



Bridge Nepal Treks & Travels

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Everset Base Camp Trek 12 Nights and 13 Days Package

Price	1350.00
Duration	12 Nights and 13 Days
Location	Nepal

Tour Overview

There are journeys you take for vacation — and then there is the Everest Base Camp Trek, a journey that changes the way you see the world and yourself forever.

Every year, millions of travelers dream about standing beneath Mount Everest, but only a small number actually take the step. This is your opportunity to become one of them.

With Bridge Nepal Treks and Travels, this legendary Everest Base Camp Trek in Nepal is not just about reaching a destination — it is about living the dream that most people postpone for “someday.” Imagine yourself walking through the breathtaking Khumbu Valley, surrounded by the towering Himalayan giants of Everest, Lhotse, Nuptse, and Ama Dablam. Feel the adrenaline as you land at Lukla airport, cross iconic suspension bridges covered in prayer flags, and pass through authentic Sherpa villages where Himalayan culture still lives untouched.

As the altitude rises, so does the emotion. The early morning hike to Kala Patthar rewards you with the most powerful moment of the journey — watching the golden sunrise illuminate Mount Everest directly before your eyes. No photograph, video, or social media post can ever truly capture what it feels like to stand there in person.

The Everest Base Camp Trek package is one of the world's most searched and desired trekking adventures for a reason. It is not only a trek; it is a personal achievement, a story of courage, and an experience that stays with you for life. Long after the journey ends, the mountains continue living inside you.

At Bridge Nepal Treks and Travels, we make this once-in-a-lifetime adventure smooth, safe, and unforgettable with experienced local guides, carefully designed itineraries, comfortable accommodations, domestic flights, permits, porter services, and complete travel support from arrival to departure.

The Himalayas are not waiting forever. The mountains are calling those brave enough to answer. Your dream of reaching the base of the world's highest mountain shall begin today.

Trip Highlights

- Stand at Everest Base Camp (5,364m), the legendary destination beneath the world's highest mountain and one of the greatest trekking achievements on Earth.
- Witness the breathtaking sunrise from Kala Patthar (5,545m), where Mount Everest glows in golden light above the Himalayas.
- Enjoy the scenic mountain flight from Kathmandu to Lukla with spectacular aerial views of snow-covered Himalayan peaks, deep valleys, and remote mountain landscapes.
- Experience the thrilling landing at Lukla Airport, one of the world's most famous and adventurous mountain airstrips.
- Walk through beautiful traditional Sherpa villages including Namche Bazaar, Tengboche, Dingboche, Lobuche, and Gorak Shep filled with authentic Himalayan lifestyle and culture.
- Experience diverse Nepali hospitality and warm local traditions at different villages throughout the Everest region.
- Trek through lush rhododendron forests during spring, where colorful blooming flowers transform the trails into a magical Himalayan paradise.
- Witness crystal-clear glacier rivers flowing directly from the Himalayas beside the trekking trails.

- Capture breathtaking sunrise and panoramic views over Ama Dablam, Everest, Lhotse, Nuptse, Pumori, Lobuche Peak, and Island Peak.
- Explore the heart of the Khumbu region surrounded by dramatic glaciers, alpine valleys, waterfalls, and towering Himalayan giants.
- Visit the sacred Tengboche Monastery, the spiritual center of the Everest region beneath spectacular mountain scenery.
- Walk beside the mighty Khumbu Glacier and witness the legendary Everest Icefall up close.
- Cross iconic suspension bridges decorated with colorful Buddhist prayer flags high above roaring mountain rivers.
- Discover the untouched beauty of Sagarmatha National Park, home to rare Himalayan flora and fauna including Himalayan Thar, Musk Deer, Danphe, Snow Leopard, and colorful alpine vegetation.
- Experience peaceful nights in traditional Himalayan teahouses beneath clear skies filled with stars and surrounded by mountain silence.
- Create lifelong memories through breathtaking Himalayan landscapes, unforgettable mountain sunrises, and once-in-a-lifetime experiences.
- Enjoy a professionally organized Everest Base Camp Trek package with experienced local guides, porter services, accommodations, permits, flights, and complete support from Bridge Nepal Treks and Travels.

