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Everest Base Camp Trek – 15 Days

The [Everest Base Camp](#) Trek is one of the most famous trekking adventures in Nepal. This trek takes place in the [Khumbu region](#) of the country, home to the magnificent Everest Himalayas. The journey is a delightful [adventure](#), loaded with Khumbu's natural, cultural and Himalayan attributes.

It offers you the best opportunities to enjoy the mighty Everest peak up close. The spectacle of the majestic Himalayas of the Everest mass is indescribable in words. As a result of the cultural presence of the region, the journey is a memorable trip for a lifetime.

The trail passes through alpine and rhododendron forests, winding along steep ridgelines and river gorges. Moreover, you go through the renowned Himalayan town of Namche Bazaar, the Gateway to Everest.



Namche Bazaar

Namche Bazaar was an ancient trading point between the Himalayan traders and low-land merchants. As you go along the trail, you will reach the village of Tengboche, where you can visit the famous Tengboche Monastery.

Tengboche Monastery is one of the region's largest and oldest Buddhist monasteries. You can also visit Kalapatthar, the most well-known vantage point in the Khumbu region. Panoramic scenes of the entire Mount Everest massif are observed from this site.

The path goes through the Sagarmatha National Park, a UNESCO Natural [World Heritage Site](#). Sagarmatha National Park is a protected area home to many endangered species of animals and birds.



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The Everest Base Camp Trek starts from Lukla, and you will spend your first three days walking on the trail to the Base Camp. EBC trek leads you to your long-awaited worldly renowned destination-the top of the world.

You can witness spectacular views of the mountains as you ascend through the Dudh Koshi valley. For instance, the highest elevation of this trek is 5545 m, at Kala Pathar. Moreover, the best time to go on the Everest Base Camp Trek is from September to December & March to May.

How Challenging is Everest Base Camp Trek / [Hike?](#)

The Everest Base Camp Trek is moderately challenging. Two weeks are frequently needed for the trek. Although no prior trekking experience is necessary for the EBC Trek, it is advised that the trekker be determined and in good physical condition.



How Can Altitude Sickness be Avoided at EBC?

Moreover, here is some advice that our knowledgeable trekking instructors and tour operators have found to be effective in preventing altitude sickness on the Everest Base Camp Trek.

1. Rise Gradually.
2. Proper rest during acclimatization.
3. Avoid using tobacco, cigarettes, and alcohol.
4. Take in a lot of warm water.
5. Eat a lot and well.
6. Get ready mentally.



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