Everest Base Camp Trek for Women – A Women-Only Himalayan Adventure

Everest Region

Trip Facts

REGION	DURATION
Everest	**12 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

The Everest Base Camp trek for women is a 12-day, women-only guided trek that travels from the mountain airstrip at Lukla (2,860 m) up the Khumbu Valley to Everest Base Camp at 5,364 m, with a sunrise climb to Kala Patthar (5,644.5 m) for the clearest view of Everest's summit. It is led entirely by a government-licensed female guide in Nepal and supported by a female porter, and it is built around two dedicated acclimatization days so that women of widely different ages and backgrounds can reach Everest Base Camp safely. There is no technical climbing involved like no ropes, no crampons; no glacier skills required.

Everest Base Camp is rightly counted among the natural wonders of the world, resting at the very foot of the highest mountain on the planet. Mount Everest rises to 8,848.86 m (29,031 ft) in the high Khumbu of north-mid-east Nepal, straddling the border between Nepal and Tibet, with the North Col and North Face lying across the Chinese side. This trek approaches the mountain from its southern, Nepali face, the more popular and more travelled route than the northern approaches in Tibet and it suits women of all ages, whether you are setting out solo or alongside a group of fellow female explorers. Choosing a female trekking guide, or a dedicated women's trekking guide agency, turns what can feel like a daunting expedition into a safe, inspiring space to push your limits and take in the beauty of the mountains at your own pace. If you are still weighing your options, it is also worth reading how it compares in our Annapurna Base Camp versus Everest Base Camp guide.

From the very first steps, the scenery does the persuading, with the giant peaks following you almost the entire way from Lukla to Everest Base Camp and back. The adventure opens with a short, spectacular flight to Tenzing-Hillary Airport at Lukla, the gateway where nearly every journey through the high Khumbu and the wider Everest region begins and ends. The trail then follows the main path through a string of Sherpa villages lined with prayer monuments, mani walls and chortens, before entering the treasures of Sagarmatha National Park, a protected landscape of exotic flora and fauna set beneath some of the most famous peaks on earth. As the walk advances, you leave the Dudh Koshi River valley and climb steadily to Namche Bazaar, the bustling hub and capital of the Khumbu Sherpas.

Namche is the natural place to pause for a rest day and allow for proper acclimatization — one of two rest days written deliberately into this Everest Base Camp trek itinerary. From here the journey continues higher along a scenic trail through beautiful coniferous and rhododendron forest to Tengboche, a picture-perfect setting where a majestic monastery sits ringed by a series of snow peaks, with Mount Everest itself rising behind. Beyond Tengboche the walk slowly heads down and up, leaving the tree line behind for a wide, open, arid country. After overnight stops at Dingboche and Lobuche the landscape hardens into rocky glacial moraine as you work up the glaciated valley to Gorak Shep, the last settlement, poised at the midpoint between Everest Base Camp and the high viewpoint of Kala Patthar.

From Gorak Shep, the journey pushes on toward the great highlight of the whole adventure, standing beneath the world's highest peak amid an almost arctic world of relentless ice, snow and glacier, where the massive Khumbu Icefall tumbles down to feed the glaciers that become the Dudh Koshi River. After that moment of great delight, the next morning delivers the trek's crowning reward: the climb to Kala Patthar, the highest spot of the journey, whose black rocky ridge is encircled by

giant mountains and opens onto a breathtaking, close-up view of Everest. With the major goals achieved, you turn for home on an alternative route down through the Pheriche valley, back to Namche Bazaar and finally to Lukla for a last overnight, before a sweeping scenic flight carries you to Kathmandu.

The women-only experience is the part that changes how the whole journey feels. Travelling with a female guide and a female porter, in a group of other women, removes a layer of friction that many women never realize they are carrying until it is gone. Rooming is arranged for comfort and privacy wherever a lodge's layout allows. The pace is set by women, for women, and the team is built around your needs rather than around an average that was never really designed with you in mind. For a first big trek, or for a solo traveller who wants company without compromise, that environment is the difference between surviving the Himalaya and genuinely enjoying it.

Highlights

- **Standing at 5,364 m at the foot of the world's highest mountain:** The view from Everest Base Camp is of the Khumbu Icefall rather than the summit, but the meaning of the place is what stays with you. For many women it is the most physically demanding thing they have ever chosen to do, and the moment of arrival carries a weight that no photograph can hold.
- **Kala Patthar (5,545 m) at sunrise:** This, not Everest Base Camp, is where you see Everest properly. From EBC, the summit is hidden behind the West Ridge and the Khumbu Icefall, but from the dark rocky shoulder of Kala Patthar, you look straight at the south face and the summit, which lit orange as the sun comes up over the Himalayas. It is the single most spectacular viewpoint of the Everest Base Camp trek.
- **An all-female team:** A government-licensed female guide and a female porter accompany the group for the entire route, a genuine differentiator that most operators simply cannot offer, and the reason many women choose this trek over a generic, mixed expedition.
- **A women-only group:** Shared rooms with other women, an environment built around women's comfort, pace, privacy, and hygiene needs, and the easy camaraderie of doing something hard alongside people who understand exactly why it matters.
- **Tengboche Monastery (3,860 m):** The largest monastery in the Khumbu and one of the most sacred Buddhist sites in the Himalaya, set against a backdrop of Ama Dablam, Everest and Nuptse—a place where Everest expeditions have traditionally been blessed before climbing.
- **Namche Bazaar (3,440 m):** The Sherpa capital and the beating heart of the Khumbu: bakeries, gear shops, the Sherpa Museum, ATMs, a famous Saturday market, and the last reliable place to restock supplies before the high route.
- **Sagarmatha National Park:** The entire trek travels through this UNESCO World Heritage Site, listed in 1979, a protected landscape of glaciers, rhododendron forests, and high Himalayan peaks.
- **The Hillary Bridge and the suspension bridges of the Dudh Kosi:** High swaying bridges strung with prayer flags cross the turquoise glacial river, which are exhilarating, photogenic, and a rite of passage on the trail.

- **Sherpa culture immersion:** Prayer flags, mani walls, chortens, yak caravans, tea-house hospitality, and real encounters with Sherpa and Sherpani communities whose lives are woven into the valley.
- **Sunrise panorama from Kala Patthar:** Everest, Nuptse, Lhotse, Changtse and Pumori in a single 360-degree sweep; the photograph trekkers travel across the world to take.
- **A Women Empowerment & Achievement Certificate upon completion:** A meaningful keepsake presented at the end, recognizing exactly what each woman accomplished on the trail.

Fixed Departures

Departure	Duration	Availability
November 28th – December 9th	12 Days	Available
December 1st – December 12th	12 Days	Available
December 3rd – December 14th	12 Days	Available
December 6th – December 17th	12 Days	Available
December 7th – December 18th	12 Days	Available
December 23rd – January 3rd	12 Days	Available

The next 6 departures. See every date on the website.

Everest Base Camp Trek Itinerary for Women – 12 Days

The pacing of Everest Base Camp Trek itinerary is its most important feature, and it is worth understanding before you read the day-by-day. This is a trek-only package, running Lukla to Lukla, which means you arrange your own Kathmandu accommodation, sightseeing and meals in the city. That keeps the headline price lower and matches how most women now prefer to book. The trek itself is built around physiology rather than around the calendar: the two dedicated acclimatization days — at Namche on Day 3 and at Dingboche on Day 6 — are not padding, and they are not optional extras. They are the medical foundation for a safe, successful Everest Base Camp trekking.

The whole schedule follows the principle of "climb high, sleep low." On the acclimatization days you hike several hundred meters higher than your lodge and then descend to sleep, which is the single most effective thing you can do to prevent altitude sickness. Compressed itineraries that strip these days do exist, and they are cheaper and faster, but they buy that speed by significantly raising the risk of Acute Mountain Sickness higher up. A shorter version is not an equally valid version; it is a riskier one, and any honest travel operator will tell you so.

