

Trip Note

The Everest Base Camp Trek is a high-altitude adventure that requires good preparation, reasonable fitness, and a positive mindset. The itinerary is designed with gradual altitude gain and acclimatization to help you adjust safely to the mountain environment.

Altitude & Acclimatization

The trek reaches Everest Base Camp (5,364 m) and Kala Patthar (around 5,545 m). Walk at a comfortable pace, stay well hydrated, and always follow your guide's advice regarding altitude and acclimatization.

Weather & Best Conditions

Mountain weather can change quickly. Temperatures become significantly colder at higher elevations, particularly in the early morning and at night. Appropriate warm, waterproof, and layered clothing is essential.

Lukla Flights

Flights to and from Lukla are weather-dependent and may be delayed, rescheduled, or cancelled. During certain seasons, flights may operate from Ramechhap instead of Kathmandu. We recommend keeping some flexibility in your travel schedule.

Accommodation & Meals

Accommodation during the trek is in local tea houses/lodges. Facilities become more basic as you gain altitude. Meals are available along the route, while hot showers, Wi-Fi, battery charging, and other services may involve additional charges.

Physical Preparation

Previous trekking experience is helpful but not essential. Regular walking, hiking, cardio exercise, and stair training before arriving in Nepal will make your trek more comfortable.

Travel Insurance

Comprehensive travel insurance covering high-altitude trekking and emergency helicopter evacuation is strongly recommended. Please check that your policy covers the maximum altitude of your itinerary.

Itinerary Flexibility

Safety is our priority. Weather, trail conditions, flight disruptions, health concerns, or other unforeseen circumstances may require changes to the planned itinerary. Your guide and Himalaya Kingdom Treks & Tours will make necessary adjustments with your safety and overall trekking experience in mind.