Women Only - Everest Base Camp Trek

Everest Region

Trip Facts

REGION	DURATION
Everest	**17 Days**
DIFFICULTY	ACTIVITY
Moderate	**Trekking**
MAX. ALTITUDE	BEST SEASON
5643 m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodges)	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
160 km/80 miles	**Flight**

Group Prices and Discounts

USD 1,299 per person

No. of travellers	Price per person
1 Pax	USD 2,090
2–4 Pax	USD 1,600
6–12 Pax	USD 1,299
14–24 Pax	USD 1,199
25–35 Pax	USD 1,199
36–46 Pax	USD 1,199

Overview

Everest Base Camp Trekking is one of the wonders of the world, besides the tallest peaks on this planet earth. **Mount Everest** stands majestically at an elevation of 8,848.86 meters, or 29,031 feet recorded as the **world's highest peak**, located around the high **Khumbu Valley**, North Mid-East of Nepal. It straddles the boundary between Nepal and Tibet, China, where the North Face or Col is across the borders. This trek can be a perfect adventure for women of all ages whether you are travelling solo or with your fellow female explorers. For those seeking an empowering experience, booking a **female trekking guide in Nepal** or a women trekking guide agency can provide a safe and inspiring environment to push your limits and enjoy the beauty of the trek.

The south face of Mt. Everest base camp is more popular than the other sides in Tibet. The **trek to Everest Base Camp** will be an enjoyable, and exciting adventure where views of giant peaks follow you all along the walks from the start to the end at Lukla.

Trekkers will be amazed at the scenic dramatic landscapes from dense forest to arid and arctic zone terrains. Everest base camp trekking is the most exciting adventure, where trekkers will experience the true mountain wilderness. An exciting, short flight lands at **Tenzing Hillary Airport** in Lukla where most adventures around the high Khumbu and Everest region begin and complete. The walk follows the gradual main trail through several **Sherpa villages** lined with prayer monuments. The walk then enters the *Sagarmatha National Park* treasures that include exotic flora, and fauna, as well as the world's famous highest peaks. As the walk advances, we then leave the Dudh Koshi River Valley with climb to the famed **Namche Bazaar**.

Namche Bazaar, the hub and capital of the **Khumbu Sherpas**, is a popular place to have a rest day to allow for proper acclimatization. The adventure continues heading higher, walking on a scenic trail amidst beautiful coniferous and deciduous forest to reach Tengboche.

A picturesque location with a majestic monastery surrounded by a series of snow peaks with **views of Mt. Everest**. Slowly, the walk heads down and up leaving the tree lines behind for a wide open to arid country. The trail follows towards **Everest Base Camp** after overnights in the Dingboche and Lobuche settlements where the landscape changes into a rocky moraine as you reach around the glaciated valley to Gorakshep. Gorakshep is located on the midways of Everest base camp and towards high **Kalapathar Hill**. From Gorakshep, the journey continues towards our main goal and highlight of the adventures as you stand beneath the world's highest peaks. You can enjoy the dramatic scenery of arctic-like terrains with remorseless fields of ice, snow, and glaciers. The **massif Khumbu Icefall** tumbles to feed the glaciers, one of the sources of the Dudh Koshi River.

After an exciting moment of great delights, on achieving the major highlights, the next adventure leads you to the top of Kalapathar, the highest spot of the adventure which rewards with a spectacular view. The giant mountain encircles the black rocky ridge of Kalapathar, with close views of Everest, at a mere distance.

On completing the major goals and highlights, we then take a return journey on an alternative route through Pheriche Valley. Then to Namche Bazaar and back to Lukla for the last overnight stop. From Lukla, a sweeping scenic flight brings you to Kathmandu after an overwhelming experience on Everest Base Camp Trekking.

Highlights

- Head on an empowering journey to Everest Base Camp Trekking with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the trek.
- Connect with local women of different areas and traditions.
- One of the most sought adventure destinations in all the Himalayan region.
- Adventurous scenic walks in the heart of world's highest Mount Everest.
- Following the **classic routes of Tenzing Hillary**, the legendary mountaineers.
- From beautiful coniferous and deciduous forest to sheer mountain wilderness.
- Climb on top of the famous viewpoints of Kalapathar for the closest views of Everest.

Route Overview

Trekkers planning to join for Everest Base Camp Trek or other adventures around the Nepal Himalayas should be aware that Nepal is a country of high land of mid-hill to higher **mountainous landscapes and terrains**.