12-Day Women's EBC Trek Itinerary at a Glance

Day	Route	Altitude
1	Fly Kathmandu/Ramechhap Lukla (2,840 m) trek to Phakding	2,610 m
2	Phakding Namche Bazaar	3,440 m
3	Acclimatisation in Namche (hike to ~3,880 m)	3,440 m
4	Namche Tengboche Monastery	3,860 m
5	Tengboche Dingboche	4,410 m
6	Acclimatization in Dingboche (hike to ~5,100 m)	4,410 m
7	Dingboche Lobuche	4,910 m
8	Lobuche Gorak Shep (5,140 m) EBC Gorak Shep	5,364 m (EBC)
9	Kala Patthar sunrise (5,545 m) trek to Pheriche	5,545 m (KP)
10	Pheriche Namche Bazaar	3,440 m
11	Namche Lukla	2,840 m
12	Fly Lukla Kathmandu/Ramechhap	—

Itineraries

Day 01: Fly to Lukla (2,840 m) — Trek to Phakding (2,610 m)

Max altitude: **2,840 m** Descending altitude: **2,610 m** Trekking duration: **3–4 hours** Trekking distance: **7 km** Flight duration: **30 - 40 minutes**

Flight distance: **30–40 minutes (Kathmandu–Lukla) / 25 minutes (Ramechhap–Lukla)** Accommodation: **Phakding**

Your trek begins before sunrise, met at the domestic terminal by a Women Adventures representative who sees the group onto the famous flight into the mountains. Tenzing-Hillary Airport at Lukla is, fairly, one of the most dramatic airports on earth; a short, steeply graded runway carved into a mountainside, a backdrop of Himalayan walls, and a flying schedule dictated by a narrow morning weather window. The flight itself takes roughly 30 to 40 minutes from Kathmandu, or about 25 minutes if you are departing from Manthali/Ramechhap. The flight is conducted by experienced pilots with strict regulation and a short, well-flown route.

Once you land and your boots touch Lukla, the trek proper begins with a gentle, mostly downhill walk-through fragrant pine forest along the Dudh Kosi to the village of Phakding. You will cross your first suspension bridges, feel the first cold-clean Himalayan air, and start to absorb the scale of where you are. It is a short day by design, roughly seven kilometers over three to four hours, meant to ease you onto the trail and let the excitement settle.

Note

In peak spring and autumn, Kathmandu–Lukla flights often depart from Manthali/Ramechhap, a four-to-five-hour drive from Kathmandu with a very early (around 2:30–3:30 AM) start. Women Adventures arranges private jeep transport with the female team. Full logistics are covered in the Flights to Lukla.

Day 02: Phakding to Namche Bazaar (3,440 m)

Max altitude: **3,440 m** Trekking duration: **5–6 hours** Trekking distance: **10 km** Accommodation: **Namche Bazaar**

This is the most varied and arguably the most memorable approach day on the whole Everest Base Camp trekking Journey. The trail weaves up the Dudh Kosi valley, crossing a series of dramatic suspension bridges, including the high, prayer-flag-draped Hillary Bridge before reaching the Sagarmatha National Park checkpoint at Monjo. From there comes the first serious climb of the Everest Base Camp trek: a steep, sustained ascent to Namche, gaining around 830 meters net. It is demanding, and it is your first honest taste of walking uphill with thinning air, so the pace stays deliberately slow.

The reward of this day, if weather permitted, is the first glimpse of Everest's summit from the ridge above Namche; a small, distant triangle of rock and snow that makes the whole journey suddenly feel real. The day covers roughly ten kilometres over five to six hours.

Note

The permit checkpoint at Monjo is where documents are verified. Your female guide carries all the permits for the group; you simply keep your passport accessible for the check.

Day 03: Acclimatization Day in Namche Bazaar (3,440 m)

Max altitude: **3,880 m** Descending altitude: **3,440 m** Accommodation: **Namche Bazaar**

This day exists for one reason, and it is physiological. Above roughly 3,000 meters your body needs two to three days to begin producing the extra red blood cells that carry oxygen efficiently at altitude. Rather than resting flat, you put "climb high, sleep low" into practice: a morning hike up to around 3,880 meters, typically toward the Hotel Everest View or the Sherpa village of Khumjung, followed by a return to sleep back down in Namche at 3,440 meters.

The acclimatization day in Namche Bazaar on Day 3 is the most critical safety step of this Everest Base Camp trek. Skipping it significantly increases the risk of Acute Mountain Sickness (AMS) higher up.

Namche itself is worth the time. It is a natural amphitheatre of lodges and shops built into the hillside, with bakeries serving real coffee and apple pie, gear stores for anything you forgot, the Sherpa Museum, an ATM and reasonably reliable Wi-Fi. For women, there is a practical note here: Namche is the last dependable place to restock period and personal-care supplies before the high route, where stock is scarce and prices climb. Use the afternoon to wander, hydrate and rest but be clear that this is a working acclimatisation day, not a day off.

Day 04: Namche Bazaar to Tengboche Monastery (3,860 m)

Max altitude: **3,860 m** Trekking duration: **5–6 hours** Trekking distance: **9.5 km** Accommodation: **Tengboche**

This day of Everest Base Camp trekking itinerary is the trail of contrasts. The morning begins with a beautiful high traverse before dropping steeply to the Dudh Kosi, where you cross the river and then climb back up through rhododendron forest to the Tengboche ridge. The final reveal is the monastery standing against the combined backdrop of Ama Dablam, Everest and Nuptse which is one of the great scenes of the Himalaya, and it tends to silence even chatty groups.

Tengboche is the largest monastery in the Khumbu region, founded in 1916, and the traditional site where Everest expeditions are blessed before heading to the high mountain. If you arrive on time, visitors may quietly attend afternoon or morning prayers. The day covers roughly 9.5 kilometers over five to six hours.

Day 05: Tengboche to Dingboche (4,410 m)

Max altitude: **4,410 m** Trekking duration: **5–6 hours** Trekking distance: **9 km** Accommodation: **Dingboche**

Today you leave the tree line behind for good. The trail descends to Deboche, crosses the Imja Khola, and then follows the widening valley up toward Dingboche. The air is noticeably thinner now, the vegetation lower and sparser, and the graceful spire of Ama Dablam dominates the sky for much of the walk. A practical weather note: above 4,000 meters, afternoon cloud and wind are common even in the clear seasons, so the day starts early to make the most of the morning views. Around nine kilometers is covered over five to six hours in this day.

Day 06: Acclimatization Day in Dingboche (4,410 m)

Max altitude: **5,000–5,100 m** Descending altitude: **4,410 m** Accommodation: **Dingboche**

Your second acclimatization day, now at serious altitude. The recommended hike climbs the Nagartsang ridge to roughly 5,000–5,100 meters, opening up huge views of Makalu, Lhotse, Island Peak and Ama Dablam, before you descend to sleep low again in Dingboche. This climb-high-sleep-low pattern is the single most effective altitude-sickness prevention tool in the entire Everest Base camp trek itinerary, and it matters far more than how fit you are. Rest, steady hydration and an early night are just as important as the hike itself.

Note

Headaches are common at this altitude. A persistent headache combined with nausea, loss of appetite or dizziness warrants rest and, if it worsens, descent. From Day 6 onward, Women Adventures guides carry pulse oximeters and run daily oxygen-saturation checks.

Day 07: Dingboche to Lobuche (4,910 m)

Max altitude: **4,910 m** Trekking duration: **5 hours** Trekking distance: **6.5 km** Accommodation: **Lobuche**

The landscape turns austere and elemental today as the green valley gives way to glacial moraine. The lateral moraine of the Khumbu Glacier increasingly defines the path, and the walking. The path is not very steep, but walking is difficult because of the high altitude. Everyone walks more slowly here, and that is normal. Partway up sits the Thukla Pass, a moving cluster of memorial cairns and prayer flags raised for climbers and trekkers lost in the Himalaya; it is a place to pass through respectfully and quietly. The final approach to Lobuche is relatively flat, but you will feel every metre of it. Around 6.5 kilometres is covered over five hours on this day.

