

Everest Base Camp Trek by Land: 17 Days



Trek Information

Duration	17 days
Difficulty	Hard
Region	Everest Region
Highest Altitude	5445.0 m
Group Size	1-20+
Season	Autumn & Spring
Individual Cost	\$1700.0

Description

About the Destination

The **Everest Base Camp (EBC)** trek is one of the world's most celebrated journeys, drawing trekkers from every corner of the globe to witness the grandeur of the Himalayas up close. This legendary trail follows in the footsteps of Sir Edmund Hillary and Tenzing Norgay, beginning with a dramatic flight into Lukla and weaving through the heart of the Khumbu region. As trekkers ascend through Sherpa villages like Phakding, Namche Bazaar, Tengboche, and Dingboche, they are immersed in vibrant local culture, Buddhist monasteries, and unmatched mountain scenery.

The trail offers glimpses of Everest early on, but the full majesty unfolds at Kala Patthar

(5,545m), a vantage point that delivers sunrise views of Everest, Nuptse, and Lhotse in stunning clarity. The final destination, Everest Base Camp (5,364m), sits at the foot of the mighty Khumbu Icefall, where climbers prepare for their summit push. The journey tests one's endurance and altitude adaptability but rewards with unparalleled vistas, spiritual encounters, and a sense of achievement. Whether it's crossing high-suspension bridges or sipping tea with local Sherpas, every step on the EBC trek resonates with adventure and legacy, making it a must-do for anyone passionate about mountains and cultural exploration.

Trip Overview

The Everest Base Camp Trek is a trekking tour deep into the Himalayas by land. You begin in Kathmandu at 1,400 meters and drive to Phaplu and then Surke at 2,290 meters, bypassing flights. From Surke, the trek starts, you follow valleys, rivers, and Sherpa villages, and get cultural encounters and peaceful scenery.

The route ascends steadily to Namche Bazaar, 3,440m, home of the Sherpas with markets and mountain views. An acclimatization hike to the Everest View Hotel provides a view of Everest and Ama Dablam. Continuing on Tengboche and Dingboche at 4,410 meters, you pass monasteries, forests, and highland fields, and your body can become accustomed to the altitude. A total of 6-7 hours of walking a day is expected.

The higher part of the trek takes you to Lobuche 4,940m and then Gorakshep 5164m. Here you reach Everest Base Camp at 5,364m, right at the foot of the world's tallest mountain. A sunrise hike to Kala Patthar, 5,545m - the highest point on this trek, offers unforgettable views of Everest, Nuptse, and Lhotse.

On the way down, you follow the trail again through Pangboche and Namche, and then you would go to Chaurikharka and Thamdanda. A jeep takes you back to Katmandu passing hills and valleys. You stay each night in local lodges that are simple in their comforts and traditional in the food that is served. This 17-day trek combines road travel, Sherpa culture, and the ultimate goal of Everest Base Camp.

Trip Highlights

- We begin in Kathmandu, enjoying this culture in preparation for the long land trip.
- The jeep takes us to Phaplu, where we cross hills, rivers, and terraced fields, passing scattered villages along the road.
- We continue by jeep to Surke (2,290m) and enter the Khumbu region. Here we start to walk through valleys and pine forests.
- While trekking to Benkaar, we follow the Dudh Koshi River, crossing suspension bridges and passing Sherpa villages.
- Reaching Namche Bazaar 3,440m, we cross the Hillary Bridge into the Sagarmatha National Park. There, we explore markets, museums, and take in the mountain views.
- Hiking to the Everest View Hotel allows us to admire Everest, Ama Dablam, and the peaks that surround it.
- We walk to Tengboche, visit its monastery, and see Everest and Lhotse rising from

above the forests.

- Climbing to Dingboche height 4,410 m, Pangboche village, highland fields, and stone houses.
- Hiking to the surrounding hills, we increase our altitude and have views of Makalu and Ama Dablam.
- Hiking towards the next peak, Lobuche, passing Thukla on the way, equipped with memorials for climbers.
- Reaching Gorakshep at 5,164 metres and onward to Everest Base Camp 5,364 metres, which stands at the foot of the world's highest mountain.
- Ascending to Kala Patthar, 5,545 m, we watch the sunrise over Everest, Nuptse, and Lhotse - this trek's highest point.
- Moving down through Pangboche and Namche, retracing trails down rivers and forests.
- Leaving our heads towards Chaurikharka and Thamdanda, we walk and enjoy quiet villages, farming, and Sherpa hospitality.
- Driving back to Kathmandu, enjoying the hills and valleys.

Detailed Itinerary

Arrive in Tribhuvan International Airport in Kathmandu and transfer to your hotel

Guests are welcomed at the airport and are taken to a hotel in the capital. This day is for resting and orienting. In the afternoon there are the opulent streets of Thamel to explore or heritage sites such as Swayambhunath and Kathmandu Durbar Square. A trek briefing and gear check gets you ready for the adventure to come.