The trek involves a lot of uphill and downhill sections, with only a few gradual paths to enjoy along the way. The only flatland is the low sub-tropical Terai belt around southern Nepal.

En route to Everest base camp, starts with pleasant gradual path with few short steep ups till Jorsalle. After crossing the high bridge on leaving Jorsalle village and Dudh Koshi River Valley, the path takes a steep undulating climb for few hours to Namche Bazaar. From Namche onward, the trail continues with wide, scenic paths that wind gradually upward. We continued our walk for a few hours climbing into the lovely forested path to **Tengboche Monastery**, and then a slow climb to Pangboche village. The walk gets easier with gentle ups to Dingboche, but the rise in altitude makes the walks longer. From Dingboche to Lobuche we take a short steep up with gradual winding ups till Thugla.

A steep climb of less than an hour to Thugla high ridge, and then an easy gentle ups to Lobuche. But the gain in altitude and thin air makes the walks tiring and longer, from Lobuche to Gorakshep. The trail begins on a mostly flat path before ascending to the rocky moraine that leads to Gorakshep. From Gorakshep, a long winding up on rocky trail then coming across small icy streams and glaciers to cross. Then reaching Everest Base Camp, located on a rocky moraine with ice and glaciers.

Fixed Departures

Departure	Duration	Availability
November 8th – November 24th	17 Days	Available
November 10th – November 26th	17 Days	Available
November 12th – November 28th	17 Days	Available

November 13th – November 29th	17 Days	Available
November 14th – November 30th	17 Days	Available
November 16th – December 2nd	17 Days	Available
November 19th – December 5th	17 Days	Available
November 20th – December 6th	17 Days	Available
November 26th – December 12th	17 Days	Available
November 28th – December 14th	17 Days	Available

The next 10 departures. See every date on the website.

Itineraries

Day 01: Arrival in Kathmandu 1,340 m and transfer to hotel.

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you after which you can join the other members of the Everest Base Camp Trekking team in the meeting room for a briefing.

The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge and foods. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

Day 02: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 03: Fly to Lukla 2,860 m and trek to Phakding 2,610 m-04 hrs.

You will have your breakfast at Hotel, and after having early breakfast and refreshments, the Woman Adventures guide, and staff receives you for short drive to domestic airport. You then check in with respective airlines, get on board in a small aircraft of 15 to 18 seats. Twin Otter, Dornier or similar STOL aircraft can only fly to mountainous smaller Airport and runways. The flight to Lukla's amazing Tenzing-Hillary Airport is an enchanting experience, with its remarkable airstrip. During this short flight enjoy sweeping panorama of the Himalayan range of peaks with Mt. Everest towards North-East.

Then the plane lands at Lukla's short runways, reaching the parking space on landing at Tenzing-Hillary Airport. After getting organized with the baggage, you'll have time to take a refreshing break. Then follow our lady expert guide heading through the market areas on the main streets of Lukla town.

Enjoy a pleasant walk downhill, passing farm villages and continuing through several charming settlements along the way. We then reached Phakding for the first overnight around the Khumbu area of Everest.

The lodge offers lovely rooms and warm hospitality, providing a comfortable place to enjoy the night in Phakding, near the Dudh Koshi River. The flight to Lukla takes about 30 minutes and covers a distance of approximately 135 km (84 miles) while the walking distance from Lukla to Phakding covers an approximate distance of 8 km (5 miles).

Day 04: Trek to Namche Bazaar 3,440 m-06 hrs.

After a hearty breakfast in the morning, follow our female guide and trekking staff for a pleasant walk to start the day. After short hour of good walk cross over a long bridge above Dudh Koshi River. Then a short climb to lovely Monjo village and then enter Sagarmatha National Park. Sagarmatha, a name for Everest in Nepal, the native Sherpa calls Chomolungma similar to Tibetan. In both languages it means great Mother as large as an ocean. From the park, we walk down to cross the same river once again. (Sagarmatha National Park is in the list of UNESCO World Heritage Sites). We then reach the settlement of Jorsalle before Namche Bazaar, possible lunch stops, and then walk on the river bed amidst dense forest. We take a short climb to cross a high bridge, with a long undulating uphill walk of a few hours takes us to Namche Bazaar.