Day 08: Lobuche to Gorak Shep (5,140 m) — Hike to Everest Base Camp (5,364 m)

Max altitude: **5,364 m** Descending altitude: **5,140 m** Trekking duration: **7–8 hours** Trekking distance: **12 km** Accommodation: **Gorak Shep**

An early start takes you across the Khumbu Glacier's moraine to Gorak Shep, the last settlement before Everest Base Camp at 5,140 meters. You drop your bags here and push on in the afternoon, picking your way across rocky glacial terrain to the cairn-marked, prayer-flag-festooned site of Everest Base Camp at 5,364 meters. A reality check worth absorbing before you arrive: the view from Everest Base Camp itself is of the tumbling Khumbu Icefall, not the Everest summit, which is hidden behind the West Ridge. Knowing this in advance keeps the expectations right because the meaning of standing there has very little to do with the view. This is the place every Everest summit attempt begins, and in spring the camp is a small city of expedition tents. After taking it in, you return to Gorak Shep for the night. Roughly twelve kilometers in total over seven to eight hours is covered.

Note

Facilities at Gorak Shep are basic, and dormitory-style rooms are common in peak season. The women-only group shares female accommodation wherever the lodge's room configuration allows.

Day 09: Kala Patthar Sunrise (5,545 m) — Trek to Pheriche (4,240 m)

Max altitude: **5,545 m** Descending altitude: **4,240 m** Trekking duration: **7 hours** Trekking distance: **17 km** Accommodation: **Pheriche**

The most visually spectacular day of the trek. You leave in the dark, around 4:30–5:00 AM, headlamps on, for the cold climb up Kala Patthar and you are rewarded with a 360-degree sunrise panorama of Everest, Nuptse, Lhotse, Changtse and Pumori. This is the moment to reiterate the most important viewpoint distinction of the entire route: at 5,545 metres, Kala Patthar gives you an unobstructed view of Everest's south face and summit, the view you simply cannot get from Base Camp.

After sunrise you descend, collect your bags at Gorak Shep, and begin the long, oxygen-rich walk down to Pheriche. Around seventeen kilometers over roughly seven hours is covered, but every step downhill feels easier than the day before.

Day 10: Pheriche to Namche Bazaar (3,440 m)

Max altitude: **4,240 m** Descending altitude: **3,440 m** Trekking duration: **6–7 hours** Accommodation: **Namche Bazaar**

The descent in earnest, and many women describe it as euphoric. As you lose altitude, your body and lungs feel the oxygen flood back, energy returns, and the trail you climbed slowly now passes quickly beneath your feet. It is a long but rewarding day, retracing the valley through the forest near Tengboche and back toward Namche; in spring, the rhododendron blooms below Tengboche are spectacular. You walk around six to seven hours on this day.

Day 11: Namche Bazaar to Lukla (2,840 m)

Max altitude: **3,440 m** Descending altitude: **2,840 m** Trekking duration: **6–7 hours** Accommodation: **Lukla**

The final full trekking day of six to seven hours follows the Dudh Kosi back down to Lukla, retracing the trail you walked on Day 1, except now you walk it full of achievement rather than nerves. The evening in Lukla is a celebration: a farewell dinner with the team, stories swapped, the unmistakable "we actually did it" feeling settling over the group. An early night is wise, because Lukla flights leave early and depend on the weather.

> **Note**
>
> *Lukla tea houses fill quickly in peak season; Women Adventures pre-books accommodation along the route, including Lukla.*

Day 12: Fly Lukla to Kathmandu/Ramechhap — Trek Concludes

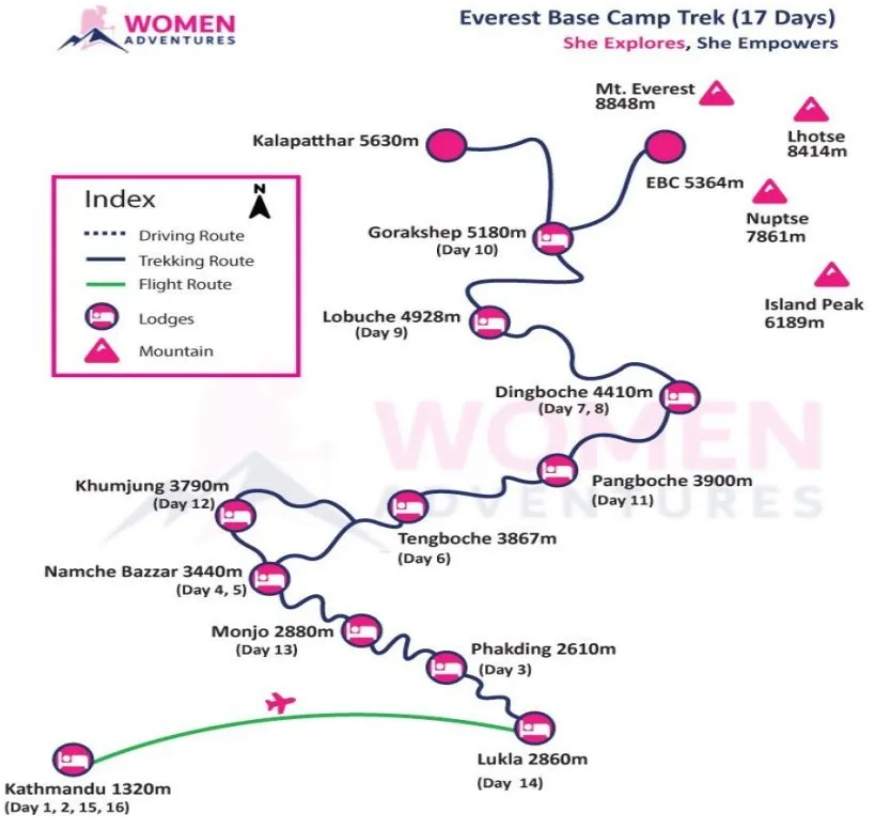
Max altitude: **2,840 m**

An early morning flight carries you back down to Kathmandu or Ramechhap. Mountain weather is unpredictable, and flexibility matters on this final leg as flights can shift with the cloud. On arrival, the Everest Base Camp trek formally concludes, and your Women Empowerment & Achievement Certificate is presented. Because this is a trek-only package, your onward Kathmandu hotel and any sightseeing are self-arranged from here or Women Adventures manages it, if requested.

> **Note**
>
> *Book any onward domestic or international departure for no earlier than the day after Day 12, to absorb potential Lukla flight delays. Never book a tight connection out of Lukla as weather delays of one to three days are not unusual in peak season.*

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

Trip Map



A Typical Day on the Women's Everest Base Camp Trek

A deep dive into a typical day on the women's Everest Base Camp trek helps to picture an ordinary *trekking* day, because the rhythm is steadier and gentler than most first-timers expect. You wake early, usually with the light, and pack your duffel so the porter can take it ahead. Breakfast is hot and unhurried at the tea house. You will get porridge, eggs, Tibetan bread, tea or coffee for breakfast. The morning's walk begins at that famously slow "Nepali pace," the kind that lets you talk while you climb and lets your lungs stay ahead of your legs. Somewhere around midday you stop at a lodge for a hot lunch and a rest, then continue through the afternoon, almost always arriving at the next village before the weather turns.

The afternoons are yours: tea on a sunny terrace, journaling, photographs, a nap, or simply watching the clouds move across the peaks. Dinner brings the group back together, and afterward your guide runs a quiet evening health check asking how everyone is feeling, encouraging hydration, and from the higher villages taking oximeter readings. Then it is an early night, because tomorrow starts again with the light. The tone the all-female team sets through all of this is unhurried and genuinely supportive, which is exactly what makes this Everest Base Camp trek for women feel manageable rather than relentless, especially for women doing something this big for the first time.