Drive Kathmandu to Phaplu (2,410 m) by private jeep

The drive from Kathmandu to Phaplu is long but exciting. The road passes between river valleys, terraced hillsides and small towns. Farmers are working in the fields, children are walking to school, and traditional houses dot the ridges. As the jeep ascends higher, cool air and distant views of the mountains come into view. Phaplu is a Sherpa town with a quiet environment, making it a peaceful first night in the hills.

Drive Phaplu to Surke

The jeep ride to Surke is adventurous with rough mountain roads and sharp bends. The journey takes one past ridges, valleys, and scattered villages. Surke is situated below Lukla and is surrounded by forests and farmland. It is the starting point of the trek and has a quiet ambience and Sherpa-style hospitality.

Trek Surke to Benkaar

The trek starts along the Dudh Koshi River valley. Suspension bridges swing above rushing waters, and mani walls are lining the trail. Villages that have stone houses and terraced fields show the everyday life of the Sherpas. The walk is peaceful with forests and waterfalls en route. Benkaar is a small settlement overlooking green hills - a cosy place to stay overnight.

Trek Benkaar to Namche Bazaar (3,440 m)

The trail goes up a steep slope through forests and villages. It is exciting to cross the famous Hillary Bridge, with the river far below. Entering Sagarmatha National Park the view starts changing into alpine forests and ridges. After a steep climb you get to Namche Bazaar which opens into a bustling Sherpa town with shops, bakeries and wide views of the mountains. The excitement of being in the heart of the Khumbu starts from this point.

Acclimatization in Namche Bazaar (3,440 m)

This is the first acclimatisation day. Resting and walking short distances is good for your body to adjust to the altitude for a healthy trek. We hike to a viewpoint hotel called Everest View hotel for wide panoramas of Everest and Ama Dablam. Back in Namche we explore Sherpa culture in the museums and markets. Meals include Sherpa stew, Tibetan bread and hot tea. Mild headaches or shortness of breath can be experienced but slow walking and taking fluids helps.

Trek Namche Bazaar → Tengboche (3,860 m)

The trail goes through pine and rhododendron forests. We cross rivers and have views of Everest and Ama Dablam. Tengboche Monastery is the highlight - chanting monks and

prayer flags. Meals are simple - rice, lentils, noodles, and yak butter tea. At this altitude, trekkers may become tired faster, so rest and warm food are important.

Trek Tengboche to Dingboche (4,410 m)

The trail leads down to riverside villages then gently uphill. We pass Pangboche, where there is an old monastery, and continue to Dingboche. The village is enclosed with stone walls and potato fields. Meals consist of local Sherpa meals and hot soups. At this altitude trekkers can experience dizzy sensation or disturbed sleep which is common sign of altitude stress.

Acclimatization in Dingboche (4,410 m)

This is the second acclimatisation day. We walk up to nearby hills, gaining 300-800 m, and have views of Makalu, Lhotse, and Ama Dablam. Acclimatization can prevent altitude sickness. Symptoms such as headache, nausea, or loss of appetite may be present, but rest and warm meals help the patient to recover. Sherpa hospitality is high here, and stories of mountaineering are shared over tea.

Trek Dingboche to Lobuche (4,940 m)

The trail ascends fairly steadily through alpine meadows. We arrive at Thukla and visit memorials to climbers who lost their lives on Everest. The walk continues to Lobuche, a small settlement where there are high peaks around it. Meals are basic but filling - rice, noodles and hot soups. At nearly 5000 m, trekkers may experience strong altitude effects such as shortness of breath and fatigue, which is why it is important to have acclimatization days earlier.

Trek Lobuche to Gorakshep to Everest Base Camp (5,364 m), return Gorakshep

This is the most awaited day of the trek. The trail passes through rocky trails and glacial moraines and is rewarded with a view of Pumori and Nuptse. Guides are ahead of the way carefully pointing out safe routes, and telling stories of past expeditions. After arriving at Gorakshep, we progress towards Everest Base Camp at the bottom of the world's highest mountain. The atmosphere is exciting and in spring there are prayer flags and climber camps. Meals are simple - rice, noodles and tea - to fuel the long day. At this altitude trekkers often get breathless and tired so guides keep a check on the symptoms and encourage a patient pace.

Sunrise hike Kala Patthar (5,545 m), trek to Pangboche (3,985 m)

We start climbing Kala Patthar which is the highest point of the trek before dawn. Guides set the pace, and make sure that everyone makes it to the viewpoint safely. The sunrise from Everest, Nuptse and Lhotse is unforgettable, with the golden light touching the peaks. After the descent, we trek down to Pangboche passing through alpine meadows and forests. Pangboche is famous for the ancient monastery and Sherpa traditions. Meals include a Sherpa stew and Tibetan bread which is enjoyed with warm hospitality. The fall in altitude relieves the symptoms of altitude and breathing becomes more comfortable.

