

Everest Base Camp Trek Join Small Group

Package Highlights

Join our **small group trekking to Everest Base Camp**. 12 days Standard trekking package in **Best Everest Base Camp Trek** plan including professional guide, flight of Kathmandu Lukla Kathmandu, all the foods on the way, accommodation in local tea house and all the permits. Join in small group trek is benefit for individual trekkers to reduce trekking cost and connecting new friends. Joining trekking is available from its best trekking months March till May and September to December. Anyone can join our fixed departure dates of 11 nights **12 days Everest Base Camp Trekking**.

Trip Facts

- Starting Price: US\$1160.00 (Per Person)
- Duration: 12 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: By Air
- Trekking Style: Lodge to Lodge Trek
- Accommodation: Guest House
- Max. Altitude: Kalapathar 5,545m
- Min. Pax: Any
- Best Time : March to May and September to November

Itinerary Details

Cost Includes

- Airport transfer service
- Necessary Everest Trekking permits
- Flight ticket of Kathmandu – Lukla – Kathmandu
- Accommodation in local tea house on twin sharing during trekking
- Three times foods during trekking (Breakfast, Lunch and Dinner) including tea and coffee
- An English speaking trekking guide and supporter (2 peoples = 1 supporter) with their foods, Salary, accommodation, insurance, equipment
- Emergency rescue management, First Aid kit
- Duffel bag to put your stuffs and handover it to Porter
- Warm down sleeping bag in returnable base if you need
- Government taxes and official service charge

Cost Excludes

- Bar bills, soft drinks/ bottled drinks including drinking water
- Hot shower, battery charges cost
- communication cost and internet cost
- Personal equipment, personal insurance, medical expenses
- Cost of emergency rescue in case of need
- Tipping to staffs
- Accommodation, Foods and any activities in Kathmandu
- Upgrading of accommodation on the way of trekking where available
- Cost of separating from the main group

Useful Note

Trip Note

Accommodation in the trip

Accommodation in entire trekking is in local tea houses (Local guest house) on twin sharing. You will get rooms with inside toilet in Lukla, Phakding and in Namche (4 Nights). All others tea houses are providing common toilets outside your room. **Everest Base Camp trekking** region may have over flow of trekkers in peak season, in that situation, you may share common room with other trekkers. It may happen in Gorakhshep and in Lobuche.

Foods in the trip

During your trekking, same tea houses you are going to stay provide you breakfast and Dinner. Lunch is on the way at suitable place. All the foods during trekking is including in the packages. Hotel and restaurants provide you international standard foods in entire **Everest Base Camp Trekking**. It is suggest choosing vegetarian foods. Meats are not fresh in the region since it should carried from out the of the region. Route of EBC Trekking is none scarifies zone, peoples are not allow to scarify any animals for meat purpose.

Guide and Porter

Your guide to **Everest Base Camp Trekking** is from Kathmandu. He is the one our company regular guide more responsible, friendly, helpful and good English speaking. You will meet him in Kathmandu before starting your trek. Porters are from Lukla airport. Usually there will be 1 porter for every two trekkers. He is able to carry total 20 kilogram. Both guide and porters are fully equipped, insured and including their foods, accommodation on the way. Trekking guides are those who can communicate with you and local peoples and having enough knowledge of local places, peoples, their cultures as well as having knowledge of high altitude sickness.

Drinking Water during Trekking

Drinking water is extra cost from package. During the trek it is available bottled mineral water, boiled water fill in your own bottle from every tea houses or can use even normal water from Tap. Bottled mineral water is available in every guest houses, shops in entire Everest Base Camp Trekking. As you hike high altitude, cost of bottled mineral water and boil filtered water increase. Water from local taps can be also used as drinking water by purification with purification tablet and filter it yourself. Most of the trekkers are drinking bottled mineral water and boiled filtered water. rarely using local tap water.

Equipment list

You do not need to bring whole equipments from your home country. Good trekking equipments with reasonable cost are available in Kathmandu too. We can suggest you to buy those after we check it. Representative from Nepal Highland Treks or your guide can provide you good suggestion.

Clothing List

Round cap to protect from sun during sunny day

Warm head cover cap to protect from cold

Muff to cover mouth from heavy wind and cold

1 pair warm inner thermal and warm inner trouser

1 pair warm outer trouser

1 pair warm wind proof warm outer trouser

One pair light and warm jacket or sweeter

One pair down jacket

One pair wind proof jacket

2 pairs light shocks

2 pair warm shocks

1 pair light shoe or sandal

1 pair warm water proof trekking shoes

2 pairs light trouser or half paint for walking during day and hot temperature

2 to 3 pairs of light t-shirt

Warm glove

Rain coat (cover body and backpack)

20 litter polar bag for trekking, carrying yourself (Trekking bag pack)

Duffel bag to keep your goods and handover to porter, Nepal Highland Treks provide you in Kathmadnu

Down Sleeping bag with its Inner * (* = Nepal Highland Treks provide in returnable based)

Other accessories

Head lamp with enough battery

Camera and its battery

Battery charger

Trekking stick

Phone and charger

lip care

Sun cream

Toilet papers

Hand wash lotion

Tooth brush and toothpaste

Washing soap and bath shampoo

Quick dry towel

First Aid Kit Medicines

In every trekking package, our guide will carry first aid kit box containing medicines of anti altitude, anti Diarrhea, pain relief, Antibiotic, anti cold, anti vomiting, anti headache, fever, bandages, handplaster and anti septic lotion . If you are taking any regular medicine that is compulsory to bring by yourself.

Some Dos and Don'ts during Everest Base Camp Trekking

Trekking route of Everest Base Camp is unspoiled and exotic land which is sensitive. Treat the land and local peoples with care and respect. Try your best to keep environment clean and show appreciation for culture and traditional religious beliefs.

Make Everest region litter free: Do not throw any litter; put it in dustbin fixed by national park or in local tea houses. Sanitary napkins and tampons should be wrapped properly and through it right place. Take batteries back to your home country for safe disposal or reuse.

Respect local cultures, custom and peoples: Route of **Everest Base Camp Hiking** is combination of different cultural ethnic group of local peoples. Their culture, customs, living style and any function is typical and it is important for them. So respect all these while you are there. You can involve respectfully in those function.

Take your guide with you in every hiking and climbing: our guide will be always with you while trekking every days. You are trekking and hiking in remote areas with maximum altitude. Few days in the itinerary are as acclimatization day and hiking around for recovering stamina. Take your guide with you in all these activities. It is Himalaya and do not be more excited, take advice from guide to take any decision.

Do not throw foods after order: Foods are all carried by helicopter or flight from Kathmandu. It takes a week time to reach all the foods in base camp site. It is not with any other transportation but carried by peoples or donkey. It is important that you order only sufficient food which you can finish. Do not waste any foods in the region. Meat items are not fresh in Everest Region. The land is out of scarifies any animals, and meats are all carried from out of region. This is the reason meats are not fresh.

Departure Note