



EVEREST BASE CAMP TREK

DURATION: 14 DAYS

LOCATION: NEPAL

SKILL LEVEL: INTRODUCTORY

 ALPENGLOW



EVEREST BASE CAMP EXPEDITION

Expedition Details

DURATION: 14 DAYS
LOCATION: NEPAL **SKILL LEVEL:** INTRODUCTORY
SEASON: SPRING/FALL

DIFFICULTY LEVEL DESCRIPTION:

Trekking - No technical climbing or backpacking experience is necessary. It is important, however, that you are in good physical shape, and able to hike in rugged terrain for several hours each day. We are happy to detail physical training programs needed to get you ready for our treks.

PREREQUISITES:

No experience necessary.



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Expedition Introduction

Everest Up Close

Mount Everest has long captured the imaginations of people from across the world.

The fact that the summit of Everest is the highest point in the world speaks for itself, but when traveling in the Khumbu Valley, it becomes apparent that the greater picture of the mountain range, including the history, the weather, the locals, and the climbers who visit are what make this place special.

When trekking in the Khumbu, you enter a community of mountain enthusiasts that travel to this region to pursue their dreams. As you travel and trek beside the Sherpa, guides, and climbers, you will attain a perspective unlike any other. You will gain an understanding of the region's culture, its history, and the sport that brought you there. With our support staff, guides, accommodations, and the best food in the business, you are able to focus your energy on yourself and your surroundings.



ROUTE CHOICE

This trek officially begins at 9,000' / 2,743m in Lukla, the world's highest airport. From there, we spend two weeks trekking from town to town through the Khumbu Valley. We'll hit famous spots like Namche Bazaar, Khumjung, Phortse, Dingboche, and Kala Patthar, where we enjoy the best views of Everest anywhere in Nepal.



HISTORICAL OVERVIEW

The Khumbu Valley has been home to the Sherpa people for over 400 years, since they began to migrate from eastern Tibet into this massive landscape. When they first arrived, there were no trails through the forest, no stairs on the cliffs, and no fields for agriculture or livestock. Over time, the Sherpa transformed this landscape into what it is today, while still maintaining a harmonious and deeply respectful relationship with the natural world. It is truly one of the most special places on the planet.



14-Day Itinerary

To join a trek to Everest Base Camp is to be a part of an annual pilgrimage made by people from all around the world to one of the most revered places on Earth.

- Our aim is to create an itinerary that allows us to hit all the notable stops in the Khumbu, while maintaining a relaxed, immersive itinerary.
- 14 days allows us to spend quality time in our destination.
- Our goal is to leave the Khumbu with a personal, unique connection to the region's culture, history, people, and landscape.

Our goal with a 14-day itinerary is to keep all the necessary acclimatization, while maximizing the experience of simply being in the Khumbu without ever feeling rushed. After we get to camp, we'll take a scenic helicopter ride back to Kathmandu.

This trek is an all-inclusive experience where everything is built-in from optional day hikes to rest days. We have personal, longstanding relationships with the full-time inhabitants of the Khumbu, allowing us special privilege and access into the lives and culture of the Sherpa people that live here.



Everest Base Camp is a pinnacle for trekkers, but it doesn't have to stop there. After EBC, many trekkers set their sights on more technical routes like the Cordillera Huayhuash in Peru or K2 Basecamp in Pakistan.

**See more trips at
[ALPENGLOWEXPEDITIONS.COM](https://alpenglowexpeditions.com)**



About Alpenglow Expeditions

Alpenglow creates and fosters a community of climbers prepared to achieve their dreams in the world's greatest mountain ranges.



About the Company

Alpenglow Expeditions is an AMGA accredited business, and prides itself on working with guides who uphold and exemplify the highest standard in the profession of mountain guiding.

Led by IFMGA mountain guide Adrian Ballinger, Alpenglow focuses on creating expeditions that reflect our high standards in mountain guiding by providing precision logistics, cutting edge technology, and thoughtful itineraries that combine for successful climbs.

History of Alpenglow Expeditions

Founded in 2004 by IFMGA mountain guide Adrian Ballinger, Alpenglow Expeditions began as a boutique guide service that focused on high altitude climbing. In those 20+ years we've expanded our offerings, both internationally and in the United States. We are now proud to offer courses and expeditions ranging from a climber's first experience on the Tahoe Via Ferrata, to basic backcountry education for those interested in exploring winter landscapes, to climbing the world's highest mountain for those on the Road to Everest.