Climb Island Peak Summit (6,189 m), Return to Chukhung (4,730 m)

The start of the climb begins early at 2-3 am. The route consists of rocky trails, ladders, and fixed ropes on icy slopes. The summit at 6,189 meters provides breathtaking views of Everest, Lhotse, Makalu, and the Imja Valley. After partying at the top, trekkers carefully climb down to Base Camp and on to Chukhung. Meals consist of warm soups, rice, and tea. The day is long and taxing, but the summit creates unforgettable joy.

What's Included

- Private airport transfer service in vehicles for comfortable arrival and departure
- Accommodation during the trek in the standard lodges, and comfortable hotels in Kathmandu (twin sharing basis).
- Full board meals (breakfast, lunch, dinner) during the whole trek including tea/coffee and simple local food.
- English speaking trekking guide with professional, personalized support.
- Porter service (1 porter between 2 trekkers).
- Salaries, equipment, insurance coverage of guides and porters.
- Emergency rescue services (cost of rescue covered on trekker's travel insurance).
- A basic first aid kit is carried by the guide for safety purposes and support against altitude problems.
- Trek completion certificate (to celebrate your achievement of Everest Base Camp).
- Required Permits Sagarmatha National Park Entry Permit, Khumbu Pasang Lhamu Rural Municipality Permit
- Printed Trekking Route Map to navigate and get an overview of trip.
- Private jeep transportation: Kathmandu - Phaplu (start)/ Thamdanda - Kathmandu (return).
- All government tax and official charges as applicable.

What's Not Included

- For high altitude trekking and emergency rescue, travel insurance is highly recommended.
- Personal expenses on trek including hot showers, charging devices and Wi-Fi in lodges are not included.
- No beverages of any kind (tea, coffee, mineral water, soft drinks, alcoholic drinks, etc.) are included in the package.
- Personal trekking equipment and gear such as boots, jackets, poles and sleeping bags must be provided by the traveler.
- Tips for guides and porters are a custom and not included in the package fee.
- Expenses incurred due to unexpected events are not covered, including due to: Natural disasters, extreme weather, political instability, or delays on the road.
- Kathmandu hotel and food cost before and after trek and sightseeing or tours in Kathmandu other than mentioned in the itinerary are not covered.

Equipment & Packing List

Everest Base Camp Trek by Land | 17 Days Itinerary Overview

The Everest Base Camp Trek by land is a 17-day trek in the Khumbu region, which combines adventure, culture, and high mountain landscapes. From Kathmandu, at 1,400 metres, the guests are transferred to a hotel and then to Phaplu, 2,410 metres, in a private jeep. The drive continues, by shared jeep, to Surke, 2,290m - the trek's lowest point - where the trek by foot through valleys and pine forests begins.

From Surke, the trail goes to Benkaar and then climbs to Namche Bazaar, 3,440 m. The walk lasts 5 - 7 hours and passes suspension bridges and Sherpa villages by the Dudh Koshi river. The Sherpa capital of Namche has markets, museums, and sweeping views. A hiking tour of acclimatization to the Everest View Hotel will allow you to see Everest, Ama Dablam, and other peaks.

The path leads further to Tengboche, whose monastery is located at 3,860 meters. The trek is 5-6 hours through the rhododendron forest and has views of Everest and Lhotse. From there, the trail goes up to Dingboche, 4,410m, in another 5-6 hours, passing Pangboche village and highland fields. A second day of acclimatization involves a 3-4 hour hike up to the nearby hills, where one gets panoramas of Makalu and Ama Dablam.

As you go higher, the path will arrive at Lobuche (4940m) after 5-6 hours of walking. The route goes through Thukla and the climber memorials. From Gorakshep 5,164 m, trekkers head for Everest Base Camp 5,364 m in a day's journey of 7-8 hours, standing at the foot of the world's highest mountain.

The highlight is a sunrise climb up to Kala Patthar at 5,545m - the highest point of the trek - where Everest, Nuptse, and Lhotse are visible in the morning light. On the way down, you retrace trails through Pangboche and Namche, walking 6-7 hours. The journey continues to Chaurikharka and Thamdanda over 5-6 hours, passing over quiet villages and farmland. From Thamdand, you are taken back to Kathmandu by jeep through hills and valleys. The last night you spend in a hotel in the capital before leaving.

This 17-day trek combines road travel, Sherpa culture, and the ultimate goal of Everest Base Camp. It is perfect for people who wish to explore the Himalayas well, with land routes, real villages, and unforgettable mountain views.

