

NEPAL

Everest Base Camp Trek- 14 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



Experience an unforgettable adventure through the trails of the Khumbu region, surrounded by breathtaking views of towering peaks and the majestic Mt. Everest, the highest mountain in the world.

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 perfect mix of well-established trails and the untouched beauty of the Himalayas. Set in the heart of the Everest region, this journey showcases breathtaking mountain landscapes and the warm hospitality of the Sherpa community. It's not just a trek to the base of the highest peak in the world- it's also a deep dive into Nepal's culture and highland traditions.

This 14-day adventure reaches an altitude of around 5,364 meters, where trekkers are rewarded with sweeping views of towering peaks like Pumori, Lhotse, Nuptse, Lobuche, and of course, the mighty Mt. Everest.



Your journey begins with a scenic 35-minute flight from Kathmandu to Lukla during the months of January, February, June, July, August, and December. During peak seasons (March, April, May, October,

and November), flights operate from Manthali/Ramechhap to Lukla, which involves a 5–6 hour drive from Kathmandu followed by a 20-minute flight.

The trail starts and ends in Lukla, following the banks of the Dudh Koshi River and passing through Sagarmatha National Park. Namche Bazaar, an important trade hub in the region that serves as a vital acclimatization stop and offers an early glimpse into Sherpa culture.

Though physically demanding, the trek is filled with rewarding sights—green hills, terraced fields, dense forests, and towering peaks. From Namche, we head towards Tengboche, where we visit the iconic Tengboche Monastery before continuing to Dingboche and then Lobuche. Along the way, the views of majestic peaks like Ama Dablam, Lhotse, Nuptse, Makalu, and Cho Oyu continue to inspire.

The trail then takes us to Gorak Shep, from where we walk along the edge of the Khumbu Glacier to reach Everest Base Camp. This glacier is one of the deepest in the world, which adds to the dramatic scenery. We return to Gorak Shep for the night.

Early the next morning, we hike to Kala Patthar for a spectacular sunrise over Mt. Everest and the surrounding peaks. After enjoying the view, we make our way back to Gorak Shep and descend to Pheriche.

The return journey follows the same route back through Tengboche and Namche Bazaar. Once in Lukla, a flight back to Kathmandu marks the end of this incredible Himalayan journey.



Trip Overview

Country: Nepal

Duration: 14 Days

Trek Name: Everest Base Camp Trek

Difficulty Level: Strenuous

Activity: Trekking / Hiking

Maximum Altitude: 5,555 m / 18,225 ft

Best Seasons: March–May, September–November

Accommodation: Tea Houses & Hotels

Meals: Included

Start/End Point: Kathmandu

Trip Highlights

- Set out on an unforgettable journey to the foot of the world's tallest mountain- Everest Base Camp.
- Soak in the breathtaking aerial views of the towering Himalayas on the flight to Lukla.
- Walk through the pristine landscapes of Sagarmatha National Park.
- Explore Namche Bazaar, the vibrant gateway and cultural hub of the Everest region.
- Experience the rich traditions and warm hospitality of the Sherpa community.
- Enjoy panoramic Himalayan vistas from the renowned Hotel Everest View- one of the highest-altitude hotels.
- Visit the sacred Tengboche Monastery, the oldest and most significant monastery in the Everest region.
- Witness the awe-inspiring Khumbu Glacier and the dramatic Khumbu Icefall.
- Trek to the scenic viewpoints of Kala Patthar (5,555 m) and Nangkartshang Peak (5,083 m).
- Marvel at the majestic views of Mt. Everest, Ama Dablam, Lhotse, Nuptse, Thamserku, Cho Oyu, and many other towering peaks.