A large settlement, a size of a moderate town with colorful and well built houses serving as lodge, and hotels. Enjoy a nice comfort in one of the best lodge rooms, with a grand view of Kwangde Himal range; with Thamersarkhu peaks. The total distance from Phakding to Namche Bazaar is approximately 12 km (7.5 miles), taking more than 5-6 hours due to the increase in altitude.

Day 05: Rest day in Namche Bazaar for acclimatization with short hike.

Namche Bazaar is a perfect place and ideal height for rest and acclimatization, before heading higher ground. Sleeping and resting low is best, taking short hike above Namche Bazaar heights for better acclimatization.

It is best to sleep and rest at lower altitude. We also take a short hike above Namche Bazaar to aid in better acclimatization. In Namche, immerse yourself in exploring the lifestyle of Sherpa women, appreciating their dedication, resilience, and the unique cultural roles they uphold in the community.

Possible short hiking around Namche Bazaar and viewpoints are as follows:

After breakfast climb uphill to near Park Headquarters, a top ridge with an interesting museum. Enjoy the grand vista of Mt. Everest, Lhotse, and Nuptse with beautiful Mt. Ama Dablam, Khangtiaga, Tharmasarku, and Kwangde Himal range of peaks. You then visit the museum which offers good information about the Sherpa culture and history as well as local flora/fauna and mountaineering expeditions history around Khumbu and Everest.

The other interesting hike is climb above Namche Bazaar to a small old airstrip at Syangboche. Then on slow gradual ups to Everest View Hotel, the first luxury hotels of Khumbu and Everest region. It is designated in the Guinness Book of World Record, as the highest hotels in the world at 3,962 m/ 13,000 feet.

It is located in a serene surrounding amidst pines and rhododendrons small forest. Enjoy the glorious views of Mt. Everest, Lhotse, Nuptse with Ama Dablam while having refreshing hot drinks. We then return to Namche Bazaar for lunch. The rest of the day is free to leisurely explore the fascinating streets of Namche Bazaar.

Namche Bazaar is also famous for its weekly Saturday Market, hence the name tagged as Namche Bazaar due to the colorful busy bazaar/ market held every Saturday.

Day 06: Trek to Tengboche Monastery 3,867 m-05 hrs.

After enjoying a pleasant stop for two overnights in Namche Bazaar, the walk leads on a pleasant gradual wide trail. Next, a steep short climb to start the morning walk to Tengboche. The walk follows along with superb views of towering snow peaks with downhill to Imjatse River at Phunki Tenga. It is a small settlement and a popular lunch stop for trekkers before heading to Tengboche and beyond.

After lunch we climb for two hours on average, heading uphill on winding up through dense woods. The trail is covered in tall rhododendrons, pines, oaks, and firs trees. We then reached an open wide area at Tengboche. It is a beautiful location surrounded by towering snow-clad peaks amidst a beautiful forest with a colorful majestic monastery. After checking into a nice room and having afternoon refreshments, enjoy a tour of the monastery enriched with ancient artifacts and colorful decorations of vivid religious arts and paintings inside the monastery interiors.

Tengboche Monastery is famous for a colorful religious festival called Mani Rimdu. This event is held for three days during late October or first week of November, as per the Buddhist Lunar calendar. Interested people can contact Woman Adventures for the exact date for the trek to coincide with Mani Rimdu Festival.The walking distance from Namche Bazaar to Tengboche is approximately 10 km (6.5 miles), taking 5 to 6 hours due to the steep climb.

Please note: Sometimes the guide can lead you further down to Deboche for overnight stop after the tour of the monastery, in another serene environment with good lodge accommodation.

Day 07: Trek to Dingboche 4,410 m -05 hrs.

From Tengboche or Deboche, enjoy a good breakfast before heading down to a river to cross a strong steel bridge. The tall tree lines drop for short alpine shrubs and bushes from the Tengboche. We continue the walk following on gradual ups which face the stunning views of Ama Dablam peak, then reaching Pangboche. Pangboche is the last permanent village en route to Everest base camp. The other places for overnights are temporary settlements to cater the trekkers, like Dingboche, Pheriche, Lobuche and Gorakshep.

After a short rest, continue walking past Pangboche village, with a short ascent to the small settlement of Somare. A popular lunch spot before Dingboche, offers grand views of Ama Dablam that towers above Somare settlement.