Everest Base Camp Trek – 17 Days Trek Outline

Day

Route

Distance

Duration

Altitude Gain/Loss

Sleep Altitude

1

Arrival in Kathmandu, transfer to the hotel

–

–

–

1,400 m

2

Drive Kathmandu → Phaplu by private jeep

–

8–9 hrs

+1,010 m

2,410 m

3

Drive Phaplu → Surke by shared jeep

–

6–7 hrs

–120 m

2,290 m

4

Trek Surke → Benkaar

~11 km

5–6 hrs

+310 m

2,600 m

5

Trek Benkaar → Namche Bazaar

~10 km

6–7 hrs

+840 m

3,440 m

6

Acclimatization hike to Everest View Hotel, return to Namche

~5 km

3–4 hrs

+400 m / –400 m

3,440 m

7

Trek Namche → Tengboche

~9 km

5–6 hrs

+420 m

3,860 m

8

Trek Tengboche → Dingboche

~11 km

5–6 hrs

+550 m

4,410 m

9

Acclimatization hike around Dingboche

~5 km

3–4 hrs

+300–800 m / –300–800 m

4,410 m

10

Trek Dingboche → Lobuche

~8 km

5–6 hrs

+530 m

4,940 m

11

Trek Lobuche → Gorakshep → Everest Base Camp (5,364 m), return Gorakshep

~12 km

7–8 hrs

+424 m / –200 m

5,164 m

12

Sunrise hike Kala Patthar (5,545 m), trek → Pangboche

~13 km

6–7 hrs

+381 m / –1,200 m

3,985 m

13

Trek Pangboche → Namche Bazaar

~10 km

6–7 hrs

–545 m

3,440 m

14

Trek Namche → Chaurikharka

~12 km

6–7 hrs

–1,150 m

2,290 m

15

Trek Chaurikharka → Thamdanda

~10 km

5–6 hrs

–390 m

1,900 m

16

Drive Thamdanda → Kathmandu by jeep

–

9–10 hrs

–500 m

1,400 m

17

Departure or onward activities

–

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Permits and Expenses Needed for the Everest Base Camp Trek by Land | 17 Days

In order to trek to Everest Base Camp or explore the Khumbu region, trekkers need two permits. These fees assist in conservation, safety, and development of local communities in Sagarmatha National Park and the Khumbu Pasang Lhamu Rural Municipality.

Sagarmatha National Park Entry Permit

The permit for Sagarmatha National Park provides access to the protected area with its forests, glaciers, and wildlife, and trekking trails to Everest Base Camp. The fee is used to fund biodiversity, trail maintenance, and park management.

- Foreigners: NPR 3,000 per person (around USD 23)
- SAARC nationals: NPR 1500 per person
- The citizens of Nepal: NPR100 per capita
- Children under 10: Free
- Available in the Nepal Tourism Board office in Kathmandu or at the checkpoints of the parks (Monjo).

Khumbu Pasang Lhamu Rural Municipality Entry Permit

The local permit is used to fund the infrastructure, maintenance of trails, and development of the Sherpa communities in villages such as Namche, Pangboche, and Dingboche. It helps to ensure trekkers are making a direct contribution to the people living along the route.

- Foreigners: NPR 2,000 per person (= USD 15)
- SAARC nationals: Same as the foreigners
- Children under 10: Free
- This is issued at Lukla, Phaplu, or local checkpoints.

TIMS Card (Trekking Information Management System)

A TIMS card is not required for the Everest Base Camp trek, as the Everest trekking region is included in the Khumbu Rural Municipality permit.

Summary

For the Everest Base Camp Trek by Land (17 days), trekkers are to obtain:

- Sagarmatha National Park Entry Permit (NPR 3,000 for foreigners, NPR 1,500 for SAARC).
- Khumbu Pasang Lhamu Rural Municipality Entry Permit (NPR 2,000 for foreigners and SAARC nationals).

- No TIMS card required.

These permits are to ensure the trek is well managed, the environment is protected, and the local communities benefit directly from tourism.

Trip Cost – Everest Base Camp Trek by Land (17 Days) | 2026/2027

Group Size

Price Per Person (USD)

10 persons

10 – 20 persons

21+ persons

Single Supplement

Note

- Prices are calculated per person.
- A flat per-capita rate is applicable to groups of ten trekkers.
- For groups of 20 or more there is a discounted price per person.
- The package includes accommodation in villages like Surke, Benkaar, Namche Bazaar, Tengboche, Dingboche, Lobuche, Gorakshep, Pangboche, Chaurikharka, and Thamdanda and comfortable hotels in Kathmandu.
- All meals are included with traditional Sherpa cuisine, Nepali staples, tea or coffee to go with meals and simple desserts.
- Guides offer professional support and cultural insights as the trek goes on.
- There is an extra cost for private accommodation.