Altitude Profile of the Everest Base Camp Trek

The most important thing to understand about the altitude profile is that it is not a straight line upward. The Everest Base Camp Trek itinerary deliberately rises and falls, that is, climbing high on acclimatization days and dropping back to sleep lower, then descending sharply once Everest Base Camp and Kala Patthar are reached. That zigzag is engineered around human physiology, not around getting up as fast as possible. The two acclimatisation hikes (to roughly 3,880 m above Namche and roughly 5,100 m above Dingboche) are the high points of their respective days, taken on purpose and then surrendered before you sleep.

Altitude Profile Table

Waypoint	Altitude (m)	Altitude (ft)	
Lukla	2,840 m	9,318 ft	D
Phakding	2,610 m	8,563 ft	D
Namche Bazaar	3,440 m	11,286 ft	D
Hotel Everest View (acc. hike)	3,880 m	12,730 ft	D
Tengboche	3,860 m	12,664 ft	D
Dingboche	4,410 m	14,469 ft	D
Nagartsang (acc. hike)	~5,100 m	~16,732 ft	D
Lobuche	4,910 m	16,109 ft	D
Gorak Shep	5,140 m	16,863 ft	D
Everest Base Camp	5,364 m	17,598 ft	D
Kala Patthar	5,545 m	18,192 ft	D
Pheriche (descent)	4,240 m	13,910 ft	D

Cost Includes & Excludes

Cost Includes

- International Airport Pickup and Drop with a friendly female representative
- Domestic Airport Pickup and Drop with a friendly representative
- Clean and cozy Tea house (Lodge) accommodation during the trek
- All meals (Breakfast, Lunch & Dinner) three times a day

- An experienced, English-speaking, government-certified Female trekking guide
- Female Porter (Helper) to carry your bags
- Air ticket: Kathmandu-Lukla-Kathmandu/Ramechhap-Lukla-Ramechhap
- All food, drinks, lodging, salary, Insurance, medical equipment, and all transport for female Trekking Staff
- Khumbu Municipality Permit Fee
- Everest National Park Entry Permit
- A down jacket, a sleeping bag, a fleece liner, and a duffel bag
- First Aid Kit Box including an oximeter and women's essential items like sanitary pads, etc
- Farewell Dinner
- Women Empowerment and Achievement Certificate after the completion of the trek
- All government taxes & all services

Cost Excludes

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

Personal Expenses and Budget Planning for Female Trekkers

Because all of your trek meals are included in this Everest Base Camp trek package, your on-trail personal spending is lower than it would be on a breakfast-only package, a genuine saving worth factoring into your comparison. Here is a realistic breakdown of what you still pay for yourself, framed as planning rather than warning.

On-trail personal expense	Indicative cost
Hot shower	$3–7 per use
Charging devices	$1–3 per charge
Wi-Fi	$3–10 per day (rises with altitude)
Extra snacks / energy bars	$3–10
Beer or spirits	$4–8 per drink

Bottled/mineral water (tablets are provided)	$2–4
Tips for guide & porter (end of trek)	~$150–250 total recommended

A practical rule of thumb is roughly $15–35 USD per day in personal spending money on the trail, since your meals are already covered, plus your tips at the end. Withdraw all the cash you will need in Kathmandu before you fly as the ATMs in Namche are unreliable and there are none above it.

Best Time for Women to Trek to Everest Base Camp

The best time to trek to Everest Base Camp is spring (March–May) and autumn (September–November). These two windows offer the most stable weather, the clearest mountain views and the most comfortable trekking temperatures, which is why the great majority of women choose them.

Spring Season (March–May) – Best Time for Women Trekkers

Spring is one of the two premier windows, and it has a special character. Daytime temperatures at Everest Base Camp typically sit somewhere between about -10°C and +5°C, climbing higher and milder lower down the valley. Below 4,000 metres, the rhododendron forests burst into bloom from late March into April, lining the lower trails with red and pink. Spring is also the main Everest climbing season, so in April and May, Everest Base Camp fills with summit expeditions, which adds a genuine atmosphere and a sense of occasion, though it also means more traffic on the trail. March is the quietest and coldest part of the spring window, ideal if you prefer fewer people. A women's note worth carrying: spring mornings can be sharply cold while afternoons turn warm, so layering you can shed and add through the day is essential.

Autumn Season (September–November) – Most Popular Trekking Season

Autumn arrives on the heels of the monsoon, and the freshly washed air delivers the crispest visibility of the year. The light is golden, the weather windows are stable, and temperatures are cool and comfortable for walking. October is the peak month because it is the most reliable month for clear mountain views and, as a result, the busiest on the trail. September is excellent and quieter, still carrying a little post-monsoon moisture early on, while by November the temperatures begin to drop sharply, and the high camps turn cold. If your priority is seeing Mt. Everest crisp and clear, October gives you the best odds.

Winter Season (December–February) – For Adventurous Women

Winter trekking to EBC is entirely possible with the right gear, and it has real rewards: empty trails, extraordinary sky clarity and a profound stillness. But it is cold that means nights at Base Camp can reach -30°C and some tea houses above Namche are closed in the winter season. This is not the window for first-timers or anyone without genuine cold weather or high-altitude experience. Women-only winter departures may run on request, provided trekkers come properly equipped.

Monsoon Season (June–August) – Challenges and Considerations

The monsoon brings heavy rain, muddy and slippery trails, leeches in the forests below Namche, and cloud that obscures the views for much of most days. That said, some women trek in this season deliberately, for the solitude and the lower prices, and the upper Khumbu above 4,000 metres often sits above the cloud base, opening up unexpectedly clear high-altitude mornings. It is honestly a harder, wetter trek but not an impossible one for the determined.

Month-by-Month Everest Weather Guide

Month	Weather	Trekking suitability	Cr
January	Very cold, clear skies	Possible (experienced only)	Very low
February	Cold, improving	Good (late Feb)	Low
March	Cool, occasional cloud	Excellent	Moderate
April	Warmer, rhododendron bloom	Best (peak)	High
May	Warm, pre-monsoon cloud	Good (early May)	High
June	Monsoon begins	Challenging	Very low
July	Heavy monsoon	Not recommended	Very low
August	Monsoon easing	Not recommended	Very low
September	Post-monsoon clarity	Excellent	Moderate
October	Crisp, clear	Best (peak)	Very high
November	Cold, very clear	Good (early Nov)	Moderate
December	Very cold, clear	Experienced only	Very low

Equipment List

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipment can be bought or even hired easily at a reasonable price in Kathmandu.

Clothing Essentials for Women Trekkers

Upper Body - Head/Ears/Eyes

- Shaded hat or baseball cap. Some people drape a bandana down the back of their head and then put a baseball cap on to hold it in place. This can be a flexible alternative while keeping the sun off your ears and neck
- Warm wool or synthetic hat that covers your ears
- Glaciers/Sunglasses
- Headlamp
- Some people like earmuffs; these are optional; a good hat, balaclava, and hooded jacket should really be sufficient, but this is a personal choice for some people (optional)
- A neck warmer is another piece of gear for extra warmth

Hand

- A pair of liner gloves, thin wool or synthetic, useful alone on mild days or as a layer inside other gloves/ mitts for additional warmth.
- One pair warm gloves
- Instant hand warmers are always nice in a pinch but really shouldn't be necessary on the trek. Bringing appropriate hand protection as recommended above should be sufficient (optional).

