



Everest Base Camp Trek 14 Days

EVEREST REGION

14 Days

DURATION

Moderate

DIFFICULTY

USD \$1,850

FROM (PER PERSON)

QUICK FACTS

Duration	14 days	Trip Difficulty	Moderate
Activities	Trekking	Accommodation	Tea House / Guest House
Meals	Breakfast, Lunch and Dinner	Max Elevation	5,364m/17,598ft
Group Size	2-25	Best Time	March -May (In Spring Season) Sep- Nov (In Autumn Season)

TRIP HIGHLIGHTS

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OVERVIEW

Overview

The Everest Base Camp Trek is a 14-day journey through Nepal's Khumbu region to the base of Mount Everest. The trek to Everest Base Camp at 5,364 m (17,598 ft) includes a hike to Kala Patthar at 5,545 m, the highest point on this itinerary. The journey starts with a mountain flight to Lukla. The trail follows the Dudh Koshi valley through Phakding and into Sagarmatha National Park. From there, the trail climbs to Namche Bazaar, Tengboche, Dingboche, Lobuche, Gorak Shep, and finally Everest Base Camp. Two acclimatization days, one in Namche Bazaar and another in Dingboche, are built into the itinerary to help your body adjust gradually to the altitude. Along the route, you pass mani walls, prayer flags, monasteries, small villages, suspension bridges, alpine valleys, and the Khumbu Glacier while walking beneath mountains including Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, and Pumori. The trek does not require technical climbing experience, but altitude and repeated days of walking make it physically demanding. Most trekking days involve around five to eight hours on foot, and conditions become colder and more basic as you move higher.

DAY-BY-DAY ITINERARY

DAY 1 **Arrival in Kathmandu and Transfer to Hotel**

Max. Altitude: 1,345 m / 4,412 ft

Duration: 4-5

Overnight: 3-Star Hotel in Kathmandu

Meals: Breakfast, Lunch, and Dinner

Welcome to Nepal. After your arrival at Tribhuvan International Airport, our representative from Pure Sherpa Adventure will receive you outside the arrival terminal and take you to your hotel. We normally keep the first day easy.

After we reach the hotel, you can check in to your rooms and freshen up. Some time later, your trekking guide will meet you and discuss the important things and information for the trek in detail. This includes the Lukla flight, daily walking hours, altitude, weather, luggage, and the gear you should carry yourself. This is also the right time to check boots, jackets, trekking poles, or any small item you may have forgotten. If you need any last-minute trekking supplies, Kathmandu has plenty of trekking shops where you can easily find what you need.

If time allows, you can also explore a little of Kathmandu in the evening, pick up any remaining trekking supplies before joining the group for a supper at a local restaurant.

DAY 2 **Fly to Lukla and Trek to Phakding**

Max. Altitude: Lukla 2,840 m / 9,320 ft

Duration: Approximately 3-4 hours

Overnight: Teahouse in Phakding

Meals: Breakfast, Lunch, and Dinner

The day starts with the flight to Lukla. Depending on the season, the flight may operate from Kathmandu or from Manthali in Ramechhap. Lukla flights are heavily dependent on the weather, so delays are common.

The flight takes around 30 minutes when operating directly to Lukla, with the mountain scenery becoming more dramatic as you approach the small airstrip.

After landing in Lukla, we will organise a porter to load and manage the bags, and we will begin walking toward Phakding. The first day is intentionally short. The trail passes stone houses, prayer walls, small villages, pine forest, and sections of the Dudh Koshi valley.

Along the way, you may also see rhododendron and magnolia trees, depending on the season.

By the time we reach Phakding, there is enough time to settle into the teahouse, eat properly, and rest before the much longer climb to Namche tomorrow morning.

If the group arrives early enough, there may also be time to visit the nearby monastery before settling in for the evening.

DAY 3 **Trek from Phakding to Namche Bazaar**

Max. Altitude: 3,440 m / 11,290 ft

Trekking Distance: Approximately 6 hours

Duration: Approximately 6–7 hours

Overnight: Teahouse/Lodge in Namche Bazaar

Meals: Breakfast, Lunch, and Dinner

As the journey continues on the third day, we will start the trek early in the morning. We follow the Dudh Koshi upstream, crossing several suspension bridges and passing settlements before entering Sagarmatha National Park.