Best Time to Trek Everest Base Camp by Land (17 Days)

Spring (March to May) | Ideal for High Passes and Mountain Views

Spring is one of the best times for the Everest Base Camp trek. The weather is stable, skies are clear & rhododendron forests are in bloom along the lower trails near Surke and Benkaar. Further up, visibility is excellent, and the peaks of Everest, Lhotse, and Ama Dablam glisten under crisp mornings. Lodges are very lively, serving hot meals and comfort after having to walk long distances all day.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

March

-2 to 12

-8 to -12

40–60 mm

Cool mornings, clear skies, rhododendrons starting

Light above 4,500 m

April

0 to 15

-6 to -10

50–70 mm

Mild days, forests in bloom, pleasant lodge stays

Rare

May

2 to 17

-4 to -8

60–80 mm

Warm, clear skies, stable trails, cozy evenings

Minimal

Autumn (September to November) | Clear Skies and Cultural Encounters

Autumn is another good season. Monsoon rains leave the air fresh and skies crystal clear. Views of Everest and the surrounding peaks are best. It is a moderate temperature with busy harvest villages and cultural festivals adding to the treasure of the trek. Lodges are friendly, and the Sherpa hospitality and warmth of their food after long days.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

September

0 to 13

-6 to -10

70–100 mm

Fresh air, crystal views, lively villages

Occasional above 4,500 m

October

-2 to 12

-8 to -12

40–60 mm

Peak season, clear skies, vibrant trekking mood

Rare

November

-5 to 9

-10 to -15

20–40 mm

Crisp mornings, stable weather, warm lodge hospitality

Light above 4,800 m

Summer Monsoon (June–August)

Heavy rains make the journey over land less comfortable. Roads to Phaplu and Surke can be muddy and delayed, whereas trails become slippery. Visibility is not good, and leeches are common in lower forests. Lodges are still open, but travel is unpredictable because of fluctuating weather and landslides.

Winter (December–February)

Freezing temperatures, icy winds, and snow-bound trails make trekking not so suitable. Roads to Phaplu and Thamdanda may be snow-blocked. Lodges remain open but cold, and the altitude poses extreme dangers of reduced comfort and safety. Only experienced trekkers with good equipment attempt the trek in this season.

Packing List for the Everest Base Camp Trek by Land | 17 Days

General Essentials

- Four-season sleeping bag (rated -15 to -20 degC). Lodges do provide blankets, but your own bag is necessary at high altitude.
- Heavy down jacket - helpful in cold mornings and nights above 4500m.
- Daypack 35–40 L with rain cover.
- Trekking poles - very useful for steep ascents and descents, and crossing suspension bridges.
- Water purification tablets or water filters - for refilling the bottles at the lodges and streams.
- Headlamp with extra batteries - required for the sunrise trek to Kala Patthar and for use of the lodge in the evening

Upper Body

- Sun hat or cap - protection from the strong UV rays on open trails.
- Warm beanie or knitted hat - for cold mornings in Dingboche, Lobuche, and Gorakshep.
- UV-protected sunglasses (category 3-4)-protect from the glare of the snow and bright skies.
- Buff or neck gaiter- to protect against dust, wind, and cold.

Torso Layers

- Technical base layers - thermal, moisture -wicking.
- Two short-sleeve trek shirts and two long-sleeve trek shirts.
- Fleece jacket/pullover.
- Waterproof shell jacket- windproof for ridges and exposed parts.
- Insulated mid-layer jacket - for evenings at 4000 - 5000 metres lodges.

Lower Body

- Thermal leggings/base layer.
- Two hiking pants—quick-dry.
- Hiking shorts for warmer days in lower villages such as Surke and Benkaar.
- Comfortable Lodge Pants - for evenings spent in tea houses.
- Rain/snow shell pants-Mountain weather is unpredictable, especially above 4,500m.

Hands

- Liner gloves.
- Insulated gloves-for cold morning on Everest Base Camp and Kala Patthar.

Feet

- Warm wool socks (4–5 pairs).
- Hiking socks with liners.
- Waterproof trekking boots - broken in, with ankle support.
- Casual shoes or slippers- for lodge evenings

Undergarments & Sleepwear

- Quick-dry underwear.
- Sports bras—for women.
- Comfortable sleeping clothes - warm enough for sleeping at Lobuche and Gorakshep.

Medicals & Personal Care

- First-aid kit, pain medication, and altitude medication (up to 5,545 m).
- Oral rehydration salts - for hydration at altitude;
- Sunscreen SPF 50+, lip balm SPF - UV is strong above 3,000m.
- Menstrual products (for women).
- Hand sanitizer, wet wipes, toiletries
- Personal medications—prescribed.

Electronics

- Power bank (15,000-20,000 mAh) - it is possible that charging is limited in the lodges.
- Camera/ Smartphone with extra memory cards- for Everest Base Camp and Kala Patthar Views
- Adapter plug—Ne standard (C/D/M).

Miscellaneous

- Trekking duffel bag, lightweight towel, notebook, and pen.
- Snacks- energy bars, nuts, and chocolates to have extra calories on long trek days.
- Reusable water bottle/ hydration bladder (2-3 L).
- Small lock - for duffel bag security.
- Lightweight book or Kindle - for downtime in lodges.

