

# Everest Base Camp (EBC)

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

Nepal

## ACTIVITY

Trekking

## ACCOMMODATION

Hotel/Lodges

## WALKING

4-6

## MAX ALTITUDE

5,334

m

## DURATION

14

Days

## DIFFICULTY

Moderate

Difficult

## GROUP SIZE

12

People

## Expedition Overview

The **Everest Base Camp (EBC) Trek 2025** with **14 Peaks Expedition** offers an unforgettable journey through the breathtaking landscapes of the **Khumbu region**. This **14-day adventure** takes you to the foot of the world's highest mountain, **Mt. Everest (8,848.86m)**, while immersing you in the rich culture of the **Sherpa people**. With expert guidance and world-class logistics, we ensure a safe and enriching experience for trekkers of all levels.

The journey begins with a **scenic flight to Lukla**, the gateway to the Khumbu region. Along the trek, you will witness **stunning views of Everest, Lhotse, Nuptse, Ama Dablam**, and other Himalayan giants.

Trekkers will have the opportunity to explore **traditional Sherpa villages and ancient monasteries**, including a visit to **Tengboche Monastery**, the largest in the region. **Acclimatization days in Namche Bazaar and Dingboche** ensure a safe and enjoyable experience.

A highlight of the trek is the climb to **Kala Patthar**, offering **panoramic sunrise views of Everest**. The journey concludes with a **guided tour of Kathmandu's UNESCO World Heritage sites**, providing a deeper insight into Nepal's rich history and culture.

## INCLUDES

- **1. Airport Transfers & Transportation** – Airport transfers to and from the hotel are included by tourist vehicle. Members will be transported to Lukla by helicopter, and on the return, from Ama Dablam Base Camp to Kathmandu, shared flights will be arranged. Personal baggage of up to 20 kg will be transported by porters or mules.
- **2. Hotel Accommodation in Kathmandu** – The package includes 4 nights at a 4-star hotel in Kathmandu, on a bed-and-breakfast plan in single rooms, offering comfort and convenience before and after the trek.
- **3. Meals & Lodging** – Three meals a day (breakfast, lunch, dinner) will be provided during the trek. Fresh and hygienic food, including vegetables, meats, fruits, and drinks, will be regularly served.
- **4. Staff and Porters** – One porter per two members will carry their personal luggage. The Trek includes cooks and kitchen helpers at Base Camp. Staff wages, food, and clothing are covered in the package.
- **5. Insurance & Emergency Services** – Medical and emergency rescue insurance is provided for all Nepalese staff. Satellite phones and walkie-talkies will ensure communication, and a fully stocked medical kit is available for emergencies.
- **6. Guides & Staff** – Local government-licensed English-speaking guide during the trek and Kathmandu sightseeing. Salary, daily wages, food, clothing, and equipment for all Nepalese staff and porters.

## EXCLUDES

- **1. AIR FARE** – International flight airfare (from and to Kathmandu).
- **2. NEPAL ENTRY VISA FEE** – The Nepalese visa fee is USD \$125 for 90 days.
- **3. MEALS** – Lunch and dinner during the stay in Kathmandu from trekking/expedition). (including any additional meals in case of early return)

- **4. EXTRA NIGHTS IN KATHMANDU & POKHARA** – Accommodation costs for extra nights in Kathmandu or Pokhara due to early arrival, late departure, early return from trekking/expedition, or changes in the domestic flight schedule.
- **5. INSURANCE POLICY** – Insurance covering medical and high-altitude evacuation costs (for trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.). Mandatory: Send us a copy of your insurance policy before your arrival.
- **6. PERSONAL EXPENSES** – Costs for personal items such as telephone calls, internet, toiletries, battery recharge, hot showers, laundry, soft drinks, beers, and any alcoholic beverages (both during the trek and in Kathmandu). Soft drinks will be provided at base camp.
- **7. PERSONAL CLIMBING EQUIPMENT** – Clothing, packing items, bags, personal medical kit, and any trekking/climbing gear required.
- **8. TOILETRIES** – Items such as soaps, shampoos, toilet papers, toothpaste, and any personal hygiene products.
- **9. FILMING PERMITS** – Special filming, camera, and drone permit fees.
- **10. INTERNET SERVICE** – Internet services are not included during the trek and expedition.
- **11. SUMMIT BONUS** – Summit bonus for climbing Sherpas (minimum USD 800).
- **12. TIPS** – Gratuities for Basecamp and High Camp staff (minimum USD 350).
- **13. EXTRA SERVICES/ACTIVITIES** – Any services or activities not mentioned in the itinerary or not listed in the “Cost Includes” section.