Core Body

- T-shirts
- Long shirts
- Lightweight thermal tops
- Fleece jacket or pullover
- Windproof / Waterproof Jacket
- 2 women's sports bras, synthetic, no cotton

Lower Body – Legs

- Nylon hiking shorts—quick-drying type, not cotton
- Underwear: Stay away from cotton
- Lightweight long underwear—Capilene or other synthetic
- Soft shell pants—synthetic, full zip from top and bottom preferable
- Trekking pants, preferably that zip on/off at the knees so they double as shorts
- Hard-shell pants. Waterproof / breathable Gore-Tex or equivalent is best. Should zip from the top and bottom—this makes it easier to put on over boots without getting undressed should the weather change once you are underway for the day
- Warm Trousers to put on at the evening and morning

Feet

- Two-four pairs of liner socks, synthetic or capilene
- Two or three pairs of heavy-weight socks to be worn over liner socks
- One pair of lightweight socks, a good option for the lower / warmer parts of the trail
- Medium-weight waterproof hiking/trekking boots. Ensure a good fit with layered socks and wear them before getting used to it (otherwise you will get lots of blisters)
- Running shoes or sneakers. Good for around the camp/lodges and in Kathmandu
- Sandals (Optional)

Sleeping Gear and Comfort Items

- Down Sleeping bag (we can provide one if you need it, but it is to be returned after the trek)
- Sleeping bag liner: Adds extra warmth while improving hygiene
- Earplugs for quieter sleep in busy lodges
- Eye mask to block early morning light
- Lightweight journal to record your trekking experiences

Backpacks and Duffel Bags

- Carry a 25–35 litre daypack each day with water, snacks, layers, camera, documents and first-aid basics
- Porter-carried gear goes in a soft duffel (loanable); no wheeled or hard cases, as these don't work on this terrain
- Bring dry bags or a pack liner to keep electronics and documents dry
- Bring a small padlock for the duffel

Women's Health, Hygiene and Personal Care

- Bring your preferred period products in the quantity you'll need for the full trek plus a buffer
- Restocking is possible in Namche, but supplies are scarce above it; the company kit also carries sanitary pads
- Pack a sealable bag to carry out used products responsibly
- Menstrual-cup users should plan to sanitise with treated or boiled water
- A female urination funnel is something many women come to swear by for cold nights and limited toilets
- Stay aware of UTI risk and hydrate well
- Bring intimate wipes and biodegradable toilet paper
- Bring hand sanitiser, SPF 50+ sunscreen and SPF lip balm
- Bring a small microfibre towel
- Bring any prescription medication and contraception you use
- Consult a travel-medicine doctor for guidance specific to menstruation, contraception, and altitude

Medicines and First Aid Kits

(Please note our guide will also bring the company first aid kit bag during the trek for you.) However, if you have any preferred medicines from home, then you can bring them.

- Pain relief or fever medicine (e.g., Paracetamol)
- Ibuprofen for muscle aches or pain
- Burn cream
- Anti-diarrhea medication (e.g., Imodium or Pepto-Bismol)
- Diamox (acetazolamide)—consult before use
- Broad-spectrum antibiotics (consult your doctor)
- Blister care items: moleskin, band-aids, waterproof tape, and antiseptic ointment

Electronics and Photography Gear

- A camera or smartphone with spare memory
- A large-capacity power bank (charging costs $1–3 per charge on the trail and is not always available)
- A universal adapter—Nepal uses Type C, D and M sockets
- A headlamp with spare batteries — essential, not optional, for the pre-dawn Kala Patthar ascent on Day 9
- Keep electronics in a waterproof case or zip-lock bags

Travel Documents and Money

- Carry your original passport—required at checkpoints, and it belongs in your daypack, never the porter's duffel
- Bring four passport photos
- Bring insurance documents with an offline emergency number
- Bring $300–500 in USD or NPR cash (ATMs in Namche are unreliable and there are none above it)
- Permits are carried by the guide

Trekking Gear Available for Rent in Kathmandu

For anything you would rather not bring, Thamel's shops rent and sell cheaply — down jackets, sleeping bags, trekking poles, gaiters and base layers, typically $2–7 per item per day. Inspect everything carefully, as quality varies. And remember that several of these items are already loaned by Women Adventures, so you may not need to rent at all.

Everest Base Camp Trek Difficulty for Women – What to Expect

The Everest Base Camp trek is rated moderate to challenging. It requires no technical climbing. The main challenges are sustained daily walking at altitude (five to seven hours), cumulative elevation gain, and the effects of altitude above 4,000 meters. Most healthy women in reasonable fitness can complete it with proper preparation.

Physical Challenges on the Trail

Broken into its parts, the difficulty on the Everest Base camp trek becomes far less intimidating. You will walk roughly five to seven hours on active days, covering anywhere from six to seventeen kilometers depending on the day. The cumulative elevation gain from Lukla to Everest Base Camp is around 4,200 meters, spread across many days rather than concentrated in a few brutal climbs. The terrain is stone trails, swaying suspension bridges, glacial moraine and rocky high-altitude paths, which are varied, but never roped or technical. The most important technique you can learn is not strength or speed but "Nepali pace": slow, steady, sustainable. It is what gets people to the Everest Base Camp, and it is worth practicing at home. Reassuringly, it is fitness rather than any athletic background that counts here.

Understanding Altitude and Its Impact

Here is a truth that surprises many first-timers: physical fitness and altitude tolerance are not the same thing. Very fit people sometimes struggle badly with altitude, while less obviously athletic trekkers sail through. Acute Mountain Sickness is a matter of physiology, not willpower or weakness, and it has little correlation with gym performance. Above 3,000 meters your body works harder to oxygenate itself; above 4,500 meters, everyone slows down, regardless of how strong they are. The entire Everest Base camp trek itinerary is built around this reality rather than fighting it, which is precisely why it works.

Can Beginner Women Trekkers Complete the EBC Trek?

Yes, and many beginners' women trek EBC every single season. EBC is achievable for fit women across a very wide age range, roughly from the mid-teens to the seventies and beyond, provided there are no serious cardiac or pulmonary conditions, you can walk five to six hours carrying an 8–10 kg daypack, and you have put in three to four months of cardio and hiking preparation beforehand. The women-only group and the female guide make this a genuinely supportive environment for a first big trek. You are surrounded by women, moving at a humane pace, with someone watching how you are coping every day.

Note: *Everest Base Camp trek is not suitable for anyone who is pregnant or who has uncontrolled hypertension, severe asthma, or has recently undergone a cardiac procedure. Always consult your doctor before booking. The right answer here is always condition-specific, never a blanket, yes or no.*

A 12-Week Fitness Plan for Women Preparing for EBC

A real framework beats vague advice, so here is one you can actually follow, designed for women balancing training with work and family.

Weeks 1–6 (foundation): Build an aerobic base with 30–45 minutes of cardio four times a week. Brisk walking, cycling, swimming or running, whatever you will actually keep doing. On weekends, add a two-to-three-hour hike carrying a loaded daypack to start conditioning your legs and shoulders for the trail.

Weeks 7–10 (specificity): Make the training look like the trek. Aim for five-to-six-hour hikes with 600–1,000 meters of elevation gain wherever you can find it. Climb the stairs with weight in your pack. Crucially, add back-to-back hiking days on weekends, because the real challenge of EBC is doing it again the next morning and the morning after that.

Weeks 11–12 (taper and practice): Reduce your training volume so you arrive rested rather than depleted. Use this fortnight to dial in your boots, rehearse your layering system and confirm your pack is comfortably loaded.

Two principles you must consider are first, train your mind as much as your body since the trek is as much patience and resilience as it is muscle and second, remember you cannot train for altitude at sea level. No amount of fitness substitutes for the acclimatization protocol; the rest days matter more than your peak conditioning. Break your boots in thoroughly and arrive strong but not exhausted.

Acclimatization and Altitude Safety for Women Trekkers

Understanding AMS, HACE and HAPE

There are three altitude illnesses to understand, and the difference between them can save a life.

Acute Mountain Sickness (AMS): It is the most common type of high-altitude illness. Its symptoms are headache, fatigue, loss of appetite, nausea, dizziness and disturbed sleep. Mild AMS is managed with rest, hydration and critically no further ascent until symptoms are resolved.

