

NEPAL

Everest Base Camp Trek - 16 Days

Namaste and Warm Greetings from Ama Adventure - Nepal!

Please note that this itinerary is customizable and can be adjusted to meet all your requirements. If you have any questions or concerns, please do not hesitate to contact us.

Team Ama Adventure



Overview

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Team Ama Adventure We are thrilled to present our proposal for an unforgettable adventure: Everest Base Camp Trek. Over the course of 16 days, you'll journey through some of the world's most breathtaking landscapes, culminating in stunning views of Mount Everest and the surrounding peaks.

This trek takes you through the heart of the Khumbu region, offering an immersive experience in Sherpa culture. You'll visit traditional villages, monasteries, and experience the hospitality of the Sherpa people. Along the way, you'll witness incredible panoramas, including views of Everest, Lhotse, and other towering peaks. This is a truly memorable adventure in the shadow of the world's highest mountain. We welcome you to walk with us—where care meets adventure, and wellness rises with every step.



Our Team

Extraordinary feats require extraordinary skills and preparation, and the safety and well-being of our expedition members are our principal concern. When you join our accomplished teams at Ama Adventure, managed by a female team, you are in the most skillful and qualified hands in the mountains. Our real-world experience makes a crucial difference between a successful summit and an attempted one.

Our Values

Ama Adventure has been managed by a female team with combined mountaineering experience since 2009. All our personnel are from the Mountain regions of Nepal, and their care and safety are as important to us as our clients. We do not cut costs but offer competitive rates that do not compromise the safety of the members of the expedition.

We prioritize empowering women and practicing responsible tourism. We do not cater to mass tourism and take pride in the expeditions we commit to each year. We are unwavering in our obligations to provide our clients with a safe, comfortable, and experiential adventure.

Overview

The Everest Base Camp Trek offers a thrilling adventure through the Khumbu region. Starting with a flight to Lukla, you'll trek through Sherpa villages to Everest Base Camp, enjoying stunning views of iconic peaks. The trek continues with an ascent to Kala Patthar, where you'll be treated to breathtaking panoramic views of Mount Everest and surrounding peaks. After taking in the awe-inspiring scenery, you'll descend back to Lukla, concluding an unforgettable journey through the heart of the Everest region. As part of the plan, a helicopter ride back from Lukla is included, providing a scenic and convenient way to return.



Trip Overview

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Country – Nepal

Start/ End Point - Kathmandu

Lodging Level - 4 Star

Meals - Breakfast, Lunch, Dinner

Trip Grade – Strenuous

Maximum Altitude - 5,545m/18,193ft

Attractions - Bouddhanath Stupa, Kathmandu Durbar Square, Pashupatinath Temple, Swayambhunath Stupa, Dingboche, Lobuche, Tengboche Monastery, Lukla

Activity- Trekking and Hiking

Styles - Active Adventures

Note:

Cost: The size of the group and the services our clients select will determine the cost of the trip. Every trip we plan has a different price because we view tourists as unique people with unique requirements and preferences. Whether you're searching for a luxurious retreat or an adventure that fits your interests and

preferences, get ready for an amazing journey. Your ideal vacation will become a reality if you let us handle all the planning and details. You are free to unwind and concentrate on making lifelong memories that will be remembered without fail.



Outline Itinerary

Day 1: Arrival in Kathmandu (1,350 m/4,429 ft)

Day 2: Kathmandu Sightseeing and Trek Preparation (1,350 m/4,429 ft)

Day 3: Flight to Lukla, Trek to Phakding (2,800 m/9,187 ft), 3-4 hrs

Day 4: Phakding to Namche Bazaar (3,438 m/11,280 ft), 5-6 hrs

Day 5: Acclimatization Day in Namche Bazaar (3,438 m/11,280 ft)

Day 6: Namche Bazaar to Tengboche (3,870 m/12,697 ft), 5-6 hrs

Day 7: Tengboche to Dingboche (4,360 m/14,305 ft), 5-6 hrs

Day 8: Acclimatization Day in Dingboche

Day 9: Dingboche to Lobuche (4900 m/15,093 ft), 4-5 hrs

Day 10: Lobuche to Gorak Shep, Visit Everest Base Camp (5,364 m/17,599 ft), 6-7 hrs