One of the notable crossings is the Hillary Suspension Bridge, one of the most recognizable landmarks on this section of the trail.

After crossing the high suspension bridge, the trail begins the long climb toward Namche. That climb takes patience. That climb takes patience. People who push too hard here often arrive exhausted, and we would rather reach Namche slowly with energy left than save twenty minutes and feel terrible afterwards.

Once in Namche, there is time to explore the village, where you will find bakeries, cafés, shops, and places to withdraw cash before settling in for the evening.

DAY 4 **Acclimatization Day in Namche Bazaar**

Max. Altitude: 3,440 m / 11,290 ft

Trekking Distance: Approximately 3-4 hours

Duration: Approximately 6 hours

Overnight: Teahouse/Guest House in Namche Bazaar

Meals: Breakfast, Lunch, and Dinner

We call this an acclimatization day. Today we walk above Namche and then come back down to sleep at the same altitude. Depending on weather and how the group is feeling, we normally climb toward the Everest View Hotel area and may continue toward Khumjung.

The walk toward Khumjung involves gaining roughly 300 meters above Namche, and the route may also take you past local schools and Buddhist sites.

The idea is simple: **climb high, sleep low**. After the walk, we return to Namche, eat well, drink plenty of water, and take the afternoon quietly.

On a clear morning, Everest often becomes easy to spot among the surrounding mountains. Ama Dablam and Thamserku are usually much more visually dominant from this part of the trail.

DAY 5 **Trek from Namche Bazaar to Tengboche**

Max. Altitude: 3,860 m / 12,660 ft

Duration: Approximately 5–6 hours

Overnight: Teahouse in Tengboche

Meals: Breakfast, Lunch, and Dinner

The first section out of Namche is one of the most pleasant walks on this route. The trail follows the mountainside with long views across the valley, and on a clear day Everest, Lhotse, Ama Dablam, and Thamserku remain visible for much of the morning.

This day, we descend all the way toward the Dudh Koshi before climbing again to Tengboche. Losing altitude only to regain it can feel frustrating, but that up-and-down pattern is important in the Himalaya for the trekkers.

After reaching Tengboche, you can visit the famous Tengboche Monastery, an important Buddhist site for the Sherpa community and one of the cultural highlights of the trek.

If the monastery is open to visitors and the timing allows, you may also have the opportunity to observe the evening prayer ceremony and experience its quiet atmosphere.

The monastery is also closely associated with trekkers and mountaineers who come through the region before continuing toward Everest and the higher valleys.

DAY 6 **Trek from Tengboche to Dingboche**

Max. Altitude: 4,360 m / 14,300 ft

Duration: Approximately 5–6 hours

Overnight: Teahouse/Guest House in Dingboche

Meals: Breakfast, Lunch, and Dinner

This is the day the landscape starts to look noticeably different. After leaving Tengboche, the thick forest gradually thins out. Trees become smaller, the valley opens, and dry alpine terrain starts replacing the greener landscape below.

The trail passes through small mountain settlements along the way, giving you a closer look at how people live in the higher parts of the Khumbu.

Ama Dablam stays close to the route for much of the day. The mountain's shape changes as you move around it, and it becomes one of the easiest landmarks to recognize along this section.

By the time you reach Dingboche, the open valley and scattered guesthouses create a very different atmosphere from the forested trail below.

We are lucky to have spent two nights here because the surrounding mountain views will never be enough to enjoy.

DAY 7 **Acclimatization Day in Dingboche**

- Max. Altitude:** Approximately 4,900–5,000 m / 16,076–16,404 ft
- Trekking Distance:** 7km
- Duration:** Approximately 4–5 hours
- Overnight:** Teahouse/Guest House in Dingboche
- Meals:** Breakfast, Lunch, and Dinner

This day has the shortest travel time of the journey, but it's one of the most important ones. After breakfast, we climb toward the ridge above Dingboche, towards Nangkartshang. As we gain height, the view opens across Ama Dablam, Lhotse, Island Peak, Makalu, and the surrounding valleys.