High Altitude Cerebral Edema (HACE): It is a severe progression involving swelling of the brain. The warning signs are a severe headache, loss of coordination (ataxia, often described as walking as if drunk), confusion, and altered consciousness. HACE is a medical emergency, so descend immediately.

High Altitude Pulmonary Edema (HAPE): It is fluid building up in the lungs. The signs are breathlessness at rest, a persistent cough that may produce pink frothy sputum, and a sharply reduced ability to exert yourself. HAPE is also a medical emergency, so descend, give oxygen and evacuate.

One point must be made absolutely clear, because it is dangerously misunderstood: HACE and HAPE can occur without any preceding mild AMS. Any sudden deterioration at altitude needs immediate assessment, regardless of whether you felt fine an hour earlier. These conditions are life-threatening, and the rule never to ascend with worsening symptoms is not cautious advice; it is the line between a safe trek and a tragedy.

How Our Women-Focused Itinerary Supports Acclimatization

The protocol is specific and deliberate. There are two dedicated acclimatization days, at Namche on Day 3 and Dingboche on Day 6, each built around a "climb high, sleep low" hike. Above 3,000 meters, the itinerary limits sleeping-altitude gain to no more than roughly 500 meters per day. From 4,000 meters upward, your female guide takes daily pulse-oximeter readings to track each woman's oxygen saturation, and guides are trained to recognize the signs of AMS early. The small size of a women-only group is itself a safety feature here as fewer trekkers means closer, more individual monitoring, and nobody

disappears into the back of a crowd.

Recognizing the Symptoms of Altitude Sickness

Warning Signs of Altitude Sickness on the EBC Trek:

- A persistent headache not relieved by paracetamol or ibuprofen
- Nausea or vomiting
- Loss of appetite
- Disturbed or broken sleep
- Fatigue beyond what the day's effort would explain
- Dizziness
- Shortness of breath at rest (not just on exertion)
- A dry, persistent cough
- Any loss of coordination, confusion or altered behaviour

The single rule to carry above everything else: never ascend with worsening symptoms. The treatment for AMS is resting or descending. There is no medication or mind-over-matter that substitutes for it.

Medications and Prevention Strategies

Responsible, accurate guidance matters more than reassurance here. **Acetazolamide (Diamox)** is the most common prophylactic; a typical dose is 125–250 mg twice daily, starting one to two days before significant ascend. Its common side effects include increased urination and a tingling sensation in the fingers and toes, and it is prescription-only in most countries. **Ibuprofen** can ease an altitude headache but does not prevent AMS. **Dexamethasone** is an emergency treatment for HACE, not a routine preventive. **Nifedipine** is an emergency treatment for HAPE if a clinician advises it. None of these medications replace proper acclimatization. They are supplements to the protocol, never substitutes for it.

Emergency Evacuation and Rescue Procedures

Helicopter evacuation is the primary emergency response above Namche, and in clear weather a helicopter can reach the upper Khumbu from Kathmandu in roughly one to three hours. The cost runs to roughly $3,000–$6,000 USD, which is precisely why comprehensive travel insurance covering helicopter evacuation is non-negotiable, and not merely a procedure. Women Adventures guides are trained in emergency procedures and coordinate any evacuation on your behalf.

Permits Required for the Everest Base Camp Trek

The Everest Base Camp trek requires two permits: the Sagarmatha National Park Entry Permit and the Khumbu Pasang Lhamu Rural Municipality Permit. There is no TIMS card required for the Everest region since the former TIMS requirement was replaced here by the local municipality permit. Both permits are arranged and carried by Women Adventures team, and both are included in the Everest Base Camp trekking package.

Also, foreign nationals are now required to trek with a licensed guide through a registered agency on the national-park routes of Nepal, including Sagarmatha. On this package you always trek with a licensed female guide, so that requirement is built in.

Sagarmatha National Park Entry Permit

The Sagarmatha National Park Entry Permit costs NPR 3,000 (roughly $23–25 USD) per foreign trekker, issued by the Department of National Parks and Wildlife Conservation. It grants entry to Sagarmatha National Park, a UNESCO World Heritage Site since 1979, and can be obtained in Kathmandu at the Nepal Tourism Board or at the Monjo checkpoint on the trail. It is included in the Women Adventures Everest Base Camp trek package, and you carry your original passport for verification at the checkpoint.

Khumbu Pasang Lhamu Rural Municipality Permit

The Khumbu Pasang Lhamu Rural Municipality Permit costs NPR 3,000 (roughly $23 USD) per person for the first four weeks of trekking, with an additional fee if you stay longer. (The fee rose from NPR 2,000 to NPR 3,000 in late 2024 and remains at this level to this year 2026). It is issued by the Khumbu Pasang Lhamu Rural Municipality for local trekker management in the Khumbu, obtained in Lukla or at the local checkpoint, and it is included in the package. This permit is the one that specifically replaced the former TIMS requirement in the Everest region.

Accommodation on the Women-Only Everest Base Camp Trek

Tea Houses Along the EBC Trail

The Khumbu runs on a teahouse system, and it is one of the most charming parts of the EBC trek. These are family-run lodges, often with the kitchen as the warm social heart of the building. Rooms are usually simple, typically two single beds, and quality ranges from basic wooden rooms with shared squat toilets in the high villages to newer heated lodges with attached bathrooms lower down. On this package, wherever a lodge's room configuration allows, the women-only group shares female accommodation, and your female guide handles check-in and any concerns directly. Because all meals are included, you eat at the lodges along the route as part of the package.

What Female Trekkers Can Expect at Different Altitudes

Setting honest expectations here helps you plan, particularly around hygiene and privacy, without making the trail sound frightening.

Location	Altitude	Style	Typical faci
Phakding / Namche	2,610–3,440 m	Comfortable tea houses	Shared/private rooms, hot sho ($)
Tengboche / Dingboche	3,860–4,410 m	Standard tea houses	Shared rooms common, share shower ($)
Lobuche / Gorak Shep	4,910–5,140 m	Basic high-altitude lodges	Dormitory in peak season, bas electricity

Hot Showers, Charging and Wi-Fi Availability

Hot showers exist along the trail but cost extra (around $3–7), and "hot" becomes a relative term above 4,500 metres. Charging your devices runs about $1–3 per charge. Wi-Fi is available in Namche and at many lodges for a fee, but it gets slower and less reliable as you climb and is often offline above Dingboche. Lodges run on solar and micro-hydro power, so electricity is precious, so conserve it, and bring a large power bank, so you are never dependent on a busy charging point at a critical moment.

Luxury Lodge Options for Women Seeking Extra Comfort

At several stops on the lower and middle route of the Everest Base Camp trek, premium lodges offer heated rooms, attached bathrooms and better food for an upgrade fee, bookable in advance. Women Adventures can arrange a luxury-lodge version of the trek on request if you would like extra comfort, particularly welcome on the colder nights.

Food and Nutrition on the Everest Base Camp Trek

Healthy Food Choices for Women at Altitude

Dal bhat is the undisputed king of trail food, and there is a reason guides eat it twice a day: rice, lentil soup, vegetables and pickle, almost always served with free refills. It is the best value on any menu and the most altitude-appropriate meal you can order; heavy on the carbohydrates your body burns at altitude and easy to keep eating when your appetite fades. Beyond dal bhat, the staples are pasta, noodles, soups, eggs, porridge and Tibetan bread, with pizza appearing in Namche and Tengboche. Above Lobuche the menus shrink and prices rise. On food safety, a simple guideline serves you well: avoid raw vegetables and meat above Namche, where refrigeration and wash-water quality drop off, and favour boiled, cooked food and hot soups in the high villages. All your meals are included in this Everest Base Camp trekking package, and your guide can help you order safe, energy-dense choices. A women's note: pair iron-rich and high-carbohydrate meals with

steady hydration to keep your energy stable.

