

TREKKING

EVEREST BASE CAMP TREK

Trek to Everest Base Camp and Kala Patthar,
the best view.

NÉPAL



The trek to Everest Base Camp and ascent to Kala Patthar (5,630m) is one of the most famous and spectacular treks in Nepal and worldwide. Despite its altitude, it is a feasible challenge to undertake.

Voir le programme sur le web

<https://b4experience.com/everest-base-camp-trek>



MOIS RECOMMANDÉS

MARCH, APRIL, MAY, SEPTEMBER, OCTOBER, NOVEMBER,
DECEMBER



PRIX

Dès 1.780€ / pers.

Réductions pour groupes





Highlights

- TOUCH EVEREST BASE CAMP
- DISCOVER THE KHUMBU VALLEY
- 5.630M KALA PATTHAR, THE BEST VIEWS OF EVEREST
- HIKING OR TRAIL RUNNING IN SMALL PRIVATE GROUPS.

Groupe privé

100% personnalisable

À partir de (personnes)	Catégorie	Disponibilité	Nb. Jours	Prix/pers.
2	Standard	01 sept. 2025 - 30 déc. 2025	16	1.840€
5	Standard	15 sept. 2025 - 31 déc. 2025	16	1.740€
5	Standard	01 mars 2026 - 31 mai 2026	16	1.780€
2	Standard	01 mars 2026 - 31 mai 2026	16	1.980€
5	Standard	01 sept. 2026 - 08 déc. 2026	16	1.780€
2	Standard	01 sept. 2026 - 08 déc. 2026	16	1.980€

Voyagez avec votre famille ou vos amis.

**Contactez-nous pour vérifier la disponibilité via info@b4experience.com / +34 613 03 77 00 / www.b4experience.com*

Groupe ouvert

Partagez l'expérience avec d'autres voyageurs

Catégorie	Dates	Nb. jours	Places dispo.	Point de départ	Prix / pers.
Everest Base Camp Trek	26 mars 2026	15	12	Nepal	1.880€

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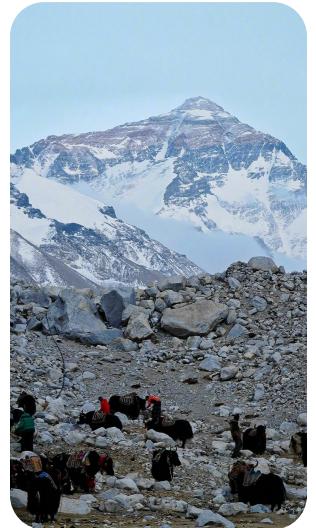


Inclus

- Private transfer to and from the airport
- Hotel in Kathmandu (tourist class) with breakfast included (shared room)
- Transportation and flight to Lukla
- Accommodation in available lodges during the trek. (Tea house-based trekking) (Shared room)
- 3 fixed meals (breakfast, lunch, and dinner) suggested by the guide during the trek
- National park fees and TIMS fees
- An English-speaking trekking guide (Sirdar)
- Porter (one for every 2 people). Carries a maximum of 20 kg total weight, although it is suggested to give a maximum of 8-10 kg per person
- Daily salary for Nepalese staff, food, and accommodation
- Insurance for guides and porters
- Technical advice and equipment.

Non inclus

- Flights and visas to Nepal (we can arrange these)
- Drinks during the trek
- Lunch and dinner in Kathmandu
- Travel/medical/cancellation and rescue insurance (we can arrange this)
- Expenses due to roadblocks/landslides/natural disasters/strikes
- Anything not included in the "INCLUDED" section.



Itinéraire

DAY 1: Arrival in Kathmandu.

Arrival in Kathmandu. Transfer to the hotel. Free afternoon: you can visit the Swayambhu stupa (Monkey Temple), wander the streets of Thamel, or have your first Dal Bhat dinner (the most traditional dish of Nepali cuisine).

Accommodation: 3-star hotel

DAY 2: Free day in Kathmandu

Free day in Kathmandu to process permits and make final purchases for the trekking. You can take advantage of some of our extra services: morning flight to Everest or a cultural day trip around the Kathmandu Valley (these can be booked at the time of reservation or later).