Detailed Itinerary

Day 1: Flight from Kathmandu to Lukla (2,860m) and Trek to Phakding (2,651m)

Flight Duration: 30-35 Minutes

Trek Duration: 3-4 Hours

Trek Distance: Approx. 8 KM

Your Everest adventure begins early in the morning with a scenic mountain flight from Kathmandu to Lukla, one of the world's most thrilling airports surrounded by dramatic Himalayan peaks. During the flight, breathtaking aerial views of snow-capped mountains, deep valleys, and remote villages welcome you into the Everest region.

Upon landing at Lukla Airport, our experienced guide and porter team will organize your trekking gear before beginning the trek towards Phakding. The trail passes through traditional Sherpa settlements, prayer wheels, suspension bridges, mani stones, and fresh glacier rivers flowing directly from the Himalayas.

Along the trail, our guides introduce you to local mountain lifestyles, Buddhist traditions, and Himalayan culture while ensuring a comfortable walking pace for acclimatization. In the evening, enjoy authentic local cuisine and warm Himalayan hospitality in a cozy teahouse.

Day 2: Trek from Phakding to Namche Bazaar (3,440m)

Trek Duration: 6-7 Hours

Trek Distance: Approx. 10-12 KM

Today's trek follows the beautiful Dudh Koshi River through pine forests, waterfalls, suspension bridges, and charming mountain villages. Crossing the famous Hillary Suspension Bridge becomes one of the exciting highlights of the journey.

Entering Sagarmatha National Park, the trail gradually ascends toward Namche Bazaar. Along the way, the first breathtaking glimpse of Mount Everest appears above the mountains, creating an unforgettable moment.

Namche Bazaar, the vibrant Sherpa capital of the Everest region, offers cafés, bakeries, local markets, mountain museums, and panoramic Himalayan scenery. In the evening, our guide may introduce you to local yak cheese and traditional Himalayan tea while sharing stories about Sherpa mountaineering history and Everest expeditions.

Day 3: Acclimatization Day at Namche Bazaar - Hike to Everest View Hotel

Hike Duration: 3-4 Hours

Hike Distance: Approx. 5-6 KM

To help your body adapt to the altitude, today is reserved for acclimatization. After breakfast, hike to the famous Everest View Hotel, one of the highest luxury hotels in the world. The trail rewards you with spectacular panoramic views of Everest, Ama Dablam, Lhotse, Nuptse, and surrounding peaks.

Bridge Nepal Treks and Travels makes this rest day special with optional yoga and breathing exercises guided by your trek leader to improve relaxation and altitude adjustment. You may also visit local monasteries, museums, and traditional Sherpa villages nearby.

Throughout the day, our guides provide deeper insights into Sherpa culture, Buddhist traditions, mountain climbing history, and Himalayan lifestyles.

Day 4: Trek from Namche Bazaar to Tengboche (3,867m)

Trek Duration: 5-6 Hours

Trek Distance: Approx. 10 KM

The trail today offers some of the most beautiful mountain scenery of the Everest Base Camp Trek. Walking along ridges surrounded by Everest, Ama Dablam, and Thamserku creates unforgettable Himalayan moments.

Descending through forests filled with rhododendrons and pine trees before ascending to Tengboche, you reach the spiritual center of the Everest region. The ancient Tengboche Monastery, surrounded by snow-covered peaks, creates a peaceful and magical atmosphere.

Your guide may arrange interaction with local monks and introduce you to centuries-old Buddhist traditions. During spring, the trail becomes colorful with blooming rhododendron forests and sightings of rare Himalayan birds and wildlife.

Day 5: Trek from Tengboche to Dingboche (4,260m)

Trek Duration: 5-6 Hours

Trek Distance: Approx. 11-12 KM

Today's trail gradually enters the higher Himalayan region where landscapes become more dramatic and alpine. Passing through Pangboche village, you may visit one of the oldest monasteries in the Khumbu region, believed to be over 1,000 years old.