The scenery is a bonus, but the real purpose of the hike is acclimatization. We want your body to spend some time close to 5,000 m before you sleep lower again at 4,360 m. After returning to Dingboche, we keep the rest of the day simple: lunch, water, warm drinks, and rest.

There is also time to relax in one of Dingboche's cafés or bakeries before spending another night at altitude.

DAY 8 **Trek from Dingboche to Lobuche**

- Max. Altitude:** 4,940 m / 16,207 ft
- Duration:** Approximately 5 hours
- Overnight:** Teahouse in Lobuche
- Meals:** Breakfast, Lunch, and Dinner

The walk to Lobuche takes us into a much more exposed landscape. After reaching Thukla, we begin the steep climb toward the memorial area above the village. The climb itself is not especially long, but at this altitude it can feel demanding.

The trail includes a crossing before Thukla, where trekkers can take a short break and have something to eat before continuing the climb.

At the top are memorials to climbers and Sherpas who lost their lives on Everest and other Himalayan expeditions. The environment naturally becomes quieter here, and it is worth taking some time to reflect at the memorial area.

From the memorials, the trail continues more gradually toward Lobuche at 4,940 m. Here, the facilities are basic, rooms are cold, and sleep is not always perfect at this altitude.

Max. Altitude: Everest Base Camp 5,364 m / 17,598 ft

Duration: Approximately 6-8 hours

Overnight: Teahouse in Gorak Shep

Meals: Breakfast, Lunch, and Dinner

Today is the most important day of the trek. We leave Lobuche and walk toward Gorak Shep, the final settlement before Base Camp. The distance on the map is not huge, but at this altitude everything takes longer.

As we approach Gorak Shep, the trail becomes rougher, with rocky sections and small rises along the way.

After reaching Gorak Shep, we leave unnecessary gear at the lodge, take a short rest and lunch, and continue toward Everest Base Camp with only the gear needed for the walk.

We keep the pace slow. Above 5,000 m, trying to stay with the fastest person in the group is one of the easiest ways to turn a good day into a miserable one. We recommend that you walk slowly and enjoy the moment around the highest base camp in the world.

As we continue toward Everest Base Camp, we also get views of the Khumbu Icefall, one of the most iconic sights in the Everest region.

After spending some time at Base Camp, we return to Gorak Shep for the night.

DAY 10 Sunrise Hike to Kala Patthar and Trek to Pangboche

Max. Altitude: Kala Patthar 5,545 m / 18,192 ft

Duration: Approximately 7–9 hours

Overnight: Teahouse/Guest House in Pangboche

Meals: Break Lunch and Dinner

This particular day starts very early. We leave Gorak Shep before sunrise for Kala Patthar. This is often the coldest start of the trek. Gloves, a warm hat, and a proper down jacket matter here because you are climbing in the dark at more than 5,000 meters.

Kala Patthar reaches **5,545 m**, the highest point of this itinerary. Everest Base Camp puts you at the foot of the mountain, but Kala Patthar gives the broader view. In clear weather, Everest, Nuptse, Pumori, and the surrounding peaks fill the skyline as the morning light reaches them.

After returning to Gorak Shep, we eat breakfast and begin the long descent of the trek.

From Gorak Shep, the trail heads towards Lobuche (4,910 m), passing through the Khumbu Glacier area. After about two hours of walking, Lobuche is a natural place to take a short break.

Once we drop below Lobuche and Thukla, breathing feels easier.

From Lobuche, the trail gradually descends through Oralo before reaching Thukla (4,600 m). The Himalayan landscape around Thukla and the famous memorials of the Everest region can be seen along the way.

After a short rest at Thukla, we continue towards Pheriche (4,371 m), reaching the village after about 1 to 1.5 hours.

Pheriche is a good place to stop for lunch before continuing towards Pangboche through the Imja Khola Valley. Along the way, the trail passes Sherpa settlements and offers beautiful views of Ama Dablam and the surrounding Himalayan landscape.