After lunch, enjoy a pleasant afternoon walk with gradual ascents. However, be aware that it can get cold and windy around noon. The walk continues with short down to a stream and then climb for an hour to Dingboche. A beautiful place, located within scenic Imjatse Valley, facing tremendous views of Lhotse, Nuptse, Ama Dablam and Island Peak. On arrival, the guide will take you to one of the best lodges for two overnights stops. The walking distance from Tengboche or Deboche is approx. 12 km / 7.5 miles of average 5 hours treks with lunch stop.

Day 08: At Dingboche rest day for acclimatization and short hike.

Today, we will enjoy another leisure and rest day for better acclimatization, Dingboche offers a few good hiking spots, for grand mountain panorama. The best option is to climb to Nnagkartshang also called Nakarjung walk up to 5,510 m or 18,077 feet high. Climbing an additional 700 meters above the height of Dingboche will greatly aid in acclimatization. It is a 2-3 hours climb above from the lodge heading northeast, on reaching the top. The top offers fascinating views of surrounding Snow-Mountain range with views of Mt. Makalu in the east.

After a scenic morning climb, with a grand vista of the surrounding peaks,we return back down to Dingboche for lunch. In the afternoon, enjoy a leisurely stroll around Dingboche and marvel at the beautiful scenery. You will also have the opportunity to explore the lives of local women, whose hard work and determination beautifully illustrate the essence of women's empowerment in this mountainous region.

Day 09: Trek to Lobuche 4,928 m -05 hrs.11 km.

After an enjoyable rest and overnights in Dingboche, our morning walks start with a short climb to a ridge and the path is lined with Buddhist prayer monuments, then on pleasant trail with a slow winding ups to Thugla. A small place with Tea-House, another popular refreshing stop for lunch en route Lobuche. At Thugla, trail of Pheriche and

Dingboche joins, also it is the melting point of Khumbu glacier into a torrential cold stream. After lunch, we take a steep climb of less than an hour to the top of Thugla small pass. From here on a gradual path for an hour to Lobuche for overnight in one of the best lodges. We then check into a nice lodge that offers a view of Nuptse and Lobuche peak. Lobuche is a nice spot well hidden from gusty cold wind.

Day 10: Trek to Everest base camp 5,364 m via Gorakshep 5,180 m-06 hrs. 12 km plus 6 km back to Gorakshep.

We start early after having a good breakfast to reach the main goal and highlight of Everest Base Camp. We will carry a packed lunch for the long day. The path starts with a gradual, and then a short climb towards rocky section. You can enjoy stunning views as you walk above the Khumbu Glacier on your way to Gorakshep. A nice small settlement with nice lodges, situated beneath Mt. Pumori and Kalapathar scenic hill.

In the early days, Gorakshep served as the original Everest Base Camp. However, as the glaciers receded over the years, the base camp was relocated further to its present site in the 1970s. The walk follows east, on the gradual winding path, after some hours of steady walks, we then reach Everest Base Camp, stand at the foot of number one Mount Everest. It is also the base camp of Mt. Lhotse, the world's 4 th highest peaks. Enjoy the incredible stupendous scenery similar to Arctic like landscapes, covered in the moraine of rocks, snow, ice and glaciers. In the mountaineering seasons of April and May, base camp is flooded with tents of various wide-world expeditions. After a wonderful day hike and achieving the goals of the adventures, return walk to Gorakshep for overnight halt. Celebrate the incredible achievement of reaching Everest Base Camp with your female friends, guide, and porter, sharing the joy of this unforgettable moment together.

Day 11: Climb to Kalapathar 5,630 m and trek to Pangboche 3,900 m- 06 hrs.

We rise early morning and before breakfast, we take an exciting climb to the top of Kalapathar, a famous and popular viewpoint. A steep climb of a few hours takes us to reach the rocky high ridge, as well as the highest spot of the adventure. For every hard efforts, the adventure rewards you with a mind-blowing panorama of towering Snow Mountains that encircle the top of Kalapathar. The top offers a grand close views of Mt. Everest at a stone throw distance with Mt. Pumori in front. After a mesmerizing views, we descend to Gorakshep for breakfast, and then downhill past Lobuche and Thugla.

From Thugla our route diverts heading downhill reaching at the valley floor of Pheriche. A pleasant walk for some hours with lunch stop at Pheriche, a nice settlement similar to Dingboche. In the afternoon, we walk down to a river and up to a small ridge, and then downhill to Somare. From here a short descent to Pangboche for overnight stop. Pangboche is also en route to Ama Dablam base camp across the Imjatse River.