Along the journey, clear glacier rivers, yak caravans, prayer walls, and breathtaking mountain scenery accompany you toward Dingboche. The views of Ama Dablam become especially spectacular throughout the trek.

In the evening, enjoy warm local meals while our guides share stories about local traditions, mountain survival, and Himalayan culture.

Day 6: Acclimatization Day at Dingboche - Hike to Nagarjun Hill (5,000m)

Hike Duration: 4-5 Hours

Hike Distance: Approx. 5-6 KM

Today includes another important acclimatization hike to Nagarjun Hill for stunning views of Makalu, Ama Dablam, Lobuche Peak, Island Peak, and surrounding Himalayan giants.

The peaceful mountain environment makes this day ideal for meditation, yoga, breathing exercises, and relaxation organized by our trekking team. Our guides continuously monitor your health, oxygen levels, and comfort to ensure safe acclimatization.

Back in Dingboche, enjoy warm local hospitality while experiencing life in remote Himalayan settlements surrounded by breathtaking mountain scenery.

Day 7: Trek from Dingboche to Lobuche (4,930m)

Trek Duration: 5-6 Hours

Trek Distance: Approx. 8 KM

As the altitude increases, the landscapes become rugged, icy, and dramatic. The trail passes memorial sites dedicated to climbers who lost their lives on Everest, creating emotional reflection along the journey.

Walking beside the mighty Khumbu Glacier while surrounded by Lobuche Peak, Nuptse, Pumori, and Everest creates unforgettable Himalayan experiences.

Since internet connectivity becomes very limited in Lobuche, Bridge Nepal Treks and Travels assists trekkers with communication support whenever possible and ensures everyone remains connected with family and loved ones.

Day 8: Trek from Lobuche to Gorak Shep (5,170m) - Everest Base Camp (5,364m)

Trek Duration: 7-8 Hours

Trek Distance: Approx. 14-15 KM

This is the most awaited day of the journey. After trekking beside glaciers and rocky Himalayan terrain, reach Gorak Shep before continuing toward Everest Base Camp.

Standing at Everest Base Camp beneath the world's highest mountain becomes an emotional and unforgettable achievement. Prayer flags, glaciers, ice formations, and surrounding Himalayan giants create a once-in-a-lifetime atmosphere.

Our guides help capture memorable photographs and celebrate the achievement together. Despite the remote conditions and lack of internet in Gorak Shep, our team provides every possible support to keep you safe, comfortable, and emotionally motivated.

Day 9: Hike to Kala Patthar (5,545m) and Trek to Pheriche (4,243m)

Hike & Trek Duration: 7-8 Hours

Trek Distance: Approx. 13-14 KM

Before sunrise, hike to Kala Patthar, the highest point of the trek and the best viewpoint for Mount Everest. Watching the golden sunlight slowly illuminate Everest, Nuptse, Lhotse, Ama Dablam, and Pumori becomes one of the most unforgettable moments of your life.

After enjoying the breathtaking scenery and photographs, descend toward Pheriche through peaceful mountain trails and glacier valleys.

The lower altitude and warmer atmosphere bring comfort and celebration after successfully completing the Everest Base Camp journey.

Day 10: Trek from Pheriche to Tengboche (3,867m)

Trek Duration: 5-6 Hours

Trek Distance: Approx. 9-10 KM

Descending through alpine valleys, forests, and Sherpa villages allows you to fully absorb the beauty of the Himalayas from a new perspective.

The return journey feels lighter and more emotional as trekkers reflect on the achievement of reaching Everest Base Camp. Along the way, guides continue sharing cultural stories, mountain legends, and local traditions.

Day 11: Trek from Tengboche to Namche Bazaar (3,440m)

Trek Duration: 5-6 Hours

Trek Distance: Approx. 10 KM

Returning to Namche Bazaar feels both comfortable and nostalgic. Warm bakeries, cafés, local markets, and familiar mountain scenery welcome you back after days in the high Himalayas.

This evening often becomes one of celebration, storytelling, and reflection with guides, porters, and fellow trekkers.