Equipment and Extras Provided by the Company

- Down jacket—loaned for trek.
- Sleeping bag-- loaned out, rated for Everest base camp conditions (lodges have extra blankets)
- Trekking duffel bag (70 L) - for use by the porter.
- Everest Base Camp trekking map.
- Trekking t-shirt—souvenir.
- Appreciation certificate upon completion of the trek.
- First-aid kit, including oximeter - altitude monitoring.
- Basic medical support - during the trek.
- Lodge stays at Surke, Benkaar, Namche, Dingboche, Lobuche, Gorakshep, Pangboche, Chaurikharka, Thamdanda, and hotels in Kathmandu.

Can You Trek the Everest Base Camp by Land Solo?

From 2023, foreign trekkers in Nepal will need to have a licensed guide. This rule applies to the land route to Everest Base Camp as well. It was introduced to help with safety, reduce the number of accidents, and provide trekkers with cultural and logistical support

on the journey.

The trek goes as far as Everest Base Camp (5,364 m) and Kala Patthar (5,545 m). At these heights, altitude sickness may occur. Weather changes rapidly, and there are steep ascents, rocky trails, and suspension bridges on the trails. Guides assist in acclimatization, monitor health, and handle emergencies, which helps the trek be safer and more managed.

Guides also contribute to the value of the trip by imparting their knowledge of Sherpa traditions, monasteries, and village life in Namche, Tengboche, and Pangboche. Porters have to carry loads so the trekkers can walk free. Lodges of way provide hot meals and simple, but warm rooms, even in the high altitudes.

Encouragement and company are provided by walking with a group. The trek goes from the quiet valleys near Surke to seeing the sunrise on Kala Patthar, where Everest and other peaks surrounding the main mountain glow in a golden light. The jeep ride back to Kathmandu from Thamdanda completes the adventure with a combination of culture, scenery, and achievement to reach Everest Base Camp by land.

What are the Meals and Accommodation Like in the Everest Base Camp Trek by Land?
Meals and accommodations on the Everest Base Camp Trek by Land are very basic but reliable, with Sherpa hospitality at every stop. As the trek climbs higher in altitude, lodges and tea houses become more basic in nature; they offer hearty meals and warm dining halls to sustain the trekkers and give them a place to rest throughout the journey.

In Kathmandu

Trekkers spend their time in comfortable hotels like Hotel Thamel or other standard accommodations. Twin or double rooms are available with modern amenities. Breakfast before the trek starts and after returning. Meals in Kathmandu are a blend (Nepal's are) of both Nepalese and international dishes, so be sure to get a variety before heading into the mountains.

Along the Trek

Accommodation is in lodges and tea houses on the way at Surke, Benkaar, Namche Bazaar, Tengboche, Dingboche, Lobuche, Gorakshep, Pangboche, Chaurikhark, and Thamdanda. Rooms are basic but clean and usually have twins, with shared bathrooms. Hot showers and Wi-Fi are provided in the lower villages, such as Namche, and facilities become slim at the higher altitudes. Dining halls are communal places, often warmed by wood or yak-dung stoves, providing a warm atmosphere after a long trek.

Atmosphere

Tea houses offer true mountain hospitality. Evenings are spent in the dining halls where the trekkers gather around the fire, sharing stories and enjoying the calm ambience. The mood varies with the altitude: lively at Namche, spiritual at Tengboche monastery, quiet at Dingboche, and adventurous at Gorakshep near Base Camp. Descending to Pangboche and Chaurikharka means experiencing the culture and peaceful village life.

Meals

Full board meals are included throughout the trek - breakfast, lunch, and dinner each day.

- Breakfast: porridge, eggs, Tibetan bread, pancakes, toast, and jam or honey, tea or coffee.
- Lunch: dal bhat, noodles and soups, fried rice, pasta, and the local Sherpa dishes.
- Dinner: Sherpa stew, thukpa, momos, curried potatoes, and some basic international comfort food. Meals are freshly cooked, often with organic vegetables from the local farms.
- Refreshments include tea and coffee several times a day and fresh fruit, when available. Hydration is emphasized, and boiled or purified water is made available at the lodges.

Health & Nutrition

Meals are meant to help trekking at altitude: carbohydrates for energy, soups for hydration, and warm food for strength. Fresh vegetables and fruit provide vitamins, and hot drinks aid the body in acclimating to the cold mountain air. Guides encourage trekkers to eat well and drink plenty of fluids in an effort to make them comfortable and safe while they acclimatize.

Notes

Food is a combination of Nepalese, Sherpa, Tibetan, and simple international dishes. Breakfasts are filling, with tea or coffee. Accommodation is twin or double in tea houses, and there are shared toilets and communal dining halls. This arrangement makes sure that trekkers stay in a safe lodging, enjoy healthy food, and genuine hospitality while enjoying superb views of Everest, Lhotse, Nuptse, and Ama Dablam.