Itinerary

Day 1: Arrive at Tribhuvan International Airport, Kathmandu (1,400 m / 4,593 ft)

Day 2: Morning flight to Lukla (2,840 m / 9,318 ft) from Kathmandu, approx. 35 minutes

Or, drive to Manthali/Ramechhap (474 m / 1,555 ft)- 5-6 hrs by shared vehicle, followed by a 20-minute flight to Lukla

Day 3: Trek from Phakding to Namche Bazaar (3,440 m / 11,286 ft), 5-6 hrs along the Dudh Koshi River and through pine forests

Day 4: Rest and acclimatization day in Namche Bazaar. Optional hike to Hotel Everest View (3,880 m / 12,730 ft) and return, 4-5 hrs

Day 5: Trek to the spiritual hub of the Khumbu region, Tengboche (3,860 m / 12,664 ft), 5-6 hrs

Day 6: Journey continues from Tengboche to Dingboche (4,410 m / 14,469 ft), passing through rhododendron forests and alpine landscapes, 5-6 hrs

Day 7: Second acclimatization day. Morning hike to Nangkartsang Peak (5,083 m / 16,676 ft) for high-altitude exposure, 4-5 hrs
Day 8: Trek from Dingboche to Lobuche (4,910 m / 16,109 ft) alongside views of glaciers and mountain vistas, 5-6 hrs
Day 9: Today's trek leads you to the iconic Everest Base Camp (5,364 m / 17,598 ft), then return to Gorak Shep (5,190 m / 17,028 ft), 8-9 hrs
Day 10: Early morning hike to Kala Patthar (5,555 m / 18,225 ft) for unforgettable sunrise views. Descend to Pheriche (4,240 m / 13,911 ft), 7-8 hrs
Day 11: Trek back to Namche Bazaar from Pheriche, 7-8 hr walk
Day 12: Final trekking day, returning to Lukla (2,840 m / 9,318 ft), 7-8 hrs via Monjo and Phakding
Day 13: Catch a morning flight to Kathmandu (35 minutes), or a 20-minute flight to Manthali, followed by a 5 to 6 hour drive to Kathmandu
Day 14: Transfer to Kathmandu International Airport for your departure flight

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 temperatures 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 is 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

- 2 nights in a 4-star hotel in Kathmandu on a twin/double-sharing basis with breakfast
- 11 nights in guesthouses during the trek (twin-sharing), with attached bathrooms 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 airport transfers (international & domestic) by tourist vehicle
- Kathmandu to Manthali by shared tourist vehicle
- Shared helicopter flight over the Khumbu region with return drop to Lukla
- Round-trip flight between Kathmandu/Manthali and Lukla

Guide & Support Staff

- Licensed, experienced, English-speaking trekking guide (2 guides for groups of 8 or more)
- 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 (Trekking 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

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 Base Camp Trek- 14 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

Important Notes

Your safety is always our top priority while traveling with Ama Adventure. We emphasize the importance of flexibility for ensuring a safe and enjoyable trip.

Please be informed that flights to Lukla are often delayed due to weather conditions.

If a flight is canceled due to weather, be prepared for alternative arrangements.

Your trip leader has the authority to change the itinerary based on local conditions and their expert judgment.

We reserve the right to modify the itinerary due to medical considerations, unexpected weather conditions, natural disasters, etc.

Our leaders and crew strive to make your trip comfortable and to ensure it runs according to plan. However, we request your preparedness for flexibility if needed.

If you have any queries regarding the information above, please feel free to contact us. We look forward to guiding you on this incredible journey through the stunning landscapes of the Everest region.

Important Note: Trekking in Nepal – Please Read Carefully

Our itinerary is designed to give you the best experience, but unexpected situations may lead to changes. Factors like flight delays or cancellations, bad weather, natural disasters, political events, new government regulations, or a trekker's health can affect the schedule. If such situations arise, we will always aim to continue the trek with the best possible alternatives. Your understanding and flexibility in these moments are truly appreciated.

We highly recommend adding two extra days at the end of your trek. Flights to and from Lukla are frequently delayed or canceled due to unpredictable mountain weather. Having buffer days will help prevent any issues with your international flight plans. You can also use these days to explore more of Nepal- whether it's a Kathmandu sightseeing tour, some light adventure, or a day trip to nearby places before or after your trek.

Weather Information

Mountain weather changes a lot with elevation and landscape. Starting in Lukla, you'll gain height each day, and temperatures will slowly get colder. Days are warmed by the sun, but nights become quite cold. At higher altitudes, nighttime temperatures can drop to the teens or twenties (°F). Mornings usually start with a fleece or jacket, and you can add or remove layers during the day as needed.

Regards,
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