Day 12: Trek from Namche Bazaar to Lukla (2,860m)

Trek Duration: 6-7 Hours

Trek Distance: Approx. 18 KM

Your final trekking day follows rivers, forests, bridges, and mountain villages back to Lukla. The sense of achievement becomes stronger with every step.

In the evening, Bridge Nepal Treks and Travels organizes a small farewell celebration with the trekking crew to thank you for sharing this unforgettable Himalayan adventure together.

Day 13: Flight from Lukla to Kathmandu and Final Farewell

Flight Duration: 30-35 Minutes

Enjoy one final scenic flight back to Kathmandu with breathtaking Himalayan views from above. Upon arrival, our representative warmly receives you and assists with airport transfers and hotel arrangements if needed.

As a token of gratitude and Nepali hospitality, Bridge Nepal Treks and Travels offers a heartfelt farewell with traditional garlands, appreciation, and best wishes for your future journeys.

You return home not only with photographs, but with lifelong memories, emotional achievements, cultural experiences, and a story that stays with you forever.

Included Services

- Airport pick-up and drop-off services in Kathmandu.
- Round-trip domestic flights: Kathmandu - Lukla and Lukla - Kathmandu.
- Service Charges and Airport taxes for domestic flights.
- All ground transportation related to the trek itinerary.
- Experienced, government-licensed English-speaking trekking guide.
- Porter service during the trek (1 porter for 2 trekkers).
- Accommodation in local teahouses/lodges during trekking days with all meals (Breakfast, Lunch and Dinner).
- Seasonal fresh fruits during the trek.
- Everest Base Camp Trek permits including: Khumbu Pasang Lhamu Rural Municipality Permit and Sagarmatha National Park Permit.
- Sleeping bag and down jacket (returnable after trek if required).
- First aid medical kit carried by the guide.
- Online Briefing, Trekking route information and pre-trek briefing.
- Government taxes and official service charges.
- Assistance with trekking preparation and travel consultation.

- Farewell assistance from Bridge Nepal Treks and Travels team.

Excluded Services

- International airfare and Nepal entry visa fees.
- Travel insurance including emergency helicopter rescue coverage.
- Lunch and dinner in Kathmandu.
- Personal trekking equipment and clothing.
- Personal expenses such as: Hot Showers, Wifi, Mobile and Camera Charge and Beverages.
- Tips for guides and porters.
- Any expenses not specifically mentioned in the “Cost Includes” section.

Fixed Departure Dates

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Frequently Asked Questions

Q: Where is Everest Base Camp located?

Everest Base Camp is located in the Khumbu region of northeastern Nepal inside Sagarmatha National Park.

Q: What is the altitude of Everest Base Camp?

Everest Base Camp sits at an altitude of 5,364 meters (17,598 feet).

Q: How difficult is the Everest Base Camp Trek?

The trek is considered moderate to challenging due to high altitude, long walking hours, and changing weather conditions.

Q: Do I need previous trekking experience for the Everest Base Camp Trek??

Previous trekking experience is helpful but not mandatory. Good physical fitness and preparation are recommended for your Everest Base Camp Trek.

Q: How long does the Everest Base Camp Trek take?

The standard Everest Base Camp Trek usually takes 12 to 14 days including acclimatization days.

Q: What is the best time for Everest Base Camp Trek?

Spring (March, April and May) and Autumn (September, October and November) are the best seasons for clear mountain views and stable weather. You can do Everest Base Camp trek anytime in the year.

Q: What is the highest point of the Everest Base Camp trek?

Kala Patthar at 5,545 meters is the highest point commonly reached during the Everest Base Camp trek.

Q: Why is Kala Patthar important?

Kala Patthar offers the best panoramic sunrise view of Mount Everest and surrounding Himalayan peaks.

Q: Is altitude sickness common on the EBC trek?

Yes, altitude sickness can occur above 3,000 meters, which is why proper acclimatization is essential. Bridge Nepal focuses on safe and reliable trekking.

Q: How can I prevent altitude sickness in EBC trek?