Accommodation: 3-star hotel

Meal: breakfast

DAY 3: Flight to Lukla

Early in the morning, transfer to Ramechap airport (4 hours by car) to take the flight to Lukla. The flight to Lukla is a unique experience in itself. The airstrip is on a slope and the difference between the two ends of the runway is only 60 meters. Trek to Phakding with stunning green landscapes and views of Kusum Kangraru.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 4: Trek to Namche Bazaar

We continue along the Dudh Koshi, ascending through Himalayan pine and cedar forests to the famous village of Namche Bazaar. Namche is a historic trading post where Nepalese and Tibetan traders exchange salt, dried meat, and textiles. Besides being a splendid destination for traditional handicrafts, Namche remains the central trading post in the Khumbu and attracts traders from the Himalayas and lowlands. You will spend two days in Namche to acclimatize, visit local markets, and spend time with your team.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 5: Namche Bazaar and hotel with Everest view

This day is specially designed for acclimatization. We will walk to Syangboche Airport (3700 m), which is considered the highest airport in the world, and then continue to the Everest View Hotel to enjoy excellent panoramic views of Everest, Lhotse, Amadablam, Tawache, and more. On the way back, we will visit the Sherpa Culture Museum of Everest and the Photography Gallery.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 6: Trekking to Tengboche

The path, gentle and easy, leads us towards the view of Mount Everest, descending deeply into the Dudh Koshi Valley at Pungki Thanka and from there, ascending along the right flank of the Dudh Koshi Valley up to Tengboche Monastery (3860m). It is the spiritual center of the Khumbu. The climb is long but well rewarded by magnificent views of Mount Amadablam and, on a clear day, views of Mount Everest and its surrounding peaks.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 7: Trek to Dingboche

We will descend through a beautiful forest, cross the Imja Khola, and walk through the village of Pangboche (3900 m); perhaps today is the most interesting trek because we will not lose altitude like on other days and will enjoy views of Mount Amadablam, Mount Lhotse, and other peaks; the route continues through pastures to Dingboche, known as the 'summer valley.'

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 8: Trek to Nagerjun and return to Dingboche

This will be the second acclimatization day, requiring about 6 hours of hiking at an altitude of 5100 m. After breakfast, you will ascend Nagerjun (5100 m), a hill located on the flanks of the Chhukung valley, directly above Dingboche. The main goal is to climb high and sleep low. The path becomes steep at times, making it a physically demanding day. Ascending the hill could take up to 5 hours. From this height, there are great views of Lobuche East (6119 m), Lobuche West (6145 m), Taboche Peak (6367 m), Thamserku (6608 m), Kangtega (6685 m), and Ama Dablam (6856 m). On a clear day, you can even see Makalu, the fifth highest mountain in the world, with excellent views of the Pheriche valley. After a short rest, begin the descent back to Dingboche, which takes about 2 hours. After lunch, take a well-deserved rest, as afternoon temperatures can drop quickly as the sun sets behind the mountain peaks. You will also spend a second night in Dingboche.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 9: Trek to Lobuche

We walk through a wide valley to Dughla, passing by the Pheriche aid post for trekkers (4240 m). This trail is managed by volunteer Western doctors and is supported by the Himalayan Rescue Association, which provides treatment and consultations to trekkers. We continue along the valley, gaining elevation.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 10: Trekking to Everest Base Camp

After a short ascent through meadows, behold the Khumbu glacier. Right in front is Kalapattar, the best viewpoint to see the entire south face of Mount Everest and surrounding peaks. After a couple of hours, you will arrive at Goreskew and continue hiking to Everest Base Camp. There isn't much elevation change, but there are many ups and downs, and combined with the altitude, it can be a strenuous hike, but the journey is worth it. After about 3 hours of walking, you will reach the base camp and enjoy a magnificent view of the Khumbu glacier and icefall, where Everest expeditions begin.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 11: Trekking to Kala Patthar-Gorakshep-Pheriche

The day begins with a hike to Kalapattar (5,545 m), the best viewpoint to see Everest in all its splendor and the spectacular Himalayas. Then we return to Goreskew for lunch and afterwards descend to Pheriche (4,210 m).

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DÍA 12: Trek a Namche

Easy hike along Imja Khola to Tengboche, descent via Pungki Thanka and full ascent to Kyangjuma, then an easier trail to Namche.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

Day 13: Walk to Lukla

The walk continues along the Dudh Kosi River to the small mountain airstrip in Lukla, where you will take your flight back to Kathmandu.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

Day 14: Flight back to Kathmandu

Amazing 30-minute scenic flight back and return to Kathmandu.