Day 11: Gorak Shep to Kala Patthar to Pheriche (5,545 m/18,193 ft), 7-8 hrs

Day 12: Pheriche to Tengboche (3,870 m/12,697 ft), 4-5 hrs

Day 13: Tengboche to Namche Bazaar (3,438 m/11,280 ft), 6-7 hrs

Day 14: Namche Bazaar to Lukla (2,800 m/9,187 ft), 6-7 hrs

Day 15: Lukla to Kathmandu

Day 16: Rest Day in Kathmandu

Note: (Included days are 16 which is mentioned in the Itinerary)

Important Note on Itinerary and Lukla Flights

Our regular itinerary may change slightly due to factors beyond our control, such as weather conditions, flight delays or cancellations, natural events, government regulations, political issues, or health concerns. In such situations, we always work to find the best possible alternatives to keep the trek moving forward. Your patience and flexibility during these times are greatly appreciated.

We highly recommend adding at least two extra days to your schedule after the trek. Flights to and from Lukla are often delayed or canceled due to weather, and these buffer days help avoid issues with your international travel plans. You can also choose to customize your trip with extra sightseeing in Kathmandu, adventure activities, or short trips around Nepal before or after the trek.

Lukla Flight Update

Please note: During peak trekking seasons (March, April, May, September, October, and November), flights to Lukla operate from Ramechhap/Manthali Airport, which requires a 5-6 hour drive from Kathmandu due to heavy air traffic. In non-peak months (January, February, June, July, August, and December), flights usually depart directly from Kathmandu.

The choice of departure point is made by the airline and depends on travel volume at the time. Weather, air traffic, and the challenging terrain around Lukla are the main reasons for flight delays or cancellations. Adding a day or two to your itinerary gives you a cushion in case of such disruptions and helps ensure a smooth return for your international flight.

Meals

Throughout our trek, you'll savor authentic Nepalese dishes alongside international cuisines such as Tibetan, Continental, Italian, and Indian. Breakfast and dinner will be served at the tea houses or lodge menus where we stay overnight, while lunches will be provided en-route to our next destination. During the trek, all meals are included. In Kathmandu, breakfast is provided, and special welcome and farewell dinners will be arranged for our guests.

Lodging

We'll be accommodated at Standard Hotel in Kathmandu, and the best available teahouses during our trek. Accommodations are based on twin sharing. For those requesting a single room, there will be an additional cost of USD 150. While we aim for rooms with attached washrooms, please note that some tea houses may only have shared washing and toilet facilities. Single rooms are readily available in Kathmandu, Pokhara, and lower-elevation trekking areas, but availability might be limited at higher elevations.

Dates & Prices

We ensure departures on all published dates. If these dates don't align with your plans, we're happy to assist in setting a customized date. Whether you're a solo traveler, a couple, a family, or a group seeking private trips, you can tailor-make your adventure. Reach out to us for pricing details or any other queries.

Nepal Visa Information

All foreigners require a visa for entry into Nepal (except Indian nationals). It is your responsibility to obtain an entry visa. Visas can be obtained from the Nepalese embassy prior to travel or on arrival at Tribhuvan International Airport in Kathmandu and various international border crossings between Nepal and its neighbors. To make the visa process easier, have a passport- sized photograph for immigration and the correct USD cash- please bring this in your hand luggage. In addition, trips in Nepal require photos for various permits. Please bring a total of 3 passport-sized photographs.

Multiple entry 15 days US\$ 25 or equivalent convertible currency. Multiple entries 30 days US\$ 40 or equivalent convertible currency. Multiple entries 90 days US\$ 100 or equivalent convertible currency.

The visa fee must be paid in cash. (This is payable in any major currency but not traveler's cheques) and you must have passport photos to purchase a Nepal visa on arrival at Kathmandu airport or at any Nepal entry point.

If you plan to obtain your visa in your country, you can download the application form from the website at: www.nepalimmigration.gov.np

Trekking Temperature

The day temperature will be about 16° Celsius. At night and early in the morning it can become quite cold, with temperatures that vary from 0° to 1° Celsius.

However, depending on the weather, the temperature can drop to -5° Celsius, so you should be prepared to dress appropriately.

Physical Conditioning and Safety Tips

This trek is 5-6 hours a day. Some days we may have to walk for 9- 10 hours. Walking at a higher altitude is physically more demanding than walking at a lower altitude; However, if you are in good shape and of

average physical shape, with a positive attitude towards life and firm determination, you can complete the trek successfully.

Regular exercise and jogging are a good way to increase strength and stability. For the trek, you need to pack essential personal items, which can vary based on your preferences. Preparing for the cold weather in the Himalayas is crucial, so bring sufficient warm clothing.