Who We Are

MISSION

TO INSPIRE ADVENTURERS THROUGH POWERFUL MOUNTAIN EXPERIENCES

VISION

LEVERAGING THE POWER OF THE MOUNTAINS TO CREATE POSITIVE CHANGE IN THE WORLD

VALUES

Alpenglow Expeditions facilitates epic mountain expeditions. From Via Ferrata to summiting Mount Everest – our innovative climbing techniques, premier logistics, experienced & accredited guides, and smaller, curated teams result in an inspiring, powerful experience for every client.

Our logistical team is focused on quality and detail at every step resulting in a higher level of personal comfort with fewer delays and a better chance at success. As an AMGA accredited business, we surpass industry norms, guaranteeing that our guides are the best of the best, which includes requiring all international guides to have their IFMGA and/or AMGA certifications.

Our guides are extensively trained across every route encountered - knowing the mountain inside and out makes for a smart, safe decision process resulting in efficient, seamless trips. This training also allows our guides to focus on facilitating the best experience for our clients, including educating and teaching while on the mountain.

Our guides and logistics ensure professionally managed and enjoyable expeditions, cohesive group dynamics, and an optimal trip for all. Attention to detail extends to group dynamics and team size as well. We believe that the right people on the right mountain results in a unique and memorable adventure.

We spend time understanding each participant, precisely matching them with the rest of the team. Small team size enables us to focus on each team member's goals for the trip, maximizing success and safety, which results in an outstanding curated experience.

Alpenglow Expeditions is a group of passionate adventurers with a love for the high alpine. Our mission is to inspire adventurers through powerful mountain experiences because we know the transformative power they hold. Our clients feel empowered, surprised, delighted, and changed by the possibilities and promises of the mountains.

About Alpenglow Expeditions



Founder — Adrian Ballinger

Adrian Ballinger founded Alpenglow Expeditions in 2004 envisioning a more holistic climbing experience for his clients than the status quo.

Adrian is the only American who has skied two 8,000 meter peaks, was the first person to ski Makalu and Manaslu, the 5th- and 8th-tallest peaks in the world. In 2011 he became the first person to summit three 8,000 meter peaks in only 3 weeks (Everest twice and Lhotse once).

Adrian holds both an AMGA and IFMGA guide's certifications and has achieved more than 15 summits of 8,000 meter peaks (including 10 summits of Mt. Everest).



Partner / Chief Guide — Logan Talbott

Logan has been guiding professionally for over a decade in the disciplines of Rock, Alpine and Ski Mountaineering. When not out guiding, Logan spends time in the office helping the team with the day-to-day operations of the business. From one day ascents of El Capitan to big Alpine climbs in the Himalaya, or from ski descents on Denali to backyard ski tours in Lake Tahoe, he can't help but smile when out running around the hills.

Logan is an AMGA/IFMGA mountain guide, an Avalanche course leader with AIARE, as well as a wilderness EMT. In addition to guiding, Logan has extensive experience in mountain rescue, having worked for rescue teams in both Yosemite and Denali National Parks, and volunteering locally for Tahoe Nordic SAR.

LOCAL KNOWLEDGE, LOCAL PARTNERS

We partner with local logistics companies in each country and region that we operate in. Often we have partnerships that have been with us since the beginning of Alpenglow. Whenever we bring on a new operator, we have them thoroughly vetted to ensure their reliability and quality. Our local and regional logistics partners are the backbone of our in-country logistics and help us achieve the success that we're known for.

The Alpenglow Difference

EXPEDITION DOCTOR ON CALL

Dr. Monica Piris, has been on fourteen 8,000-meter peak expeditions. She is in daily communication with our teams during the entirety of the expedition and is available for client consultation at any time.

OUR GUIDES

Alpenglow's guides are a fundamental part of our operation and your experience. Your trip will be lead by one or more of our AMGA Certified guides who have intimate knowledge of their craft and the terrain. AMGA (American Mountain Guides Association) certification is the highest possible training available to guides, and only the most experienced and dedicated attain it.

PRECISE LOGISTICS

Time is a scarce resource in all of our lives. To maximize the value of our time we work with a local logistics team and have relationships with the services we use.

HIGH-QUALITY FOOD

Imported and local foods of the highest quality, combined with a Western-trained cook staff. Alpenglow has the best food on the trail, ensuring your strength and health throughout the expedition.