Accommodation: 3-star hotel

Meals: breakfast

Day 15/16: Free days in Kathmandu

Free day in Kathmandu. Final departure, transfer to the airport.

Accommodation: 3-star hotel

Meals: breakfast

Extra Services :

All our tours to Nepal can be extended and customized. Here are the most popular additional services:

Morning Everest flight: approximately 1-hour flight to see/touch Mount Everest (we will fly just 8 km from the summit). Includes round-trip transfer to your hotel. (Departure at 5:15 AM, return at breakfast time)

KTM Cultural Tour 1: 1-day tour to visit 3 UNESCO World Heritage sites: Pashupatinath Temple + Boudhanath Stupa + Bhaktapur City. (Cultural guide included who speaks English and Spanish, additional hotel night and meals not included)

KTM Cultural Tour 2: 1-day tour to visit 3 UNESCO World Heritage sites: Patan City + Kathmandu Durbar Square + Swayambhu Nath Stupa. (Cultural guide included who speaks English and Spanish, additional hotel night and meals not included)

Extra night: An additional night in KTM (includes breakfast in shared or private room)

You can book these additional services at the time of booking your trip or later.

Payment and Cancellation Policy

Initial Deposit: To secure your spot, a 30% payment of the total trip cost is required at the time of booking.

Final Payment: The remaining balance, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional travel costs, such as insurance, flights, or other optional services, must be paid in full at the time of booking.

Cancellation Insurance: The client may purchase trip cancellation insurance to recover the full amount paid (according to the insurance conditions).

The traveler may withdraw from the contracted trip and is entitled to a refund of amounts paid, except for the stated penalties. However, once the trip is confirmed, the traveler must pay the agency the following amounts.

Cancellation Policy 3:

- Full refund within 24 hours of purchase.
- Up to 60 days before the trip: 100% refund of the trip amount.
- Up to 45 days before the trip: 50% refund of the trip amount.
- For timeframes shorter than those described, no refund will be issued.

*A €250 management fee applies.

*If other non-refundable costs have already been incurred, they will also not be refunded and will be deducted from the total amount to be refunded.

*The cancellation cost for already issued flight tickets is 100% of the ticket price.

Packing List

FUNCTIONAL CLOTHING Softshell jacket (windproof, water-repellent, lightweight) for normal activities or Hardshell (waterproof Gore-Tex) only when very bad weather is forecast Lightweight waterproof pants Warm jacket: down jacket or preferably primaloft (since they can withstand water) Light fleece jacket Thermal pants and shirt for sleeping in the refuge Shorts and technical T-shirts (quick-drying) Swimwear Underwear (recommended not cotton)	ACCESSORIES Headlamp and spare battery or batteries Sunscreen, lip balm, and after sun
	EATING/DRINKING Hydration system minimum 1L (Camelbak, canteen or flexible bottle) Thermos (optional) Snacks, nuts, gels, hydration, and enough energy bars, protein bars, nut mixes, magnesium tablets, and recovery supplements
	TRAVEL GEAR Casual clothing Passport, visa, cash, insurance documentation, vaccination card Microfiber towel First aid kit and medication Thermal blanket Phone and watch with route track Power bank, camera, charging cables, headphones, selfie stick...
HEAD Light running cap Wool hat Neck gaiter Sunglasses	
HANDS Light fleece gloves Trekking poles	
ZAPATOS Socks (recommended not cotton) Trail running shoes or trekking boots Trekking sandals with heel strap (optional)	
BACKPACKS Comfortable backpack Rain cover for backpack Duffel bag	
REFUGE GEAR Sleeping bag or sleeping bag liner Earplugs	

FAQs

What physical and technical level is required?

You need a minimum level that allows you to do a mountain route of 1200m of elevation gain in one day. It is not a demanding route and the days are interspersed with short hikes to ensure a good acclimatization and a good recovery from the days of trekking. During the route we can carry a small backpack with the things we will use during the day. The porters will carry our backpacks to the next lodge.

How to organize the bag with the gear that the porter will carry?

The porter carries the gear for two people (maximum 12kg per person). You should share one bag between each person and give it to the porter. Ideally, a duffel bag of approximately 80L will fit. The other bag will stay at your hotel in Kathmandu.

Backpack during the route:

Bring a small backpack that can hold a jacket, a water bottle, and some snack bars or nuts. The porters will carry all the gear you don't need during the day.

