



Trip Facts

Price: USD 1460

Duration: 12 days

Trip Profile: Budget Everest Base Camp Trek

Geography: Himalayas/Hills/Forests/Glaciers

Max Altitude: 5,545

Location: Solukhumbu

Meals: All meals included during the trekking

Accommodation: Hotel/Tea house/Lodge

Ethnic People: Sherpa

Religious: Buddhism

Transportation: Flight/Tourist bus/Private vehicle

Group Size: 02-10 Pax

Highlights

- Experience lifestyle at the world's highest altitude settlement area Namche Bazaar.
- Visit many ethnic Sherpa villages like Tengboche, Khumjung, and Dingboche.
- Spot rare animals such as Musk deer, Snow leopard, pheasants, etc through the trek way to world heritage enlisted Sagarmatha National Park.
- Enjoy the magical sights as you journey through the river valleys of Imja Khola and Dudh Koshi.
- Visit the world's highest altitude glacier at 4900m – Khumbu Glacier.
- Visit the longest glacier in Nepal- Nongzumpa Glacier.
- Sunrise and Sunset from Kala Patthar viewpoint.



Overview

Everest Base camp on a budget is one of the best trekking journeys of a lifetime on a low budget to the most popular trekker's paradise. Trekking through the captivating Himalayas and flaunting own self through the crown of the world is undoubtedly a "once in a lifetime" experience. This Everest Base Camp trekking on budget will present ample opportunities to best experience the land of the Himalayas. Every place in the Khumbu region will amaze you with its magnificent beauty. Trekking to the foot of Mount Everest is one of the best trekking experiences satisfying your desire for a journey full of adventures.

Major Attractions In Everest Base Camp on a Budget Trek

Lukla Airport

Lukla airport is one of the highest altitude located airport and yet the most dangerous one in the world. The journey to Base Camp trek on a budget begins with a thrilling flight to Lukla. The flight to Lukla is an adventure in itself behind the trek. As you start your journey, you will come across gorgeous rivers and forests of pine, juniper, and colourful rhododendrons.

Namche Bazaar

The gateway to Everest is an alluring town ' Namche Bazaar' with a legendary settlement on the world's highest altitude. Namche Bazaar offers you the treasure of humanity and way of living. The town makes you enter the Sagarmatha National Park, home to many endangered species like snow leopard and red panda, to experience other-worldly scenic views. Most of the trek goes through the national park, which is also a UNESCO World Heritage site. Besides endangered species, Sagarmatha National Park is blessed with majestic mountains, deep valleys, and glaciers. Seven mountain peaks above 7000m other than Mount Everest can be visualized from Sagarmatha National Park.

Ethnic Sherpa Villages

The ethnic Sherpa people are the heart of the Himalayas. Warm lovely communities and friendly Sherpa people will add joy to your cold trekking journey. These commercial hubs of Khumbu, Namche Bazaar, welcome you with open arms. The highest altitude human settlement area lies in the region of Everest. You will trek through many major villages like Namche Bazaar, Tengboche, and Dingboche. Each of these places presents mesmerizing views of the Himalayas. Enjoy trekking alongside terraced farms of potatoes, buckwheat, and barley on a budget.

Historic Tengboche Monastery

Tengboche Monastery is a historic religious place for the Buddhist people. This monastery carries a lot of religious and spiritual importance. Tengboche is the place of peace. It is also considered to be the largest monastery in the Khumbu Region. The heart-catching view of colourful rhododendrons and the panoramic Himalayas along with fresh flowing white water rivers has made this monastery one of the best choices for visitors.

EBC and Kala Patthar Viewpoint

EBC Trek is blessed with the immense beauty of nature with staggering hamlets and momentary resources. For a phenomenal view of Worlds highest peak, something that worths more in EBC is Kalapatthar Viewpoint. Located at 5600 m altitude Kalapatthar offers eye-catching views of peaks like Ama Dablam (6856m), Lhotse (8516m), Nuptse (7861m), and Cho Oyu (8201m). The view of the Everest summit is visible closer to the Kalapatthar viewpoint. This standpoint is very famous among the visitors for its panoramic vantage view. Both the Northern and Southern flank of Everest can be visualized from this viewpoint.

What does Everest Base Camp Trek on a Budget offers to the trekker?

Trekking through the captivating Himalayas is undoubtedly a "once in a lifetime" experience.



This Everest Base Camp on a budget trip will present ample opportunities to experience the best of the land of the Himalayas. Every place in the Khumbu region will amaze you with its magnificent beauty. Everest base camp Trek is undoubtedly one of the best trekking experiences satisfying your desire for a journey full of adventures on a low budget. The pictures of the beautiful landscape and breathtaking views will stay with you for the rest of your life.