Day 12: Trek to Khumjung 3,790 m via Tengboche-06 hrs.

After breakfast in Pangboche with close views of Ama Dablam, we head down to a river and cross the bridge. From here climb starts back into woodland, and after hours of uphill, we reach Tengboche. The rest of the walk on downhill to Phunki Tenga, after the bridge, climbs leads to Lobesa and Shansa villages. Then our route diverts from the main trail heading up for short hour to lovely village of Khumjung.

Khumjung is located on a glacial valley beneath Mt. Khumbila, the sacred mountain revered as the patron God of Khumbu Sherpa, this majestic peak holds great spiritual significance due to which it is not allowed to climb.

At Khumjung, you will stay in the comfort of a nice lodge. The rest of the time you can visit the old Khumjung Monastery. The monastery treasures a scalp believed to be from a Yeti, and with a small donation, the keeper will reveal it, carefully preserved in a small glass box. The monastery itself is an interesting monastery of more than 500 years old history. After a short tour enjoy the evening with a view of snow peaks and its beautiful landscapes.

Day 13: Trek to Monjo 2,880 m via Namche Bazaar-05 hrs.

After a pleasant overnight in Khumjung and after breakfast we take a short walk to Khunde village, where first Khumbu hospital was established. This hospital was built with the support of late Edmund Hillary and his Himalayan Trust. After a quick tour of the small hospital, we head back to Namche Bazaar via Syangboche. The walk will be a great scenic walk downhill with bird's eye views of Namche Bazaar. A long descent reaches Namche Bazaar for lunch and in the afternoon we head down to Dudh Koshi River valley. We continue our walk past Jorsalle and after the bridge a short steep climb to the national park post. We then reach Monjo for an overnight halt before Lukla.

Day 14: Trek to Lukla and transfer to a lodge-04 hrs.

Today is the last day walk of the adventure, one can enjoy the pleasant walk towards Phakding where we take a short rest. From here we continue few hours of good walks with last hour climb to Lukla. We will arrive Lukla by afternoon on time for lunch and overnight stop, with ample time to hang around and to enjoy the last dinner celebration with fellow members and trekking staff.

Day 15: Fly to Kathmandu and transfer to hotel.

In the morning, you will be transferred to Lukla's Tenzing-Hillary Airport for a smooth, short flight back to Kathmandu. After a great adventure and wonderful experience on Everest Base Camp Trekking, we then return to the hustle and bustle of city life of Kathmandu. Spend the rest of the day at leisure with fond memories of Everest Base Camp Trekking. Also, you can join in for a short tour around places of great interest. A total distance covered 160 km/80 miles, round trip from Lukla to Lukla and it does not cover the rest day optional hikes.

Day 16: In Kathmandu free day, for individual activities with options for tours.

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop souvenirs of Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 17: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around high hills of Khumbu with trek to Everest Base Camp. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