The walk from Pheriche to Pangboche takes around 2 to 2.5 hours.

By the time we reach Pangboche at around 3,985 m, the thicker air can make a surprisingly big difference.

Pangboche is one of the oldest and best-known Sherpa villages in the Everest region. After arriving, we check in at the lodge and have time to relax.

In the evening, a short walk through the village offers a chance to experience local Sherpa culture and the Himalayan way of life.

DAY 11 Trek from Pangboche to Namche Bazaar

Max. Altitude: Namche Bazaar 3,440 m / 11,290 ft

Duration: Approximately 6 hours

Overnight: Teahouse/Guest House in Namche Bazaar

Meals: Breakfast, Lunch & Dinner

We continue descending toward Tengboche and then through the rhododendron and pine forest toward Phunki Tenga. After crossing the Dudh Koshi, there is still some climbing to do toward Sanasa and Kyangjuma. Even on descent days, there still will be plenty of short climbs waiting for you.

As we pass through Tengboche, there is another opportunity to see the monastery and the surrounding mountain views before continuing downhill.

Back in Namche, the bakeries, cafés, shops, and hot showers feel far more luxurious than they did on the way up. Here you have plenty of time for a breather, live in the moment near the mountains, roam around the Namche village and get some souvenirs to take back home.

DAY 12 Trek from Namche Bazaar to Lukla

Max. Altitude: 2,840 m / 9,320 ft

Duration: Approximately 6-7 hours

Overnight: Teahouse/Guest House in Lukla

Meals: Breakfast, Lunch, and Dinner

This is the final walking day. The day is mostly lower-altitude walking, but do not assume it is effortless. After nearly two weeks on the trail, legs are tired, and the final approach to Lukla includes some uphill sections.

The trail follows the Dudh Koshi valley back through the lower settlements and suspension bridges, with a possible stop in Phakding for a short rest or meal.

Once we reach Lukla, the trekking part of the journey is complete.

Lukla is also a good place to enjoy a hot shower, a comfortable meal, and some time to relax after the long days on the trail.

This is usually a relaxed evening with the guide and porter team. After spending so many days together, the final night on the trail feels less like another hotel stop and more like the end of a shared trip.

DAY 13 Fly from Lukla to Kathmandu

Max. Altitude: Kathmandu 1,300–1,345 m / 4,265–4,412 ft

Duration: 30 min

Overnight: 3-Star Hotel in Kathmandu

Meals: Breakfast and Bed

We aim for a morning flight to Kathmandu from Lukla, but at this point it's always the mountain's last call. Delayed flights of hours, or sometimes longer, are acceptable because of the weather in the Himalayas.

Depending on the season, you may fly directly to Kathmandu or land at Manthali in Ramechhap and continue to Kathmandu by road. Because weather-related delays are not unusual, we recommend keeping one or two buffer days before an important international flight.

Once we land back in Kathmandu, we transfer you to your hotel.

The flight also gives you a final chance to look back at the Himalayan landscape and the snow-covered peaks you have spent the past two weeks walking beneath.

After settling into your hotel, you can spend the rest of the day resting or exploring Kathmandu and enjoying some final shopping for friends and family.

DAY 14 Final Departure to your beautiful country

Meals: Break fast

With conclusive farewells, you will be going to your home. Our agents will drop you off at a universal air terminal. You will take numerous brilliant courageous minutes with yourself. If you genuinely making the most of your outing, share your Everest Base Camp trek involvement with your friends and family

WHAT'S INCLUDED / NOT INCLUDED

Accommodation
+ Two nights’ accommodation with breakfast in Kathmandu (room with attached bathroom)
+ Accommodation during the trek
Meals & Dining
+ All meals during the trek (breakfasts, lunches, and dinners) and tea
+ Farewell dinner in Kathmandu at the end of the trek
Guides & Porters
+ Government-licensed Trekking Guide
+ Porters for trekkers’ luggage (1 porter for every 2 trekkers)
+ Guide and porter expenses including meals, insurance, salary, lodging, transportation, and necessary equipment
Permits, Entry Fees & Taxes
+ Sagarmatha National Park entry fee (NPR 3,000)
+ Khumbu Municipality entry fee (NPR 3,000)
+ Trekkers’ Information Management System (TIMS) card fee (NPR 2,000)
+ All government and local taxes
Safety & Emergency Support
+ Rescue operation arrangements in case of complicated health conditions (costs covered by the traveler’s insurance)
Some Trekking Equipment
+ Pure Sherpa Adventure duffle bag