Visa and Entry Requirements for the Everest Base Camp Trek by Land | 17 Days

Nepal Entry Visa

A valid Nepal Entry Visa is required for all foreign travelers joining the Everest Base Camp Trek. You can get it on arrival at Tribhuvan International Airport in Kathmandu or in advance from one of the Nepali embassies in other foreign countries. Your passport will need to be valid for at least six months, and your passport will need a photo about the same size as your passport.

- 15-day multiple entry visa: USD 30
- 30-day multiple entry visa: USD 50
- 90-day multiple entry visa: USD 125

Payment is normally made in cash, preferably US dollars but other major currencies are accepted.

Trekking Permits

Apart from the entry visa, trekkers also have to apply for permits specific to the Everest region:

- Sagarmatha National Park Entry Permit - mandatory for a person to enter the national park, which encompasses Everest, glaciers, alpine forest, and wildlife. The fee supports biodiversity protection, conservation and trail maintenance.
- Khumbu Pasang Lhamu Rural Municipality Entry Permit - is used instead of the TIMS card in this region. This local permit helps to ensure direct contributions to Sherpa communities and infrastructure, as well as trail maintenance in villages such as Namche, Tengboche, and Dingboche.

Local Municipality Fees

The Khumbu Pasang Lhamu Rural Municipality Entry Permit is collected in the checkpoints at Lukla, Phaplu, or adjacent villages. This system ensures that trekkers support the local people directly and help maintain trails, bridges, and development projects on the Everest Base Camp route.

Provided by Trekking Company

All the necessary permits are arranged by the trekking company and included in the trek fee. This saves on paperwork and makes sure that trekkers comply with Nepal's requirements so that they can instead focus on acclimatization, health, culture, and the rewarding experience of reaching Everest Base Camp by land, with real Sherpa hospitality along the way.

Travel Insurance Requirements and Emergency Rescue Coverage for the Everest Base Camp Trek by Land | 17 Days

Travel Insurance

Travel insurance is mandatory for the Everest Base Camp Trek. Every trekker must have a policy that covers high altitude trekking to at least 6,000 meters. The trek reaches 5,364 m at Base Camp and 5,545 m at Kala Patthar, where risks of altitude sickness, injuries, or sudden change of weather are a reality. No valid insurance allows participation.

A good insurance cover should provide:

- A good insurance cover should provide:
- High altitude trekking coverage (up to 6,000m).
- Helicopter delivery and emergency evacuation.
- Medicinal treatment & hospitalization.
- Trip Cancellations, Delays, and Repatriation

Emergency Rescue Operations

Rescue operations are generally coordinated from Lukla, Phaplu, or Kathmandu. In case of an emergency, it is possible to reach villages like Namche, Dingboche, Lobuche, or Gorakshap by helicopter for flying trekkers to lower altitudes or hospitals in Kathmandu.

Trek Considerations

Guides handle rescue logistics, get in touch with insurance providers, and arrange for medical support fast. The Everest Base Camp trek is harder than lower treks, and there are greater risks of altitude sickness and fatigue. The right insurance provides peace of mind and guarantees safety in case of emergencies.

Possible Problems to Consider

- Weather delays - heavy snow, fog, or strong winds can cause delays to helicopter flights.
- Altitude and health - fast descent by helicopter can be physically challenging to some trekkers.
- Availability - In peak seasons, the helicopter demand is high, and hence, schedules may vary.
- Insurance coverage - policies should explicitly cover evacuation by helicopter, as costs are so high.

Note

Guides and trekking agencies take care of most of the logistics, but trekkers have to be flexible and ready for changes. With the right insurance and assistance, the Everest Base Camp Trek by Land is a safe and rewarding adventure and includes the beauty of the Himalayas, the hospitality of the Sherpa people, cultural immersion, and the indescribable accomplishment of standing at the foot of Mount Everest.

Why Insurance Matters on the Everest Base Camp Trek by Land

The Everest Base Camp Trek by Land is a challenging trek in the Khumbu region. It rises to 5,364 meters at Base Camp and 5,545 meters at Kala Patthar, which are altitudes where the dangers of altitude sickness, injuries, and sudden changes in weather are great. Lodges offer a warm hospitality, but medical facilities in the villages are basic, so preparation is vital.

Insurance is insurance for peace of mind. The costs of helicopter rescues, hospital treatment, or unexpected delays can be very high. A good insurance policy will cover these risks and help trekkers concentrate on the adventure and experience Sherpa hospitality and cultural interactions in Namche and Tengboche, as well as stunning views of Everest, Lhotse, Nuptse, and Ama Dablam.