Best time to do Everest Budget Trek

The trek can persuade all year round but the best time to do this trek is during the spring (March-May) and autumn (September-December) seasons because the weather is favourable during these months. Since the weather conditions are unpredictable in the Himalayas, the flight to/from Lukla can be delayed or cancelled. So, it is best if you keep a day or two as buffer days and prepare for such conditions beforehand.

Alternative Route

If you want more sightseeing in Kathmandu and want to spend more time at the lap of the Himalaya then you can go through the following link [Everest Base camp trek](#), [Everest Three Pass Trek](#). If you want a more thrilling and adventurous way to take off your trek then you can go through the following link [Gokyo And Renjo-La Pass Trek](#), [Jiri to Everest Base Camp Trek](#), [Gokyo Lake with Everest Base Camp Trek](#). For the one who is looking for a short trek to Everest then, simply click on the following link to find out the suitable package for you, [Everest Short Trek](#), [Everest Base Camp Heli Trek](#).

Himalaya Land Treks is always ready to provide you with the best trekking experience. We take care of your transport, permits, accommodation, equipment, and every other necessity that will help you to enjoy the most on the journey.



Route Map





Day to Day Itinerary

Day 1: Fly to Lukla from Kathmandu, 30mins and trek to Phakding

(2,610m/8,563ft) 3-4 hours

Walking hr: 3-4 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You will catch a flight to Lukla early in the morning. The vehicle will pick you up at your hotel, and you'll head to Tribhuvan International Airport. Enjoy a breathtaking 25min aerial view of the bustling city slowly changing to lush green hills and snowy peaks. Upon landing at Lukla airport, prepare for the trek to Phakding. Pass by narrow ridgeline of tall hills to pave your path towards Phakding.

Day 2: Trek from Phakding to Namche Bazaar (3,440m/11,280ft) 5-6 hours

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Today, you will trek for about 6 to 8 hours to reach Namche Bazaar. Cross the suspension bridge over the Dudh Koshi River and continue to ascent to arrive at Monjo, the gateway to the UNESCO World Heritage Site of Sagarmatha National Park. Walkthrough the beautiful pine and cedar forests to reach Namche Bazaar. Namche has become a busy tourist hub for trekkers to do some last-minute shopping for gear and other essential items before they head out on their journey.

Day 3: Acclimatization at Namche Bazaar (3,440m/11,286ft)

Accommodation: Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Today, the day is set for acclimatization. Enjoy strolling around the streets of the famous Namche Bazaar, also known as the commercial hub of Khumbu. Here, you can find many hotels, restaurants, trekking equipment stores, pubs as well as cyber cafes. Acclimatizing in this popular stop along the Everest route also introduces you to the rich culture of the Sherpa people. You can hike to the nearby villages of Khumjung and Kunde. Spend the day enjoying the ancient culture, traditions, and warm hospitality.

Day 4: Trek from Namche Bazaar to Tengboche (3,860/12,664ft) 4-5 hours



Walking hr: 4-5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Namche Bazaar, today, you will trek uphill towards Tengboche. Start walking steadily for the first few hours and descend to the Dudh Koshi River. Enjoy the delightful sights of Mt. Ama Dablam, Mt. Nuptse, Mt. Lhotse, and many more peaks. You will pass by lush rhododendron forest to arrive at Tengboche. The village is home to the largest monastery in the entire Khumbu region. Tengboche monastery, also known as Dawa Choling Gumba, holds paramount significance to the Sherpa community.

Day 5: Trek from Tengboche to Dingboche (4,410/14,469ft) 5-6 hours

Walking hr: 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From Tengboche, you will cross several suspension bridges to descend to Debucho. Cross the Imja Khola and pass by small settlements of Pangboche and Orsho. The trail is decorated with Mani stone walls. Upon arriving at Dingboche, you can relax and enjoy the majestic views of the mighty peaks that tower over the village. Dingboche village, famously known as "the summer valley," offers great views of Lhotse, Ama Dablam, and Island peak.

Day 6: Acclimatization at Dingboche (4,410/14,469ft)

Accommodation: Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

As you are above 4,400 meters, you must acclimatize adequately. So, today is a rest day at Dingboche. You can hike up to nearby villages of Chhukung and Imja as preparation for the rest of the trek. You will see many walled areas that are for growing potatoes and buckwheat, the staple food of mountain people. You can also choose to climb up the rather challenging vantage point of Tserko Ri.

Day 7: Trek from Dingboche to Lobuche (4,910m/16,109ft) 4-5 hours

Walking hr: 4-5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner



From Dingboche, you will trek to Lobuche today. Lobuche is a small settlement with more than a dozen guesthouses. Walk past the Himalayan pastures as you start to notice the terrain changing into sparsely dotted shrubs from lush forests. You will also see many stonememorials for perished climbers. Walkthrough the flat land as you enjoy the views of Pumori and Khumbutse peaks. Overnight in Lobuche.