Vegetarian, Vegan and Special Dietary Options

There is good news for vegetarians: the Himalayan diet is largely plant-based to begin with, so dal bhat, vegetable curry, pasta, eggs and noodles are everywhere. Vegan options exist but are more limited; you will need to avoid butter, milk and yak cheese, which find their way into a lot of dishes. Gluten-free is possible with advance notice. Communicate any allergies, such as nuts, to your guide before the Everest Base Camp trek so meals can be planned around them.

Flights to Lukla – Essential Information for Women Trekkers

Lukla Airport – Gateway to Everest

Tenzing-Hillary Airport at Lukla earns its reputation. The runway is short, around 460 meters, and steeply graded, with a mountain wall at one end and a drop at the other, and flights run only within a narrow morning weather window. It exists for a practical reason: to connect the communities of the Khumbu to the rest of Nepal. The drama is genuine, but the danger is managed by experienced pilots flying a short, heavily regulated route within carefully chosen conditions. For nervous flyers, that context helps that, this is not recklessness; it is a long-established mountain air link.

Kathmandu vs. Manthali Flight Departures

This is a major practical concern, so it is worth being clear. During peak spring and autumn, the government routes morning Lukla flights out of Manthali (Ramechhap) instead of Kathmandu, to ease congestion at the capital's busy airport. If your dates fall in peak season, expect the Manthali protocol: a four-to-five-hour drive from Kathmandu, a very early start around 2:30–3:30 AM, and then a shorter flight to Lukla of about 25 minutes (versus roughly 35 minutes from Kathmandu). Women Adventures arranges a private jeep transfer with the female team for the Manthali drive, so you are not navigating that pre-dawn journey alone.

Flight Delays and What Happens Next

It is better to know this in advance than to be surprised by it: Lukla flights are weather-dependent, and fog in Kathmandu or cloud at Lukla can ground them for one to three days. In peak season, rebooking onto the next available flight can itself take one to three days, and for multi-day delays a helicopter charter is the alternative. The practical takeaway is simple; build one to two buffer days into your plans before any onward departure and never schedule a tight international connection immediately after the Everest Base Camp trek.

Helicopter Transfer Options

For women who want flexibility or prefer to skip the fixed-wing flight queue, helicopter transfers are available: shared seats run roughly $500–700 USD per person, while a private charter (four to five seats) is around $2,000–3,000 USD. Both are weather-dependent and fly in the same morning window. A popular choice is to fly in by fixed-wing aircraft and out by helicopter, which adds a spectacular aerial finale to the Everest Base Camp trek. These can be booked through Women Adventures as an upgrade.

Nepal Visa and Travel Information for Women Visiting Nepal

Nepal Visa on Arrival

Nepal offers visa-on-arrival at Tribhuvan International Airport for most nationalities, and the 2026 fees are $30 for 15 days, $50 for 30 days, and $125 for 90 days. Completing the e-visa form in advance at the official immigration portal speeds up processing at the airport, especially in peak season when queues build. Citizens of the US, UK, Australia and most European countries are eligible for visa-on-arrival. Because this is a trek-only package, the visa fee and your Kathmandu logistics are your own responsibility and for trekkers, the 30-day visa is the sensible default, since it leaves a comfortable buffer for weather delays.

Travel Insurance for Women Trekking to Everest Base Camp

This is health-critical, so it is stated firmly: travel insurance is mandatory for Everest Base Camp trek, and it must cover high-altitude trekking to at least 6,000 metres, emergency helicopter evacuation (cover of $100,000+ is recommended), medical emergency and hospitalisation, and trip cancellation or interruption. Insurers that trekkers commonly use include World Nomads, True Traveller, Cover-More and Battleface but always read the altitude clause yourself rather than assuming. Recall that helicopter evacuation can cost $3,000–$6,000, and Women Adventures cannot be responsible for evacuation costs incurred without valid insurance. Buy your policy early: cover purchased after booking can exclude pre-existing conditions, and the requirement is not one to soften or postpone.

Arriving in Kathmandu – What Women Travelers Should Expect

Because your Kathmandu nights are self-arranged on Everest Base Camp trekking package, treat this as practical orientation rather than an included service. A Women Adventures female representative provides the included airport pick-up and drop. At Tribhuvan airport, expect a visa queue of one to two hours in peak season, SIM cards available from Ncell or NTC counters, money exchange counters and ATMs in the Thamel district. A few women-specific arrival tips: use a reputable taxi or pre-arranged transfer, dress modestly around the city, and keep your documents and emergency contacts easily to hand. Plan to arrive at least a day before Day 1, both to recover from the journey and to give yourself a margin before the weather-dependent Lukla flight.

Pre-Trek Briefing and Women's Safety Orientation

Your female guide leads a pre-trek briefing covering altitude awareness, a gear check and hand-out of your loan kit, the daily routine and pace, hydration, and exactly what to do if symptoms appear. Alongside it comes a women's safety orientation: how to reach the female team, how lodging and rooming work, managing periods and hygiene on the trail (what is provided, what to carry, where to restock), comfort around toilets at altitude, and how to raise any concern of any kind. The orientation exists for a simple reason, so every woman starts the Everest Base Camp trek informed, prepared and confident rather than guessing.

Communication and Connectivity on the Everest Trail

Set your expectations and tell your family in advance. Wi-Fi is available in Namche and at many lodges for a fee, becoming slower and less reliable as you climb and largely disappearing above Lobuche. Ncell and NTC SIM data works up to roughly Dingboche. Download offline maps before you lose signal and let the people at home know that connectivity drops for around four to five days during the high push. This stretch of being offline feels like part of the adventure rather than a cause for worry. Your guide carries a phone and coordinates any emergency communication.

Post-Trek Farewell & Completion

The Everest Base Camp trek closes with a farewell dinner alongside the female team and the presentation of your Women Empowerment & Achievement Certificate. It is an emotional moment, the shared accomplishment, the new friendships forged on the trail, the quiet confidence that comes from having done something genuinely hard. It is kept warm and brief, and from here your onward Nepal plans are your own to arrange or you can check out Women Adventures the Best of Nepal Tour for complete Nepal experience.

Sherpa Culture and Women's Experiences in the Khumbu Region

Who Are the Sherpa People?

The Sherpa are an ethnic group of the SoluKhumbu district, descended from Tibetan ancestors who migrated into this part of the Himalaya roughly 500 years ago. The name "Sherpa" itself means "people from the east." For centuries their livelihood was trade across the high passes between Tibet and India; guiding and mountaineering only emerged as occupations from the 1950s, when foreign expeditions began arriving for the great peaks. One distinction is worth holding onto: the word "Sherpa" is often used generically for any Nepali trekking or climbing guide, but not every guide is ethnically Sherpa. Women Adventures employs female guides and porters from Sherpa and other Nepali communities alike, who are trained and licensed.

Buddhist Traditions and Sacred Sites

The Khumbu is a deeply Buddhist landscape, and the trail is dense with its markers. Tengboche Monastery is the largest in the region and hosts the vivid Mani Rimdu festival each autumn. As you walk, you will pass prayer flags (lungta) carrying

blessings on the wind; never remove or disturb them. You will pass mani walls, the long stone walls carved with mantras, which you should always pass on the left, keeping them on your right. The same clockwise principle applies to chortens and stupas. And when a yak caravan comes through on a narrow trail, always move to the uphill side and let it pass. These are not arbitrary rules; they are a living faith, and moving through it respectfully is part of what makes the Everest Base Camp trek meaningful.

Cultural Etiquette for Female Travelers

A short, practical guide, offered in the spirit of respect rather than as a rulebook: ask permission before photographing people; remove your shoes before entering a monastery or a home; dress modestly at religious sites, with shoulders and knees covered; avoid pointing your feet at altars; pass and receive things with your right hand or both hands; and do not step over food or religious objects. None of them are difficult, and all of them are appreciated.