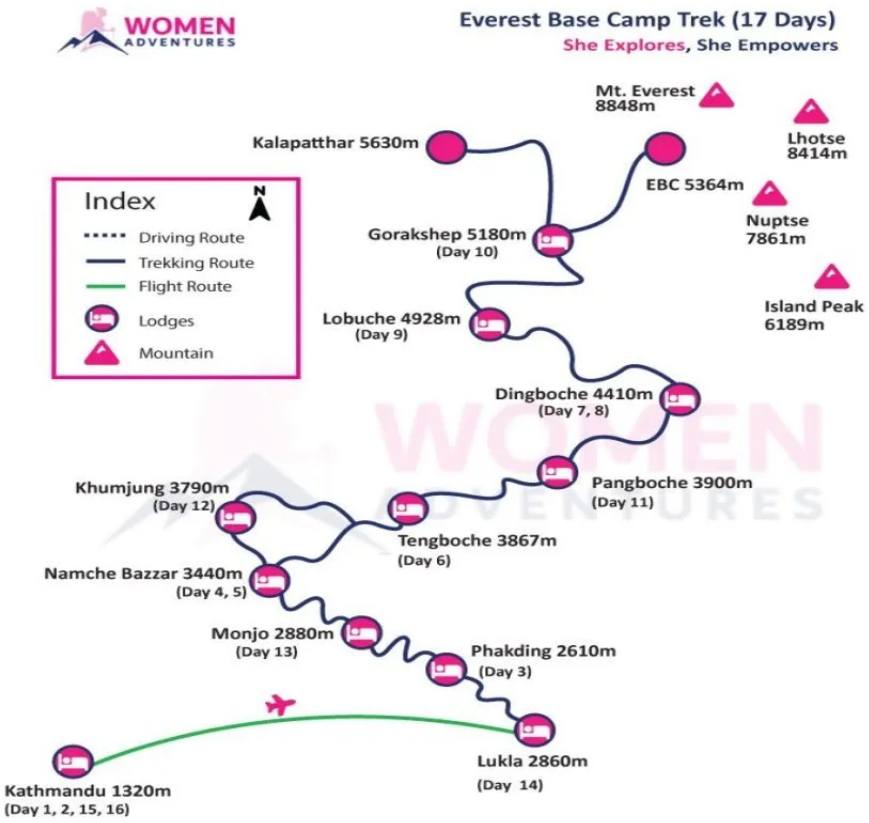
- Airport Pick up and Drop.
- 3 star standard (Nepal's standard) hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation
- All meals (Breakfast, Lunch & Dinner) three times a day
- Tea Coffee (3 times a day).
- Certified A graded female trekking guide, potter (helper), and assistant guide for groups consisting of more than 5 trekkers
- All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
- Air ticket (Kathmandu- Lukla –Kathmandu)
- Kathmandu Cultural and Historical sightseeing with a certified female Tour guide, Private transportation, and entrance fee.
- Trekking Permit (TIMS).
- Sagarmatha National Park Entry Permit.
- Down Jacket, a sleeping bag, Fleece liner and a duffel bag.

- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

Trip Map



FAQs

Why should I trek with Women Adventures for the Everest Base Camp trek?

Women Adventure is the only **women-led trekking company** in Nepal that guarantees women's safety and empowerment. We specialize in organizing treks for solo travelers and groups with intention and purpose. The Everest Base Camp trek with Women Adventures begins with female guides, tailored itineraries, and a focus on women's responsible travel.

When is the ideal time to trek to Everest Base Camp?

The best season for the **Everest Base Camp trek** is suitable in both spring (March to May) and autumn (September to November). These months have stable weather as well as clear views of the mountains. Everest Base Camp in spring is full of blooming rhododendrons, whereas autumn offers post-monsoon clarity and pleasant temperatures.

Is prior trekking experience needed for the EBC trek?

No experience is needed, but good physical fitness is recommended. We suggest doing cardio, long walks, and pre-hike preparation. The routes are designed to allow enough acclimatization, and guides are trained to help both beginners and experienced women travelers. For more detailed information on what to expect, including costs, maps, distance, and timeframe, check out Everything Trekkers Need to Know About the EBC Trek.

How difficult is the Everest Base Camp?

Talking about the difficulty level of the Everest Base Camp trek, it is considered moderate to challenging. You will be trekking daily for about 5 to 7 hours at high elevations, with the highest point at 5545 meters in Kalapatthar. While the terrain is rugged, it is manageable with proper acclimatization and a slow, steady pace; the journey is completed successfully by many travelers.

Is there internet access during the Everest Base Camp trek?

Wi-Fi is available in most teahouses along the way. Most of the popular stops, like Namche Bazaar and Dingboche, also provide internet services. The internet, however, is often slow, and you need to pay extra costs. Local SIM cards like Ncell and NTC with data may work in some areas. However, for better coverage, you can purchase an Everest Link Card in Kathmandu or at most lodges and shops on the Everest Base Camp route. This accesses the internet in many more locations.

What permits do I need for the EBC trek?

You will require 2 permits for the EBC trek:

- Permit for Khumbu Pasang Lhamu Rural Municipality
- Sagarmatha National Park Entry Permit

All permits are taken care of from our end with the trekking package.

What are the accommodation options during the Everest Base Camp trek?

Local tea houses/lodges will be providing accommodation, which includes basic, clean rooms furnished with twin beds. While simple, they provide a relaxing atmosphere and opportunities to connect with locals and other travelers.

Is altitude sickness during the EBC trek a concern?

Altitude sickness can indeed impact anyone. Our carefully planned itineraries allow for rest/acclimatization days, and our guides are also trained in AMS (acute mountain sickness) prevention response. We take daily health checks and ensure necessary safety measures are in place.