Day 8: Trek from Gorakshep -Everest Base Camp (5,364m/17,598ft) and back to Gorakshep (5,140m/16,864ft) 8-9 hours

Walking hr: 8-9 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Today is the main highlight of the entire trekking journey as you climb up to the Everest Base Camp. From Lobuche, you will make your way towards Gorakshep. Gorakshep is one of the last settlements before reaching the Everest Base Camp. This sparsely populated settlement welcomes a handful of guests during the peak trekking seasons. From Gorakshep, the round trip to EBC is about 3 hours long. You will hike alongside the Khumbu glacier moraine towards the base camp. Upon reaching the base camp, enjoy the views of the mighty Everest peak and the breathtaking surrounding. Head back to Gorakshep and celebrate your successful journey to EBC.

Day 9: Hike to Kalapatthar (5,545m/18,192ft) and trek to Pheriche (4,240m/13,911ft) 8 - 9hours

Walking hr: 8-9 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Today, you will head downwards to Pheriche. Following the same path that you took to ascend, you will cross the Khumbu glacier to arrive at Dughla. Leaving Dughla, you will meet a junction of Pheriche and Dingboche. Take the path which goes to Pheriche. The trek today is relatively easy as compared to ascend. Upon reaching Pheriche, enjoy the views and the surrounding of the windy valley.

Day 10: Trek from Pheriche to Namche Bazaar (3,440m/11,280ft) 6-7 hours

Walking hr: 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you will head on a long journey back to Namche Bazaar. The 22-kilometer downward journey mostly comprises of flat areas. In about two hours of the trek, you will



reach Somare. Continue trekking for about an hour towards Pangboche. Descending from Pangboche, you will cross a bridge and arrive at Deboche. From here, you will head to Tengboche. Cross a bridge, reach Sansara, and continue trekking towards Kyangjuma. The bright and beautiful trail will lead you to Namche Bazaar.

Day 11: Trek from Namche Bazaar to Lukla (2,840m/9,318ft) 6-7 hours

Walking hr: 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Today is the last day of your trek in the Khumbu region. After an early breakfast, you will head down towards Monjo crossing a bridge. For lunch, you will reach Phakding, and from there, you will ascend three more hours to reach Lukla. The trail is decorated with many prayer flags, Chortens, and Mani walls. Upon reaching Lukla, enjoy your last night in the Khumbu region as you share your adventurous stories with fellow trekkers and Sherpas. Overnight in Lukla.

Day 12: Fly from Lukla to Kathmandu (1,300m/4,265ft), 30 mins

Meal: Breakfast

Today, you will fly back to Kathmandu early in the morning. After a delicious breakfast, you will head to the airport. Bid farewell to the mighty mountains. During peak trekking seasons, there are chances of flight delays. So, it is advised that you keep an extra contingency day on your trip. Upon reaching Kathmandu, you will be transferred back to your hotel. You are free to do whatever you like. Spend the day relaxing in a spa or indulge in souvenir shopping around the tourist hub of Kathmandu, Thamel.

Important Note: With a challenging geographical structure and unpredictable climate, internal flight delays are quite frequent, especially so in the Himalayan regions of the country. The flights are even canceled if the weather conditions worsen. As such, we advise you to travel to Nepal during autumn and spring seasons. These seasons offer the most stable of climatic conditions and see far fewer flight delays and cancellations. We also recommend the travelers to include a few extra days in their travel itineraries as contingencies. You should also be careful to get travel insurance to cover the additional expenses due to these conditions.



Trip Cost Includes

- Airport picks up and drops off, upon arrival and departure.
- Pre trek meeting.
- Kathmandu-Lukla-Kathmandu flight tickets.
- All necessary paperwork and trekking permits (National Park Permit, TIMS).
- Trekking equipment: down-filled sleeping bag, walking poles and a duffel bag.
- An experienced English-speaking Govt. registered trekking guide and local porters to carry luggage (2 trekkers: 1 porter).
- Guide and porter salaries, insurance, equipment, transport, food, and lodging.
- Full meals: Breakfast, Lunch & Dinner on your choice.
- Supplementary snacks: energy bar and cookies.
- Fresh seasonal fruits after dinner.
- Unlimited Chlorine treated Safe Drinking water.
- Oxi-meter: To check pulse, heart rate, and oxygen saturation to Everest base camp and return.
- All accommodation during the trek (Soft, comfort, private room with shared toilet).
- A comprehensive First Aid kit.
- All government and local taxes.
- Souvenir: Himalaya Land treks t-shirt and Trekking Route map.



Trip Cost Excludes

- Nepal visa (USD 30 for 15 days and USD 50 for 30 days).
- Your international flight to and from Nepal.
- Meals in the city except for breakfast and other mentioned special dinner.
- Hot and bottle drinks.
- The cost incurred during the tour around the city.
- Cost for additional trips.
- Extra Battery Charging, Hot shower, and wifi. Travel insurance which covers emergency rescue and evacuation.
- Tipping to Staff.