FULL TIME OFFICE STAFF

We understand that scheduling and booking an international expedition is a large step. Therefore we maintain a full-time office staff to provide peace of mind and support you throughout the process.





Route Description + Itinerary

Embark on an unforgettable journey to the iconic Everest Base Camp with Alpenglow Expeditions. Your adventure begins in Kathmandu, Nepal's vibrant capital city. Spend your second day exploring the bustling streets, ancient temples, and rich cultural heritage of this enchanting city.

On day three, we take a scenic flight to Lukla, a small town nestled in the heart of the Himalayas. The flight itself is an adventure, offering spectacular views of the Himalayan peaks.

Upon arrival in Lukla, we begin our trek, making our way through picturesque Sherpa villages and lush mountain landscapes. Our destination for the day is Monjo, a charming village situated along the Dudh Kosi River. Day four takes us deeper into the Khumbu region as we make our way to Namche Bazaar, the bustling trading hub of the Khumbu region.

The trail winds through dense forests of rhododendron and pine, offering glimpses of the towering peaks that surround us. As we ascend higher, the air becomes thinner, and we begin to feel the effects of the altitude. Upon reaching Namche Bazaar, we're rewarded with stunning views of Everest and the surrounding mountains.

On Day 5 we trek to Khumjung where we can rest and spend another acclimatization day near Namche Bazaar. The views on this trek are stunning, offering views of Everest, Lhotse, and Ama Dablam. We'll spend the night with Phurba Tashi and his family in his comfortable lodge, and visit local sites. Leaving Khumjung behind on Day 6, we continue our trek towards Phortse, home to most of our Alpenglow's Sherpa team.

The trail goes through Mong La Pass and offers stunning views of Ama Dablam, Thamserku, and Kantegri. We'll descend to the river and then make an easy climb to Phortse.

Day 7 takes us to Dingboche. The trail ascends gradually, offering breathtaking views of the surrounding mountains. As we gain altitude, the landscape becomes more rugged and barren, dotted with occasional patches of grass and scrub. Upon reaching Dingboche, we're greeted by stunning views of Island Peak and the surrounding glaciers. We'll spend Day 8 resting here with an optional climb of Chukkung Ri.

On Day 9, we continue our trek towards Lobuche. As we gain altitude, the air becomes thinner, and the landscape becomes more desolate. Upon reaching Lobuche, we're rewarded with stunning views of Nuptse and other surrounding peaks.

On Day 10, we trek to Gorakshep. Although not a long trek, this day can be difficult due to the altitude and occasionally difficult trail. We'll start early in the morning and follow the valley next to the Khumbu Glacier. In Gorakshep, if the weather permits, we may climb Kala Patar at just over 18,000'/5,100m. The views of Everest from here are the best anywhere in Nepal.

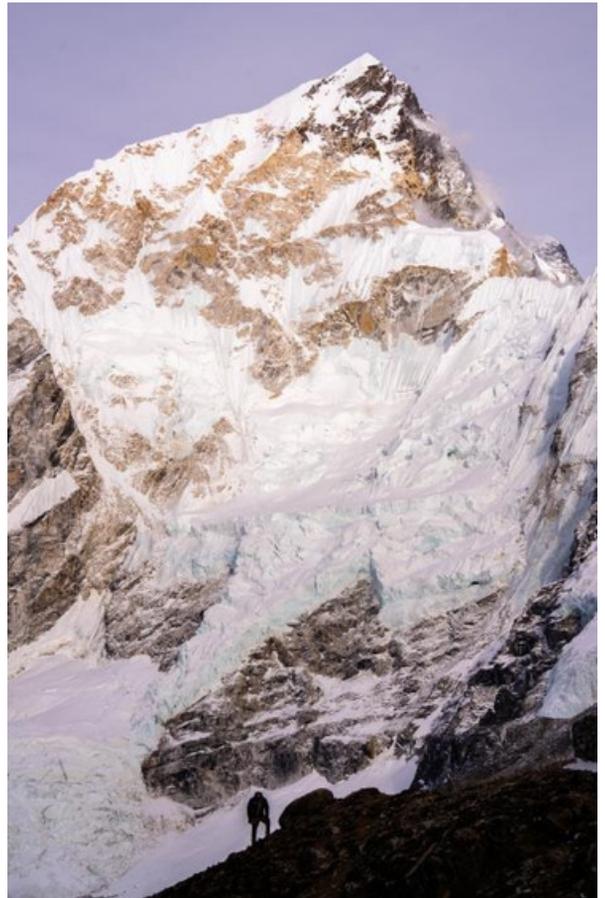
Day 11 is the day we've all been waiting for: our trek to Everest Base Camp. The final stretch is tough, but the sense of accomplishment upon reaching Base Camp is indescribable.