Walk slowly, stay hydrated, avoid alcohol, eat properly, and follow acclimatization schedules recommended by guides.

Q: Do I need travel insurance for Everest Base Camp Trek?

Yes, travel insurance covering high-altitude trekking and emergency helicopter evacuation is strongly recommended.

Q: Is the Lukla flight safe?

Yes, flights to Lukla are operated by experienced pilots, though weather conditions can sometimes cause delays or cancellations.

Q: What happens if my Lukla flight gets canceled?

Flights may be delayed due to weather. Extra buffer days are recommended in your travel itinerary. However, Helicopter can be the best option's if there are weather uncertainty.

Q: What permits are required for Everest Base Camp Trek?

You need: Sagarmatha National Park Permit and Khumbu Pasang Lhamu Rural Municipality Permit

Q: Is Wi-Fi available during the EBC trek?

Yes, Wi-Fi is available in many teahouses for additional charges, though connectivity may vary.

Q: Are charging facilities available in Everest Base Camp Trek?

Yes, most teahouses offer charging services for an additional fee.

Q: What type of accommodation is available for Everest Base Camp Trek??

Accommodation is mainly in mountain teahouses and lodges with basic but comfortable facilities.

Q: What food is available during the EBC trek?

Teahouses serve Nepali, Tibetan, Indian, and continental meals including Dal Bhat, noodles, soups, rice, pasta, tea, and coffee.

Q: Can beginners do the Everest Base Camp Trek?

Yes, beginners with good fitness, proper preparation, and strong determination can complete the trek successfully.

Q: How many hours do we walk each day in EBC trek?

Trekkers usually walk 5-7 hours daily depending on the itinerary.

Q: Do I need a guide for Everest Base Camp Trek?

Hiring a licensed guide is highly recommended for safety, navigation, altitude management, and local knowledge.

Q: Are porters available during the Everest Base Camp trek?

Yes, porters are available to carry trekking bags and make the journey more comfortable.

Q: What should I pack for the Everest trek?

Warm clothing, trekking boots, sleeping bag, down jacket, gloves, sunglasses, sunscreen, trekking poles, water bottle, and personal medications.

Q: Is drinking water available on the EBC trek?

Yes, bottled water and boiled water are available. Water purification tablets are also recommended.

Q: Can I charge my phone and camera in the Everest Base Camp Trek?

Yes, charging services are available in most lodges with extra payment.

Q: Is there mobile network coverage in Everest Base Camp?

obile network coverage is available in many villages but may become limited at higher altitudes, like, Lobuche and Gorakshep.

Q: Are hot showers available during the Everest Base Camp trek?

Yes, hot showers are available in many teahouses in Everest region for additional costs.

Q: What is the temperature during the Everest Base Camp Trek trek?

Temperatures vary by season and altitude, ranging from warm daytime conditions to below freezing temperatures at night. The Lobuche and Gorakshep are extremely cold in the Night.

Q: Is Everest Base Camp Trek safe for solo travelers?

Yes, it is generally safe, especially when trekking with guides or organized groups.

Q: Can vegetarians or vegans find food during the EBC trek?

Yes, vegetarian meals are widely available and vegan options can often be arranged.

Q: What currency should I carry during the trek in Nepal?

Nepalese Rupees are recommended. ATM services are limited after Namche Bazaar.

Q: Is helicopter return available from Everest Base Camp?

Yes, helicopter return options can be arranged depending on weather. Bridge Nepal Treks and Travels offers the best helicopter return rates from Everest Base Camp Trek.

Q: What makes Everest Base Camp Trek special?

It is one of the world's most iconic trekking adventures, combining Himalayan landscapes, Sherpa culture, personal achievement, and the experience of standing beneath Mount Everest.

Q: Why choose Bridge Nepal Treks and Travels for Everest Base Camp Trek?

We provide experienced local guides, personalized support, reliable services, carefully designed itineraries, and complete assistance to make your Everest journey safe, smooth, and unforgettable.

Trip Information

- About The Trek
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Bridge Nepal Treks & Travels
www.bridgenepaltreksandtravels.com