During a supported trek, porters will carry heavy items, while you are responsible for carrying daily necessities like water bottles, rain gear, a camera, sun cream, and toilet paper.

Remember to pack your belongings in two separate bags for the trek. You can leave non-trek items at the hotel in Kathmandu or Pokhara and retrieve them after completing the trek. This way, you can travel light and focus on the journey ahead.

Price Includes

Accommodation

- Hotel in Kathmandu (4 Nights Shared Based and BB Plan): Twin-sharing/ double accommodation in a 4-star hotel for 2 nights in Kathmandu including breakfast (Private room accommodation can be organized at an extra cost)
- Twin-sharing guesthouse accommodation during the trek for 11 nights in the Everest Region with attached toilets in Lukla, Phakding & Namche

Meals & Drinking Water

- All standard meals during the trek (breakfast, lunch, and dinner)
- One hot drink per meal and seasonal fruits
- Farewell dinner on the final night in Nepal
- Purified drinking water throughout the trek (via water filter or purification tablets)

Transportation

- All International and Domestic flights (Kathmandu-Lukla-Kathmandu), airport transfers on a tourist vehicle
- Kathmandu- Manthali- Kathmandu by shared tourist vehicle
- Round-trip flight between Kathmandu/Manthali and Lukla

Guide & Support Staff

- Experienced first aid trained government licensed, English speaking, and locally required Ama Adventure's trekking guide
- Trainee guide during the trek for carrying luggage (1 trainee for every 2 clients)
- Additional assistant guide for groups larger than 7
- One Professional Photographer (If required)
- Porter support (1 porter per 2 trekkers)
- All staff's wages, accommodation, meals, insurance, gear, and medication

Permits & Entry Fees

- Sagarmatha (Everest) National Park entry permit
- Pasang Lhamu Rural Municipality entrance fee
- TIMS (Trekkers' Information Management System) card

Health & Safety

- Comprehensive first aid kit
- Daily health checks with a pulse oximeter to monitor altitude-related symptoms

Extras & Souvenirs

- Trekking map, duffle/kit bag, sun hat, Buff (neck gaiter), and a trip completion certificate

Administrative

- All government taxes and administrative fees

Price Does Not Include

- ✗ Meals in Kathmandu - Lunch and dinner while in Kathmandu
- ✗ International airfare and airport departure tax
- ✗ Travel insurance - Must include high-altitude emergency evacuation coverage
- ✗ Alcoholic beverages, cold drinks, and bottled juices
- ✗ Tips - For trekking staff and drivers (at your discretion)
- ✗ Personal trekking gear and equipment
- ✗ Single room supplement - Available on request at an extra cost
- ✗ Any expenses not mentioned in the Price Includes section
- ✗ Nepal Entry Visa

Note: For Your Information, International flights aren't included. Two people usually share rooms unless you request a private room. Also, you can upgrade to better hotels in the mountains and even in the cities. For your customized services, please specify during the booking process or contact our Destination & Products Specialist.

Trip Departure

We keep our group sizes small, maximum 14 people, to create a more personal and meaningful travel experience. Whether you're an independent traveler, coming with friends, or joining as a family, these small groups allow for stronger connections and deeper engagement throughout the journey. You can select your preferred departure date from the calendar and reserve your spot with ease.

Private Trips

If you prefer a more tailored experience, private trips can be arranged to suit your specific needs and schedule.

Difficulty Level

This trek is suitable for individuals with above-average physical fitness. There is no need for special technical skills, making it accessible to beginners and hikers. However, the trek does reach high altitudes and requires a significant level of physical exertion. Despite hiking for 5 to 10 hours a day, you will gain substantial elevation.

Packing List

Here is a list of what you might want to pack for Everest View Trek- 11 Days. Please take this as a

starting point. You'll need layers of warmer clothing during the winter.

We provide a 75-liter duffel bag for you to use for the trek. It will be given to you during your pre-trip meeting in Kathmandu. The duffel bag is yours to keep.