Route Description + Itinerary

On the morning of Day 12, after spending the night in Everest Base Camp, we'll take an incredible helicopter ride back to Kathmandu.

Day 13 is reserved as a weather day and Day 14 is for departure.



Daily Itinerary Overview

DAY 1 — Arrive in Kathmandu, Nepal (4,600 feet/1,400 meters). We transfer to our hotel, and begin the process of getting over jetlag.

Activity: Arrive in Kathmandu
Sleeping Elevation: 4,600'
Lodging: Hotel TBD
Meals: None

DAY 2 — Today, we explore some of Kathmandu's most famous sites as an acclimatization day. These include Swyambunath (the Monkey Temple), Pashupati (Nepal's largest Hindu temple), Boudanath (Kathmandu's most important Buddhist temple) and the old city's original central square, Durbar. We also have our first team meeting, and organize our bags for the trek.

Activity: Explore Kathmandu
Sleeping Elevation: 4,600'
Lodging: Hotel TBD
Meals: None

DAY 3 — Fly Kathmandu to Lukla, and trek Lukla to Monjo. One of the most beautiful and memorable mountain flights in the world, our 45-minute flight takes us from Kathmandu to Lukla, the town where we begin our trek to base camp. After organizing our yaks and porters, it's time to trek and we begin the half-day hike to the town of Monjo. The trail is excellent, and after descending to the town of Phakding, climbs easily from the river and across our first suspension bridges up to our lodge in Monjo.

Activity: Fly to Lukla, trek to Monjo
Distance Covered: 6 miles
Moving Hours: 3-5 hours
Elevation Gain/Loss: +300'/91m
Sleeping Elevation: 9,300'/2,835m
Lodging: Tea House
Meals: All Meals

DAY 4 — Trek Monjo to Namche Bazaar. The walk begins with a couple of thrilling suspension bridges and wanders along the banks of the raging Dudh Khosi River, before climbing steeply up a 2,000 foot (610 meter) hill into Namche Bazaar. This hill is the first of our challenging climbs into higher elevations. Along the way we are rewarded with our first views of Mt. Everest, and plenty of well-built stone terraces to stop and rest. We have lunch in Namche Bazaar, and spend the afternoon exploring the vibrant town. Namche is the most important town in the Khumbu Valley, and is filled with fun shops, great bakeries, and colorful winding streets. We also visit the local monastery and the Sherpa Museum of Culture and Himalayan Climbing History. The museum's exhibits chronicling Sherpa climbing history are not to be missed.

Activity: Trek to Namche Bazaar
Distance Covered: 3 miles
Moving Hours: 3-4 hours
Elevation Gain/Loss: +2,000'/610m
Sleeping Elevation: 11,300'/3,444m
Lodging: Tea House
Meals: Breakfast

DAY 5 — For acclimatization purposes we spend a second night near Namche Bazaar. After a relaxing morning exploring town and enjoying our first stunning views of Ama Dablam from a viewpoint above town, we have lunch and then take a one-hour walk to Khumjung and our sirdar's (lead Sherpa's) home. We spend the night with Phurba Tashi and his family in his comfortable lodge, and possibly visit the Hillary School in Khumjung, and the Khunde hospital, both projects of Sir Edmund Hillary, and significant centers of Sherpa life.

Activity: Trek to Khumjung
Distance Covered: 2 miles
Moving Hours: 1 hour
Elevation Gain/Loss: +1,100'/335m
Sleeping Elevation: 12,400'/3,790m
Lodging: Tea House
Meals: All Meals

DAY 6 — Phortse is home to most of our Sherpa team. It is a mountain town perched on the walls of a massive river valley and sees few Western visitors. To get there we set off on small trails, featuring a long stone staircase through vertical rock cliffs that ends at the Mong La, a high pass with striking 360 degree views of Ama Dablam, Thamserku, and Kantegri. We descend to the river then climb easily to Phortse, arriving in time for lunch. We spend the afternoon visiting our Sherpa team in their homes, drinking tea and tasting the locally made yak yogurt.

