

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 Gorak Shep, an elevation of 5,164 meters, making it possible to get 3G connectivity throughout the entire Everest Base Camp trek. The best network above Lukla on the Everest Base Camp trek is NCell. Please note that in order to get a Nepal SIM card, you will need to provide a photocopy of the details page of your passport and one passport photo. Our guide will help you buy a SIM card. Additionally, all our guides are equipped with local mobile phones. You can pass the guide's number to your family for a callback, or you can call your family from the guide's mobile and pay him directly for the international call as well

Are solo female travelers safe on Everest base camp Trek

At Mountain Sherpa Trekking, we provide a completely safe and welcoming experience for solo female travelers on the Everest Base Camp trek. With Nepal being a secure destination and our highly experienced Sherpa guides prioritizing your safety and well-being, you can trek with total peace of mind. Our trusted relationships with lodges and unwavering commitment to safety ensure a secure and enjoyable adventure every step of the way.

Can I have vegetarian meals during Everest base camp trek

Yes, absolutely! As a vegetarian, you can have vegetarian meals during the Everest Base Camp trek with Mountain Sherpa Trekking. We understand and cater to various dietary preferences and requirements of our guests. Our trekking packages include meals that can accommodate vegetarians, ensuring you have nutritious and delicious food options throughout the journey.

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

Mountain Sherpa Trekking & Expeditions is committed to the well-being of our porters, and we take careful measures to ensure they are not overloaded. We follow a ratio of 1 porter for every 2 trekkers, which allows for a fair distribution of weight and ensures the porters' safety and comfort.

For every 2 people, we provide one expert local Sherpa guide who will lead the trek. In the case of a group size exceeding 5 trekkers, we also provide an additional assistance Sherpa guide. This arrangement ensures that even if someone in the group falls ill or requires assistance, the trek can proceed as planned.

While we can accommodate groups of any size, our years of experience have shown that a maximum group size of eight to twelve people is ideal for a successful and enjoyable trip. However, if you prefer a smaller group, a solo trek, or a private family trek, please let us know, and we will be happy to arrange a private Everest Base Camp trek tailored to your requirements.

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

Everest Base Camp trek lodges/tea houses generally provide electricity for charging devices such as iPods or camera batteries. However, there is usually a charging fee involved, ranging from \$1 to \$3 per hour, which you would need to pay during your trek.

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

Certainly! Tipping for guides, porters, and drivers is not typically included in the overall price of your trip. While tipping is not mandatory, it is often considered a gesture of gratitude for their services, especially after a successful and memorable trek like the Everest Base Camp.

Viewed from a different perspective, tipping can be seen as a way to express your appreciation for the hard work

and dedication of the local Sherpa guides and helpers who have contributed to your trekking experience.

For guided group treks, a common practice is to tip the guide and porter at the end of your trek, with an amount ranging from approximately USD \$10 to \$20 per person per day. This amount reflects your acknowledgment of their efforts and the quality of service they have provided throughout your journey.

Remember, tipping is a personal decision, and you should consider factors such as the level of service, your satisfaction, and your own financial situation when determining the appropriate amount to tip.

What's the estimated daily budget for additional expenses during my trip

In Kathmandu, budgeting **USD \$10 to \$15** per meal ensures a comfortable dining experience at quality local restaurants. During the trek, a daily budget of **USD \$10 to \$15** per person covers essentials like water, chocolates, and drinks. Exchange your US dollars for **Nepali currency** in Kathmandu, with smaller denominations for easy transactions at teahouses. Any leftover funds can be used to tip your guides and porters or to purchase unique souvenirs, leaving you with cherished memories of your adventure in Nepal.

What happens if the flight from Lukla or Kathmandu is delayed

We understand that reliable flights between Kathmandu and Lukla are crucial for your Everest Base Camp trek. While these flights are generally dependable, adverse weather conditions can occasionally cause cancellations. To ensure your journey runs smoothly, we've built a contingency day into our 17-day itinerary, allowing for any potential flight delays. If your flight is delayed, we'll promptly rebook it or offer a private helicopter option (at an additional cost, ranging from USD \$300 to \$500). Should delays persist, we will cover extra hotel nights, meals, and adapt your itinerary to alternative treks like the Annapurna Sanctuary or Langtang Valley, ensuring your adventure remains seamless and unforgettable.

If possible, we highly recommend adding a few extra days in Kathmandu, which you can use to explore the rich cultural heritage of Bhaktapur and Patan. These additional days can be incredibly beneficial in case your flight to Lukla is delayed or canceled due to weather conditions.

What about payment, do you need an advance booking deposit to confirm my trek

The advance booking deposit is necessary to secure your spot on the trek and to make arrangements with the local guides, porters, flights, accommodations, and permits. It also helps ensure that the necessary logistics are in place for a smooth and well-organized trekking experience.

Once you have confirmed your booking, a 25% advance deposit of the total trip package is required for 100% confirmation. You can make this deposit online or through bank wire transfer.

For more information regarding payments options visit this link: [Payment Options](#)

After you have made the advance booking payment, we will send you an invoice for the payment and a confirmation email for your booking. The remaining balance amount can be paid in Kathmandu on the day of your arrival. It's important to note that the trek deposit is non-refundable, but you have the option to postpone your travel date if needed. Your advance deposit payments will remain valid for up to 3 years, allowing you to choose any date within that period for your travel.

Please let us know if you have any further questions or concerns.

What is your success rate for clients reaching Everest Base Camp and ascending Kala Pattar

With an outstanding 99% success rate, we take immense pride in guiding our valued guests to the base camp of the world's highest peak at 5,364 meters (17,598 feet) and the summit of Kala Patthar at 5,545 meters (18,192 feet). This achievement is a testament to our highly experienced local **Sherpa guides**, who hail directly from the Everest

region and prioritize your safety and well-being at every step. Our thoughtfully designed itinerary emphasizes proper acclimatization, ensuring you adapt to high altitudes while benefiting from the unparalleled expertise of our Sherpa team—maximizing your chances of a successful and unforgettable Everest Base Camp journey.

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

If you have any questions or need further assistance, please don't hesitate to contact us. We're here for you anytime via email, phone, or WhatsApp. Simply click the "Message Us" button on the lower-left corner of our website, or email us directly at info@mountainsherpatrekking.com.

For immediate support, feel free to call or message us on WhatsApp at +977-9849643731—we're always just a message away.

We're committed to providing prompt and reliable service and will respond to your inquiry within 24 hours. Thank you for considering our services. We look forward to making your journey truly unforgettable!