General

- ✓ Four-season sleeping bag (rated to 0°C or lower)
 - Rental available: USD 35
- ✓ Sleeping bag liner
- ✓ Insulated down jacket
 - Rental available: USD 35
- ✓ Daypack (35–45 liters recommended) with rain cover

Upper Body Essentials

- ✓ Sun hat or cap
 - Complimentary Ama Adventure cap included
- ✓ Warm knitted hat or beanie
- ✓ Scarf or neck gaiter (Buff recommended)
- ✓ Headlamp with extra batteries
- ✓ UV-protection sunglasses

Torso Clothing Essentials

- ✓ Moisture-wicking base layers – lightweight for warmer seasons, thermal for colder months
- ✓ Two short-sleeve and two long-sleeve trekking shirts made of quick-dry technical fabric
- ✓ Windproof and waterproof outer shell or jacket
- ✓ Warm fleece jacket or pullover for added insulation

Lower Body Essentials

- ✓ Thermal base layers – lightweight for warm months, heavier for cold conditions
- ✓ Two pairs of durable hiking pants
- ✓ Comfortable pants for relaxing inside teahouses
- ✓ Waterproof and windproof shell pants for protection against rain and wind
- ✓ One pair of hiking shorts (ideal for lower altitudes and warm days)

Handwear Essentials

- ✓ Liner gloves made of wool or technical fabric for warmth and flexibility
- ✓ Insulated outer gloves with a hard shell – ideal for wind and cold at higher altitudes

Footwear Essentials

- ✓ Warm socks made of wool or technical fabric
- ✓ Hiking socks (several pairs recommended)
- ✓ Optional liner socks (e.g., silk) for added comfort and blister prevention
- ✓ Waterproof trekking/hiking boots – well broken-in before the trek
- ✓ Ice Cleats or Micro Spikes (recommended from November to March for icy trails)
- ✓ Comfortable casual shoes or sandals for teahouse use
- ✓ Gaiters – lightweight for dust or heavier ones for snow in cold months

Undergarments & Sleepwear

- ✓ Quick-drying, moisture-wicking underwear (technical fabric recommended) – adjust quantity based on personal preference
- ✓ Sports bras (for women) – supportive and breathable
- ✓ Pajamas or comfortable sleepwear for chilly nights in the mountains

Note: Laundry opportunities are limited, so pack accordingly.

First Aid & Medications

- ✓ Sunscreen (high SPF)
- ✓ Lip balm with SPF
- ✓ Antiseptic or soothing ointment
- ✓ Personal medications (for altitude, allergies, pain relief, etc.)

Note: Our guides carry a basic first aid kit, but personal supplies are strongly recommended.

Optional Items

These can enhance your comfort during the trek and are widely available in Thamel, Kathmandu.

- ✓ Guide Book
- ✓ Power bank or spare batteries
- ✓ Camera and mobile phone (for capturing memories)
- ✓ Cards, books, or lightweight entertainment
- ✓ Pee bottle or pee funnel (especially useful for women at high altitudes)
- ✓ Trekking poles (highly recommended for stability)
- ✓ Whistle (for safety/emergency use)
- ✓ Thermos (to carry hot water/tea during cold days)
- ✓ Basic Medicine (Pepto, Bismol, Advil, Imodium)
- ✓ Bandana for dust and wind
- ✓ Energy Bars
- ✓ Yaktrax especially for fall and early spring season
- ✓ Outlet Adapter

Tip: Thamel is full of gear shops where you can purchase or rent trekking essentials at a reasonable price once you're in Kathmandu.

Other Essential Gear

- ✓ Valid passport
- ✓ Extra passport-sized photos (for permits or emergency use)
- ✓ Airline tickets (leave a copy with our office in Kathmandu)
- ✓ Reusable water bottle or hydration bladder
- ✓ Water purification tablets or UV water purifier
- ✓ Lightweight towel
- ✓ Pillowcase (for hygiene in teahouses)
- ✓ Toiletry kit (toothbrush, toothpaste, wipes, etc.)
- ✓ Toilet paper (2 rolls minimum)
- ✓ High-protein snacks (nuts, energy/protein bars)
- ✓ Waterproof/dry bags to protect documents and valuable

Documents and Logistics

- Flight Information
- Photocopy of Passport
- Passport size photo for Tims and permit (4)
- Medical Insurance Card
- Valid Passport
- Cash for souvenirs, Incidental costs, and tips for staff

Note: You can spend as much time as you like in the mountains. The above itinerary is a guideline. If you want to stay longer, we can be flexible and arrange that for you. Please also note that after the formal start of your trip, we cannot refund any amount.

Discover the adventure of a lifetime with our Everest Base Camp Trek. From the vibrant streets of Kathmandu to the serene beauty of the Himalayas, this journey promises unforgettable memories and unparalleled experiences. Trek through Sherpa villages, enjoy stunning views of iconic peaks and reach the legendary Everest Base Camp.

Regards,

Goma Thapa

Team Leader

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