FREQUENTLY ASKED QUESTIONS

GENERAL & TREK OVERVIEW

What is the Everest Base Camp Trek?

The Everest Base Camp Trek is a 14-day journey through Nepal's Khumbu region, following the Dudh Koshi valley through Sherpa villages, forests, and high mountain passes to reach the base of Mount Everest at 5,364m. It's a teahouse trek, meaning you stay in local lodges rather than camping, and it doesn't require any technical climbing.

How long does the Everest Base Camp Trek take?

Our itinerary runs 14 days from Kathmandu back to Kathmandu, including flights, acclimatization days, and the trek itself. We recommend adding 1-2 buffer days on either end in case of Lukla flight delays, which are common due to weather.

How difficult is the Everest Base Camp Trek?

The trek is considered moderately difficult. There's no technical climbing involved, but you'll walk 5-8 hours a day for up to 12 days, with steady altitude gain up to 5,364m. The main challenge isn't the walking itself, it's adjusting to the altitude, which is why the itinerary includes two dedicated acclimatization days.

Do I need previous trekking experience?

No. You do not need previous trekking experience. What matters the most is that you are reasonably fit, prepared beforehand, and can walk for several hours on consecutive days. The biggest adjustment you need to consider is usually not the walking itself but doing it at higher altitude.

Is the Everest Base Camp Trek safe for solo travelers and solo women?

Yes, EBC for solo travellers and solo women are pretty much safe. The main risks while solo travelling are altitude, weather, illness, injury, and Lukla flight disruption than the trails itself. Hence, we always recommend our fellow solo travellers to travel with a licensed guide, watching your pace, checking how you are responding to altitude, and handling problems if plans need to change.

What is the maximum altitude reached on this trek?

Everest Base Camp itself is at 5,364 m / 17,598 ft. If your itinerary includes Kala Patthar, the highest point is about 5,545 m / 18,192 ft.

BEST TIME & WEATHER

What is the best time of year to trek to Everest Base Camp?

The month of March to May and late September to November are the best time best time of year to trek to Everest Base Camp.

What is the weather like during the trek, month by month?

January and February are cold, especially at night, but the skies can be very clear. Month of March starts with warming up in the atmosphere. April is one of the busiest yet most comfortable trekking months. May is warmer than others, and afternoon cloud becomes more common. June, July, and August are monsoon months. We do not recommend these months for the travels. September, October and November, as mentioned earlier, is the best time weatherwise for the trek. The clouds becomes clearer after the monsoon. November stays clear but gets progressively colder. By December, winter conditions return and at nights the temperature decreases to minus degrees.

Can you trek to Everest Base Camp during winter or monsoon season?

Yes, there is no restrictions to not travel to Everest Base Camp during winter or monsoon season. But we would not recommend it. Throughout the winter season there would be possible of heavy snow, and fewer open facilities at the higher altitude, making the fooding and lodging very difficult. On the monsoon season, constant rainfalls makes the trek slippery, muddy which also increases the chances of Lukla flights to be delayed or even cancelled.

FITNESS & TRAINING

What level of fitness is required for the EBC trek?

On an average, you should be comfortable walking for around 5 to 7 hours a day for several days in a row. You do not need to be an athlete aswell. The main thing is endurance and pace. We have seen very fit people struggle because they walked too fast, and average trekkers do very well because they paced themselves properly.

How should I train before attempting the Everest Base Camp trek?

The most useful training is simple: regular walking, stairs, hills, cycling or jogging, and longer weekend hikes with a small backpack. By the final few weeks, try to complete a few walks lasting 4 to 6 hours. Your body benefits much more from time on your feet than from only doing short gym workouts.