Activity: Trek to Phortse
Distance Covered: 4 miles
Moving Hours: 3 hours
Elevation Gain/Loss: +50'/15m
Sleeping Elevation: 12,450'/3,800m
Lodging: Tea House
Meals: All Meals

DAY 7 — We begin today's trek far from other trekkers on the trail from Phortse to upper Pangboche. In Pangboche we visit the oldest monastery and temple in the region and explore its paintings and statues. If we are fortunate, we may also receive blessings from the local lama. Once finished, we continue hiking to Dingboche, a small seasonal town perched at the base of Lhotse's South Face that has incredible views of Ama Dablam's North Ridge.

Activity: Trek to Dingboche
Distance Covered: 5-7 miles
Moving Hours: 5-7 hours
Elevation Gain/Loss: +2,350'/716m
Sleeping Elevation: 14,400'/4,530m
Lodging: Tea House
Meals: All Meals

DAY 8 — Rest Day in Dingboche with an optional climb of Chukkung Ri. It is not glaciated, but provides an excellent way for us to gain additional acclimatization, as well as stunning views of Lhotse's South Face and the huge glaciers filling the Amphu Valley. In the afternoon we return to Dingboche. As needed, this day also makes for a great rest and recuperation day prior to continuing higher in the Khumbu Valley. Many shorter day hikes also exist around the town of Dingboche offering an opportunity to explore without attempting the complete climb of Chukkung Ri.

Activity: Rest Day / Climb Chukkung Ri
Moving Hours: Optional 6-8 hours
Elevation Gain/Loss: +3,500'/1,067m
Sleeping Elevation: 14,400'/4,530m
Lodging: Tea House
Meals: All Meals

DAY 9 — We say goodbye to the Ama Dablam climbing team this morning, and then take our time and move slowly as we move considerably higher in the valley. The walk to Lobuche follows a high plateau with beautiful views of the surrounding peaks and yak herders' huts, before crossing a small river and climbing steeply above the town of Dughla to the Everest memorial zone. Here there are stone memorials and plaques to many of the local and international climbers who have been lost climbing Everest and the Khumbu's other big peaks. After some time here to take in the beauty of this place, we continue up the valley to Lobuche.

Activity: Trek to Lobuche
Distance Covered: 5 miles
Moving Hours: 4-6 hours
Elevation Gain/Loss: +1,300'/396m
Sleeping Elevation: 16,109'/4,910m
Lodging: Tea House
Meals: All Meals

DAY 10 — Today, although not long, is quite challenging due to the altitude and occasionally difficult trail. After an early morning start, we follow the valley next to the Khumbu Glacier all the way to the final Sherpa settlement of Gorak Shep. If the weather and views warrant, we may choose to climb Kala Patar (18,192 feet/5,164 meters) this afternoon to see sunset on Everest's South Face. Summiting Kala Patar is a non-technical but strenuous hike on good, generally snow-free trails. The views of Everest from its summit are the best anywhere in Nepal, and well worth the hard hike. We spend the night in a lodge at Gorak Shep.

Activity: Trek to Gorakshep
Distance Covered: 3 miles
Moving Hours: 3 hours
Elevation Gain/Loss: +850'/259m
Sleeping Elevation: 16,950'/4,910m
Lodging: Tea House
Meals: All Meals

DAY 11 — Continue trekking to Everest Base Camp (17,575 feet/5360 meters) at the foot of the Khumbu Icefall, an additional 3-4 hours round trip. In the autumn the base camp is quiet, but still a stunning place to visit. In the afternoon we descend all the way to Lobuche.

We'll spend the night in Everest Base Camp, sleeping underneath the tallest mountain on the planet.

Activity: Trek to Everest Base Camp
Distance Covered: 7 miles
Moving Hours: 4-6 hours
Elevation Gain/Loss: +735' / 224 m
Sleeping Elevation: 16,207'/4,940m
Lodging: Everest Base Camp
Meals: All Meals

DAY 12 — Today we'll fly back to Kathmandu via Helicopter. The Heli will pick us up right in Everest Base Camp, and we'll be spoiled with one of the coolest helicopter flights on the planet.

Activity: Fly to Kathmandu
Moving Hours: 2 hours
Sleeping Elevation: 4,600'
Lodging: TBD
Meals: Breakfast

DAY 13 + 14 — Extra Weather Day and Departure.