Crampons:

Snow or ice may be present in the higher elevations of the trek, although this is rare. Conditions can change rapidly, especially on passes over 5,000 meters. Some people wear chain crampons to improve grip on slippery surfaces; spiked crampons are not necessary for trekking.

Where will we stay?

The first and last nights will be spent at the International Guest House in Kathmandu. The remaining nights will be spent in various lodges along the way. The program offers shared accommodation. If you prefer a single room, please specify this when booking.

Cash:

In Kathmandu, you can usually pay by card (in restaurants, taxis, souvenir shops, etc., but this isn't usual). After that, there are no ATMs. It's essential to carry local currency. You can bring euros or dollars and exchange them directly for rupees at the airport or in Thamel on the day of arrival. It is recommended to bring a minimum of €250 in cash for non-included expenses, such as drinks or meals in Kathmandu, and tips.

Tips:

Tips are usually given at the end of the trip (not mandatory, but highly recommended), in cash (they don't have a credit card machine). Guides: \$5-\$10 per person per day. On longer treks (such as the Annapurna Circuit or Everest Base Camp), tips can increase, reaching \$10-\$15 per person per day. Porters: \$3-\$5 per day per person. On longer or more demanding treks, you might consider increasing this to \$5-\$7.

Do I need rescue insurance?

Rescue insurance is highly recommended for all active trips. Keep in mind that these insurance policies are specific to each type of activity (hiking, climbing, etc.).

Hygiene conditions in the lodges:

As you gain altitude, accommodations become much more basic. It's recommended to bring wet wipes and a sleeping bag to avoid using blankets.

Showers and hot water:

At higher altitudes, hot showers are very rare. It's VERY easy to catch a cold, which increases the risk of altitude sickness. We recommend avoiding showers. Wet wipes are a good alternative for maintaining hygiene.

Medications for the altitude:

The routes are gradual to avoid altitude sickness (as much as possible). The guides carry a complete first-aid kit, including an oxygen saturation monitor. For medications such as Edemox or similar, consult your doctor, although they are not necessary.

Mobile phone and SIM card:

You can buy a SIM card upon arrival. Each region of Nepal has a different operator. Ask our team which one works in each area. A €15-€20 top-up will give you enough data to use WhatsApp when there's coverage. Regular calls are much more expensive.

Is it necessary to take any type of supplement or recovery supplement?

Supplements can be helpful, but they're not essential. It's a good idea to take iron in the days before starting an activity at altitude. You can consult with your doctor or nutritionist. We recommend bringing your own energy bars, nuts, and other snacks so you can eat them while you do the activities.

Water purification tablets

Always buy bottled or boiled water at the lodges.

Mosquito Repellent:

Repellent may be useful the first few days, but in high altitudes it is not necessary.

Vaccination card:

There are no mandatory vaccinations to travel to Nepal.

Plug adapters:

They are the same ones that exist in Europe.

Can I add extra days or activities in Kathmandu?

Of course, the program allows you to add morning flights to Everest or complementary cultural tours of the valley, as well as extra nights in Kathmandu, which can be booked when you book.

Is there a less crowded and more demanding alternative to the classic Everest Base Camp trek?

Yes. If you've already trekked to Everest Base Camp or are looking for a more challenging trek off the beaten track, we recommend the Everest Three Colls Trek. This itinerary also includes Everest Base Camp and Kala Patthar, but also includes crossing three passes above 5,000m—Renjo La, Cho La, and Kongma La—passing through remote valleys such as Gokyo and the Bhote Kosi Valley. It's a circular trek of approximately 180km with greater daily elevation gains and wilder landscapes, ideal for those seeking a true challenge at altitude and a more exclusive and complete experience in the Khumbu region.

What are the passport and visa requirements?

It is important to have a valid passport with at least 6 months of validity. Nepal offers visas on arrival for most countries. You can speed up the process and avoid lines upon arrival by applying online through this official website. Upon arrival, go to the bank counter at Tribhuwan International Airport with the remittance ID (confirmation page) you received when completing the Nepal visa application form. Pay the applicable fee in cash and, after making the payment, go to the immigration officer's counter with your original passport for visa processing. For visa applications, stay up-to-date, as immigration policies change frequently. Therefore, it is advisable to check the information closer to your intended travel date. Currently, as of February 2025, the Nepal tourist visa fees are as follows: 15 Days: USD 30 30 Days: USD 50 90 Days: USD 125



Contact

info@b4experience.com

www.b4experience.com

+34 613 03 77 00

[Voir le programme sur le web](#)