How many hours do we walk each day, on average?

On most days in this itinerary, around 5 to 7 hours of walking is necessary. There are two days for the acclimatization. You can either relax, have a breather on this days or else you can visit nearby villages and walk around 1 to 2 hours only. On Everest Base Camp day and Kala Patthar day, the walk can be closer to 7 or 8 hours, depending on the pace of the group. At the higher altitude, we care much more about steady movement than speed.

ALTITUDE SICKNESS & HEALTH

What is altitude sickness, and how common is it on this trek?

Altitude sickness is very common while trekking to higher altitude and it happens when your body does not adjust quickly enough to the lower oxygen levels at high altitude. Mild symptoms like headache, limited amount of sleep, tiredness, less appetite, are very normal above 3,000–4,000 m. These symptoms can be manageable with medicines and nutritious foods and some body warm up activities. But what can make it worst is the ignorance. Ignoring the measures and travelling to higher altitudes with the symptoms can bring major negative turn of events.

How can I prevent altitude sickness during the EBC trek?

We cannot guarantee you will avoid altitude sickness, but there are several things that make a big difference. Walking pace slow, inclusion of acclimatization days in between longer days of travels, regular meals and water, and avoiding unnecessary rapid altitude gain, helps a lot in preventing altitude sickness. Even after this, if you develop headache, nausea, dizziness, or unusual breathlessness, tell your guide straight away rather than trying to hide it.

What happens if I or someone in my group gets altitude sickness?

The first thing we do when someone gets altitude sickness is, we take care of them, give medicines, and let them rest in the teahouses. If symptoms worsen and the treatment is being delayed due to circumstances, we arrange emergency evacuation or helicopter rescue.

What vaccinations are recommended before trekking in Nepal?

Most travelers should make sure their routine vaccinations are up to date. Hepatitis A and typhoid are commonly recommended for Nepal. Other vaccinations are advised depending on the length and style of your trip and your medical history. Because recommendations depend on your medical history and home country, we advise speaking with a travel-health doctor before departure.

Is travel insurance mandatory for this trek?

Yes, travel insurance is mandatory and also essential. The insurance policy should cover trekking to at least 5,500 m, medical treatment, emergency evacuation, and helicopter rescue.

PERMITS

What permits do I need for the Everest Base Camp Trek?

The permits and requirements for the Everest Base Camp Trek include the Sagarmatha National Park permit, Khumbu Trek-Card, and applicable TIMS registration.

Are the permits included in the trek cost?

Yes. The required trekking permits are included in our package.

Do I need to arrange permits myself, or is it done for me?

No, you can simply provide us with the required passport details and documents, and we will arrange the permits and registrations before the trek.

ACCOMMODATION

What type of accommodation is used during the trek?

During the trek, you will stay in local teahouses and mountain lodges. The accommodations around Lukla, Phakding, and Namche are reasonably comfortable, with two beds, blankets, and very simple furniture. As you go higher, especially above Dingboche, things become much more basic.

Do teahouses have attached bathrooms, or are toilets shared?

In the lower villages, especially around Lukla, Phakding, and Namche, some lodges offer attached bathrooms. Higher up, shared toilets are much more common.

Can I get a hot shower during the trek?

Yes, hot showers are available in many villages, but we cannot guarantee them in all of them. However, the cost increases as you go higher because heating water becomes more difficult and fuel is limited. Above Dingboche, many trekkers simply use wet wipes for a few days rather than paying for a shower every night.

FOOD & DRINK

What kind of food is available during the trek?

You will commonly find dal bhat, noodles, soup, fried rice, potatoes, momos, pasta, eggs, porridge, pancakes, and Tibetan bread. At higher altitude, we usually recommend simple, freshly cooked food.

Is the drinking water safe, or do I need to treat it myself?

Water from the Himalayas will be very cold. We do not recommend drinking water directly from taps or streams. Instead, you can use boiled water, purification tablets, purification drops, or a reliable filter. We also recommend carrying reusable bottles rather than depending on bottled water all the way up the trail.