With an appropriate insurance plan, trekkers can enjoy the satisfaction of standing at Kala Patthar at dawn watching Everest glow in golden light, with the satisfaction that they are safe and supported by professional trekking teams at all times.

Altitude Sickness and Prevention for the Everest Base Camp Trek by Land

Altitude sickness is a significant challenge on the Everest Base Camp Trek. The trail ascends to 5,364 meters at the Base Camp and 5,545 meters at the Kala Patthar. At this altitude, the air is thin, and climbing this fast can cause Acute Mountain Sickness (AMS). The trek is more difficult than the lower treks, and extra care is required.

Professional guides carry medical kits and oximeters to check the levels of oxygen. They do recommend that trekkers walk slowly, drink plenty of water, eat balanced meals, and rest well. These steps are taken to help the body adapt to the altitude.

The ideal prevention is gradual acclimatization. Trekkers stay in villages like Namche Bazaar, Dingboche, and Lobuche en route to Base Camp. This step-by-step approach enables the body to adjust. If the symptoms such as headache, nausea, dizziness, or tiredness appear and become more severe, the safest thing to do is to descend. Helicopter evacuation from Gorakshap, Dingboche, or Lukla can be organised if needed.

Travel insurance with helicopter rescue and trekking up to 6,000 m altitude is obligatory. It insures trekkers against the high costs of evacuation, medical treatment, and accidents.

With appropriate acclimatization, guidance, and awareness, trekkers can enjoy the lodges, Sherpa hospitality, cultural interaction in Namche and Tengboche, and Everest, Lhotse, Nuptse, and Ama Dablam to the fullest as an unforgettable part of their trek.

Personal Expenses to Budget For on the Everest Base Camp Trek by Land

On the Everest Base Camp Trek by Land, most of the essentials are included in the package, but trekkers should plan for some added personal expenses. Along the way, mini treats such as chocolate, nuts, and energy bars are popular. In villages such as Namche Bazaar and Pangboche, you can enjoy tea, coffee, soft drinks, and even local beer. Lodges provide full meals; however, additional drinks and snacks are on a personal expense, adding comfort and variety for the journey.

Accommodation Extras

Tea houses and lodges are available on the trek, where you can stay in basic rooms with twin beds and shared bathrooms. Hot showers, Wi-Fi, and charging devices are available in some lodges (but these are charged separately). Compared to lower villages like Surke and Benkar, prices are higher in upper villages like Dingboche, Lobuche, and Gorakshap.

Souvenirs & Donations

Souvenir shopping is another cost to consider. Namche Bazaar is full of shops for prayer flags, handmade crafts, etc., and trekking gear. Donations to monasteries in Tengboche or Pangboche are encouraged and add cultural value to trekking.

Tips & Cash

It is customary to tip guides and porters, and this should be part of your budget. Carrying small notes of Nepalese Rupees is practical as ATMs are only available at Namche Bazaar and Kathmandu, not at villages higher up.

Transport & Delays

Private jeep transfers between Kathmandu and Thamdanda-Kathmandu are covered in the package. However, delays may occur because of road conditions or weather, and food or lodging during unexpected waiting times are personal expenses.

Summary

By planning ahead for snacks, drinks, lodge extras, souvenirs, donations, and tips, trekkers can have a better and more enjoyable trek. With proper budgeting, you will be

able to focus on the adventure, as well as cultural encounters in Sherpa villages and standing on an Everest Base Camp - and Kala Patthar - as an unforgettable experience - without having to think about finances along the way.

Why Trek the Everest Base Camp Trek by Land With Us?

The Everest Base Camp Trek by Land is the best option for people who want to experience the Himalayas from the ground, without flying into Lukla. You will enjoy the gradual approach via Sherpa villages, forests, and valleys to arrive at the most famous base camp in the world. Along the way, you'll be made a guest in some of the authentic Sherpa lodges with breathtaking views of Everest, Lhotse, Nuptse, and Ama Dablam.

Our 17-day itinerary is well-balanced in safety and acclimatization. Licensed guides form the way, telling stories of Sherpa culture, monasteries, and traditions, taking care that it is kept at a steady pace. The package comprises permits, lodges, meals, guides, and porters - and you can get on with the adventure instead of logistics.

Evenings are spent in warm dining halls with hot meals and friendly hosts. In Namche Bazaar, you can explore the markets, bakeries, and the Sherpa Museum. At Tengboche, you'll visit the famous monastery with the Himalayan peaks. At Gorakshep, you'll rest before walking to Everest Base Camp and climb Kala Patthar to take in sunrise views that stretch across the mountains of the world's highest peaks.

We are known for professionalism and caring. With guides and porters to take care of your trek details, you will have a smooth and rewarding trek. Choosing us is not only about reaching the Everest Base Camp - it is about experiencing the Himalayas with Culture, Comfort, and unforgettable scenery every step of the way.

Pricing

Group Size	Price per Person (USD)
Individual	\$1700.0