What do I need to pack for the Everest Base Camp trek?

Here is a quick checklist of essential items:

- Trekking boots (waterproof)
- Sleeping bag (can be rented)
- Lip balm, broad-spectrum sunscreen, sunglasses
- Water purification tablets or filter
- Down jacket and layers for warmth
- Personal first-aid kit

Go through the equipment list for a complete packing list.

Can I charge my electronic devices during the trek?

All devices may be charged, but in most areas, there is solar power and charging comes at a cost. We recommend you bring a power bank along with extra camera batteries. Lower-altitude villages have more reliable charging ports.

Do you offer treks for solo female travelers or beginners for Everest Base Camp trekking?

Definitely! We have focused on solo female-friendly groups. With Women Adventures, you are safe, supported, and empowered all the time. We plan treks for all types of travelers, both beginners and experienced.

What if my question isn't listed?

No worries! For more details like Everest Base Camp Trek Cost, Map, Distance, Timeframe and, for more queries, you can directly talk to our expert at +977 9841290101 or email us at info@womanadventures.com.

Food and Culture

The food and lodge accommodations around Khumbu region of Everest region is available at designated overnight stops. Overnight accommodation and meals will be served as per the itinerary set by the Woman Adventures, the **female owned trekking company**. We provide the best lodge accommodation wherever possible.

The foods are available according to those listed on the menu, from breakfast, lunch, dinner, or main courses. We also provide side snacks with warm and cold refreshment drinks, serving you in a nice and cozy dining room, with a fireplace.

In Nepal, the most favorite and popular meal is Nepali Dal Bhat, boiled or steamed rice served with a mild curry of seasonal vegetables, including Dal, a lentil bean soup with homemade pickles, and hot sauce as options. The food menu lists from breakfast, lunch, and dinner to snack items. Breakfast from oats porridge, and cereals to cornflakes with toast/ chapattis, and pancakes includes a choice of egg variation. Lunch and dinner options include a variety of main courses from Continental, Chinese, Indian, Nepali, and Tibetan cuisines, along with a selection of soups.

The lodge accommodation and food are best in the Khumbu areas **en route to Everest Base Camp**. The lodge accommodations from Namche Bazaar onwards, are simple and nice rooms.

From Namche Bazaar till Tengboche and few places like Dingboche, most lodges provides common bathrooms and toilets. But they serve with a good food menu of limited varieties, also some villages offer fresh homemade bakery items. In most places, the rooms are on a shared basis with common bathrooms and toilets due to harsh terrain conditions. The plumbing systems for running water freeze in the morning, evening, and nighttime. Due to freezing temperatures from Namche Bazaar onward, using hot showers is at an extra cost. All lodges have electricity to light the large dining room powered by local hydro or solar power. For charging electronic items, you have to pay an extra cost per hour and for each gadget. **Internet and Wi-Fi** are available, but it is slow and disturbing in some places due to weather conditions.

In a large group with more than 4 people, it is best to order a set meal for all. It saves time and fuels energy, which is important around remote areas of the Himalayas. Following the norms and rules as **Responsible Trekkers** is a good practice for Eco-Tourism and involves properly managing garbage and litter throughout the trek.

Trekkers must be aware that the Khumbu region from **Lukla to Everest Base Camp** offers various standard of Lodge accommodations. From budget to tourist standard and luxury lodges, interested people can upgrade the standard of accommodation on booking with *Woman Adventure (P) Ltd*. It is important to know that alcohol drinks is not healthy and good while going up to higher altitude. But can enjoy after completing the main highlights, on return journey to Lukla, and losing altitude to safe heights.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the high Khumbu of North Mid-East Nepal, populated by the Sherpa. The highlanders of eastern Himalayas, the Sherpa menfolk are famous and renowned, as the world's best mountaineers and guides. The Sherpa's follows strong **Buddhism religion**, similar to their early Tibetan predecessors. The walk leads across many Buddhist monuments and shrines, as well the famous **monastery of Tengboche** and Pangboche. The religious monuments include a series of prayer walls and spinning wheels with impressive monasteries of great religious and cultural interest.

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.

- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Glacier glasses
- Head torch.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.

- Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

For more about this trip, see https://www.womanadventures.com/packages/everest-base-camp-trekking

Call us at +977 9747508926 or email info@womanadventures.com

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