Can vegetarian or vegan diets be accommodated?

Yes. Vegetarian food is available almost everywhere on the route and is actually what many people prefer at higher altitude. Vegan food is also possible, although the options become more limited higher up. Tell us before the trek so we can plan around it.

CONNECTIVITY

Is there Wi-Fi or internet access during the EBC trek?

Wi-Fi is available in many teahouses, and internet services operate through much of the route. The higher you go, the slower and less reliable it becomes

Can I charge my phone and camera along the trail?

Yes. Most teahouses offer charging, but above the lower villages you normally pay per device. We strongly recommend bringing a power bank for the trek.

Will my phone get signal in the Everest region?

You will get mobile signal in parts of the route, especially around Lukla and Namche. As you go higher, coverage becomes patchy and unreliable.

FLIGHTS & LUKLA

How do I get to Lukla, and how safe is the flight?

Most Everest Base Camp treks begin with a short flight to Lukla. Depending on the season, flights operate either from Kathmandu or from Manthali in Ramechhap.

What happens if my Lukla flight is delayed or cancelled?

Low cloud, wind, or poor visibility can delay flights for several hours and sometimes longer. If that happens, we try to move you onto the earliest practical flight and adjust the trekking plan where possible. We strongly recommend keeping one or two buffer days in Nepal after the trek. We have seen many travelers create unnecessary stress by booking an international flight too close to their planned return from Lukla.

What is the luggage weight limit for the Lukla flight?

The normal allowance is 10 kg of checked baggage plus 5 kg of hand luggage. If you go over that, you may need to pay an excess baggage fee, and extra luggage is not always guaranteed to travel on the same aircraft. So, pack carefully because most trekkers bring far more than they actually use, which is unnecessary.

COSTS & TIPPING

How much extra spending money should I budget per day?

If your accommodation and meals are already included, around US\$15–30 per day is normally enough for extras. If meals are not included, around US\$40–60 per day is a more realistic budget. Prices increase as you go higher because almost everything has to be carried into the mountains.

How much should I tip my guide and porter?

Tipping is customary in Nepal, but it is not compulsory.

Can I use a credit card or find ATMs along the trail?

There are ATMs and some card facilities around Lukla and Namche, but we never tell trekkers to rely on them. Machines can run out of cash, connections can fail, and card acceptance becomes very limited higher up. So, we recommend that you carry enough Nepali rupees from Kathmandu and treat trail ATMs as a backup.

BOOKING WITH PURE SHERPA ADVENTURE

Do you have fixed departure dates, or can I choose my own?

We don't run fixed group departures. You choose your dates, and we build the trek around them, typically confirming everything within 24-48 hours of your inquiry.

How does the booking process work?

Contact us with your preferred dates, we confirm availability, and a 20% deposit secures your booking. See the Booking & Payment section above for full details.

What is your cancellation and refund policy?

Refunds depend on how far in advance you cancel. See our full Cancellation & Refund Policy for exact terms, or the Booking section above for a quick summary.

Is there a minimum group size to run this trek?

No. We can operate the Everest Base Camp Trek for one traveler as a private departure, to a larger groups of 22 people.

GUIDES, PERMITS & SAFETY

Are your guides licensed and trained in first aid?

Yes. The Everest Base Camp trek is led by experienced guides with the appropriate guiding background and mountain-safety training.

What permits are required, and are they included in the price?

The required Everest trekking permits are arranged by us and are also included in the package. You do not need to worry about the extra payment for the permits.

What safety measures are in place if something goes wrong on the trail?

During the Everest Base Camp trek, the trail increases with gradual altitude gain, two acclimatization periods, slow walking speeds, regular health checks, and flexibility in the itinerary. Above 3,000 m, our guides pay close attention to altitude symptoms and can use a pulse oximeter to check oxygen saturation and pulse when needed. If someone becomes seriously unwell, we stop the trek for a while, descend if necessary, and arrange evacuation or helicopter assistance depending on the situation. That decision is sometimes disappointing in the moment, but in the mountains, turning around at the right time is part of good guiding.