## Trip Itinerary

Days	Program	Meals	Accommodation	Description
3	Phase 1: Arrival and Journey to the Khumbu Region	B/L/D	Hotel/Lodges	Day 1: Arrival in Kathmandu (1,400m) Airport pickup and transfer to the hotel. Trek briefing and welcome dinner. Overnight at a 3-star hotel. Day 2: Flight to Lukla (2,800m) and Trek to Phakding (2,652m) Scenic 35-minute flight to Lukla. 3-4 hours trek through lush forests and small villages. Overnight at a teahouse. Day 3: Phakding to Namche Bazaar (3,440m) Trek along the Dudh Koshi River and cross suspension bridges. Enter Sagarmatha National Park. 6-7 hours trek with a steep climb to Namche. Overnight at a teahouse.
3	Phase 3: High-Altitude Adventure to Everest Base Camp	B/L/D	Lodges	Day 8: Dingboche to Lobuche (4,940m) 5-6 hours trek through high-altitude terrain. Visit memorials at Thukla Pass dedicated to climbers. Overnight at a teahouse. Day 9: Lobuche to Gorak Shep (5,164m) and Everest Base Camp (5,364m) 7-8 hours trek. Reach Everest Base Camp and celebrate the achievement. Return to Gorak Shep for overnight stay. Day 10: Gorak Shep to Kala Patthar (5,550m) and Descend to Pheriche (4,371m) Early morning hike to Kala Patthar for sunrise views of Everest. Descend to Pheriche after breakfast. 6-7 hours trek. Overnight at a teahouse.

Days	Program	Meals	Accommodation	Description
4	Phase 2: Acclimatization and Trekking Deeper into the Mountains	B/L/D	Lodges	Day 4: Acclimatization Day in Namche BazaarExplore Namche Bazaar, the Sherpa capital.Optional hike to Everest View Hotel for panoramic mountain views.Visit local museums and markets.Overnight at a teahouse.Day 5: Namche Bazaar to Tengboche (3,867m)5-6 hours trek with a stop at Phungi Tenga.Visit Tengboche Monastery.Stunning views of Ama Dablam, Everest, and other peaks.Overnight at a teahouse.Day 6: Tengboche to Dingboche (4,410m)5-6 hours trek through rhododendron forests and alpine landscapes.Cross the Imja River and reach Dingboche.Overnight at a teahouse.Day 7: Acclimatization Day in DingbocheOptional hike to Nagarjun Hill or Chhukung for altitude adaptation.Relax and enjoy the stunning scenery.Overnight at a teahouse.
4	Phase 4: Descent and Return to Kathmandu	B/L/D	Lodges/Hotel	Day 11: Pheriche to Namche BazaarDescend through Pangboche and Tengboche.6-7 hours trek.Overnight at a teahouse.Day 12: Namche Bazaar to Lukla6-7 hours trek.Celebrate the end of the trek with your team.Overnight at a teahouse.Day 13: Flight to KathmanduMorning flight to Kathmandu.Free time for shopping or sightseeing.Farewell dinner.Overnight at a 3-star hotel.Day 14: DepartureTransfer to the airport for your departure flight.

# Trekking Gear List

## Travel Documents

Valid Passport   Debit/Credit Card   PP Size Photos(4 Pieces)  
Insurance Paper/Certificate   Summit Down Suit – 8000M

## Medicine / First Aid Kits

Paracetamole

## Upper Body

Thermal Base Layer   Fleece Jacket   Gore Tex Jacket  
Warm Jacket   Wind Proof Jacket   Down Jacket   Cotton T-Shirt

## Lower Body

Trouser   Bottom Base Layer   Fleece Trouser   Gore Tex Pant  
Heavy Weight Pant   Mid Weight Pant   Trekking Pant  
Under Wear   Down Pant   Gaiters for Trekking Boots  
Climbing Boot -6000m   Normal Socks   Summit Socks  
Trekking Shoes   Thermal Bottom Base Layer   Trekking Pants

## Foot Wear

Summit Boot - 8000m   Sport Shoes

## Hand

Thin Fleece Gloves   Wind Stopper Gloves   Heavy Gloves(Guide)  
Summit Gloves

## Head

Sun Cap   Desert Cap   Fleece Hat/Warm Hat   Neck Gaiter  
Snow Goggles   Balaclava

## Eating & Drinking

Water bottle   Thermos

## Bag Packs

Rucksack 35L-50L   Duffle Bag   Dry Bags

## Miscellaneous

Trekking Pole   Pocket Knife   Nail Cutter   Umbrella/Rain Coat  
Hot Water Bag   Pee Bottle   Tenacious Tape Repair  
Altimeter Watch   Satellite Phone(Optional)   GPS Tracker  
Power Bank   Camera   GPS Tracker