Activity: Depart



Travel Details

FLIGHTS

Climbers should schedule flights to land in Kathmandu on Day 1 of the itinerary. Climbers will meet their guides and transport to our first hotel will be arranged. Flights into Kathmandu are double checked by the Alpenglow logistics team, please verify with us before booking.

VISAS

Visas can be obtained [online](#) or upon arrival to Tribhuvan International Airport for most citizens. Please check visa requirements well in advance if you are not from the United States.

PASSPORTS

You will need to email a proper photo of your Passport upon signing up for your trip. Your Passport must have more than 6 months validity after the last date of the trip and have at least 2 blank pages for stamps. Copies must be high quality, color, no glare, no cropping, in focus, straight on/no angles.

Please confirm your itinerary with Alpenglow Expeditions before purchasing.





Accommodations

All expeditions include double occupancy lodging in town and double occupancy tents on the trail and in tea houses. No matter where we travel, Alpenglow strives to stay in safe, clean and comfortable accommodations. Our tents are always in good shape and are replaced regularly.

IN-TOWN

While in Kathmandu, we stay in the Hyatt. We utilize this time to recharge our batteries from the lengthy international travel. While in tea houses, we will also stay in double occupancy rooms unless otherwise requested. Read below for single supplement details.

SINGLE SUPPLEMENT

If you prefer a single room while we are in hotels, please let us know as soon as possible. There will be an additional cost associated for this.

ON-MOUNTAIN ACCOMMODATIONS

On the trail, we will stay in the most comfortable tea houses available along the way to and from Everest Base Camp. We will also spend one night in tents at the Ama Dablam Base Camp.





General Trip Information

FOOD

Most of the food we eat is prepared by local cooks who work in the tea houses where we stay along the way. When we are not staying in tea houses, our western-trained local staff provides fresh, healthy foods. We are usually able to accommodate most dietary restrictions, including gluten-free, vegetarian, and vegan diets.

MOUNTAIN TRAINING

The Everest Base Camp Trek is a large physical undertaking, and trekkers who are joining our teams should have a deep understanding of what it takes to train for a trip like this. For a personalized training schedule, please reach out to our in-house trainer:

lynette@alpenglowexpeditions.com.

MEDICAL REQUIREMENTS

All of our expeditions and treks are physically demanding. Regardless of the skill level or experience needed, it is essential that you arrive in good physical shape, and prepared to handle extreme conditions, including cold, heat, and long tiring days. Alpenglow Expeditions, LLC and its guides reserve the right to remove any member of our trips at any time if we do not believe they are ready for the rigors of the trip.

You are responsible for your own medications, inoculations, and deciding whether you are physically able to participate in an Alpenglow Expeditions trip. You should discuss your participation in this trip, and the dangers involved, with your physician.

On Mountain Medicine

Our guides are certified in wilderness medicine, CPR, and are experienced in client care in remote high altitude locations. However, Alpenglow Expeditions, LLC is not a medical facility and Alpenglow Expeditions, LLC assumes no liability regarding medical care.

INCLUSIONS

The cost of your trip includes your land costs (*excluding in-town meals*). This includes:

- double occupancy lodging while in town
- meals on the trail
- group camping and climbing equipment
- scheduled transportation while in the countries we are visiting
- certified guides

CANCELLATION POLICY

View our cancellation policy online at alpenglowexpeditions.com.

INSURANCE

We require that all participants carry rescue insurance and health insurance. Travel insurance is strongly recommended. Your policy numbers must be provided to us prior to leaving the USA.

EXCLUSIONS

The cost of your trip does not include:

- flights to/from the city where the expedition begins
- airport taxes
- visas
- in-town meals
- immunizations
- tips for guides or local staff
- travel, rescue, or any other type of insurance
- hospitalization or evacuation costs
- single supplement charges
- excess baggage charges,
- alcohol
- other personal expenses.

**** The costs of delays or changes to itinerary that are beyond the control of Alpenglow Expeditions or its agents are not included.**





Expedition of a Lifetime

Success is only achievable with your hard work and perseverance, and of course the right team of people around you.

We think of ourselves as your partner in dreaming, planning, climbing and celebrating. Our entire team from Adrian, guides, support personnel and logistics partners are excited to have you along for the expedition of a lifetime.

 **ALPENGLOW**
expeditions

ALPENGLOWEXPEDITIONS.COM

BOOKING + INQUIRIES

For booking details, questions, or more information please call or email us:

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This expedition is operated by Adrian Ballinger, IFMGA Mountain Guide.

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