Supporting Local Women and Communities Through Trekking

Trekking tourism is the main economic engine of the Khumbu, funding schools and clinics across the valley, though it also brings real environmental pressure, which honesty requires acknowledging. Where a women-only operator makes a specific difference is in supporting local women directly: employing and training female guides and porters, paying them fairly, and directing spending toward Sherpani-run lodges and women-owned enterprises.

Solo Female Trekking to Everest Base Camp

Is Everest Base Camp Safe for Solo Female Travelers?

Yes, with a sensible nuance. The EBC trail is one of the most travelled trekking routes in the world; well-marked, densely lined with lodges, and almost never empty of other walkers. Trekking with a licensed guide is strongly recommended and, under current Nepal Tourism Board guidance, is in practice expected for foreign trekkers on this route. A female guide adds a great deal beyond the legal requirement: safety, logistics, cultural insight and the day-to-day comfort of having someone in your corner. None of this is meant to overstate danger; it is to say that the route is genuinely safe, and a female-guided structure makes it safer and more comfortable still.

Why Women-Only Treks Offer Extra Confidence and Support

The case for a women-only trek is best made without leaning on negative stereotypes about anyone else. A women-only group and an all-female team offer privacy around rooming and hygiene, a shared and humane pace, female role models on the trail, and the ease of being able to talk about period and health needs without a second thought. There is also the simple camaraderie of doing something difficult alongside other women who chose it for their own reasons. For first-time and solo trekkers, especially, that adds up to comfort, solidarity and confidence, the three things that make a hard trek not just achievable but genuinely joyful.

Private vs. Group Trek – Which Is Best for Solo Women?

There are two routes in. You can join a women-only group departure, which is more social, lower in cost, and a wonderful way to meet like-minded women on a shared adventure. Or you can book a private female-guided trek for one or two, which gives you your own pace, your own schedule and far more flexibility, at a higher price. First-timers and budget-conscious trekkers often thrive in the group; those who want privacy, a custom date or a particular pace tend to prefer the private option. Here's the details provided in table format for comparison so that you can choose which one is right for you. You can also check out the details on our blog topic: Private Trek vs Women-Only Group Trek in Nepal

Factor	Women-only group trek	Private female-guided trek
Cost	Lower per person	Higher per person
Flexibility	Fixed departure dates	Custom start date, any time
Pace	Group pace	Your own pace throughout
Social experience	Meet other women trekkers	Intimate / private experience
Guide ratio	One female guide per group	Dedicated female guide for you
Best for	Solo women, budget, social trekkers	Friends, families, custom dates/pace

If you are travelling solo, want to keep the cost down and like the idea of finishing the trek with a new circle of friends, the group departure is almost certainly your trek. If you are coming with friends or family, need specific dates, or simply want the route to bend to your own rhythm, the private female-guided option is worth the premium.

Responsible Trekking and Sustainable Travel in the Everest Region

Ethical Porter Welfare Standards

Porter welfare is a real issue in Nepal trekking, and the standards here are stated plainly: a maximum porter load of around 20 kg including the porter's own gear; appropriate clothing and equipment provided; insurance for every guide and porter; and fair, timely wages. The brand point is meaningful as Women Adventures employs and equips female porters and holds them to exactly the same protected standards, in a field where female porters remain rare and where their welfare has too often been overlooked.

Reducing Environmental Impact on the Trail

The practical actions matter more than slogans. Use a reusable bottle with the provided purification tablets rather than buying single-use plastic. Carry your waste down with you. Stay on the marked trails to limit erosion. Do not pick plants or

disturb wildlife. And respect SPCC (Sagarmatha Pollution Control Committee) standards and the no-open-fire rules at altitude.

Supporting Local Families and Women Entrepreneurs

You can direct your spending so it reaches the community: eat at the lodge restaurants (already included here), tip fairly, buy local crafts from artisans rather than imported goods, and choose a licensed, Nepali, women-led operator over an international aggregator that exports the revenue out of the country. Wherever possible, favour Sherpani-run lodges and women-owned businesses so that your money does real work when it stays in the valley.

Everest Region Trekking Alternatives for Women Adventurers

Everest Base Camp with Kala Patthar

This is the base itinerary, and reaching both EBC and Kala Patthar on a single trip is the recommended approach. The two serve different purposes; Everest Base Camp for the place itself and Kala Patthar for the unobstructed Everest view. Everything on this page is built around that combination.

Everest Base Camp and Gokyo Lake Trek

This grander route combines EBC with the turquoise Gokyo Lake (5,357 m) by way of the demanding Cho La Pass (5,420 m), over roughly 18–21 days. It is one of the great Himalayan combinations, but it asks for more fitness, careful acclimatisation and flexibility. If it appeals, see the Women Adventures Gokyo to Everest Base Camp via Cho La Pass Trekking for the dedicated itinerary.

Everest Base Camp and Island Peak Climbing

For women ready to step from trekking toward mountaineering, Island Peak (6,189 m) can be added to EBC. This is an introduction to crampon and rope techniques, over roughly 20–22 days, with extra permits and insurance required.

Everest Three High Passes Trek

The Everest Three High Passes Trekking is the trekking journey where you pass through the ultimate Khumbu circuit that crosses Kongma La (5,535 m), Cho La (5,420 m) and Renjo La (5,360 m) over roughly 20–22 days. It is for experienced high-altitude trekkers and makes a wonderful future goal. Many women return for it after completing EBC.

Why Choose Women Adventures for Your Everest Base Camp Trek?

The genuine differentiator is simple and rare: an all-female team that are; a female guide and a female porter and women-only departures, which most operators cannot offer at all. Everything below is specific and verifiable rather than a generic claim to be "the best."

Experienced Female Trek Leaders

In practice, female leadership means government-licensed female guides carrying trekking-guide certification and wilderness first-aid training, who run daily health monitoring, interpret the culture as you move through it, and bring lived experience of the trail. Day to day, that looks like someone reading the group's energy, adjusting the pace before anyone has to ask, spotting an early altitude symptom you might dismiss, and knowing which lodge has the warm dining room. Women Adventures provide such experienced female trekking guides.

Small Women-Only Trekking Groups

Groups are capped at around 12 women, and most trips are smaller. A small, women-only group means real attention to each trekker's acclimatization and wellbeing, and an environment that stays comfortable and supportive. This is the sharp contrast with budget operators running large mixed groups where individuals can get lost.

Safety-First Trekking Approach

The safety measures are operational, not marketing: two acclimatization days; daily pulse-oximetry above 4,000 meters; an evacuation plan and helicopter-service available in place for every trek; water-purification tablets; and a first-aid kit that includes an oximeter and women's essentials.

Transparent Pricing with No Hidden Costs

Every inclusion is listed upfront in the Included/Not Included table, and there are no surprise charges. This is a trek-only package by design, so Kathmandu hotel and meals are clearly excluded rather than quietly assumed. No false expectations. Any single supplement and the group discount are stated openly.

Booking Your Women-Only Everest Base Camp Trek

How to Book

1. Submit an inquiry through the contact page of the website or via WhatsApp or email.
2. Receive a trip confirmation and invoice.
3. Pay a deposit to secure your place — 20% deposit per person.
4. Receive the pre-trek prep guide and packing advice.
5. Pay the balance booking amount at least 2 days prior to your scheduled departure in Kathmandu.

Departure Dates – Fixed and Custom

Fixed women-only group departures run most months across spring (March–May) and autumn (September–November), while private female-guided departures run year-round. Check out women Adventures package pages for fixed and custom departures.

Payment Methods

- Bank transfer in USD, GBP, AUD or EUR
- Credit card via a secure payment link (with a 2–3% processing fee)
- Cash on arrival in Kathmandu for the balance

Cancellation Policy

Cancellation must be submitted in writing. The date of cancellation will be considered the date we receive the written notice.

Refund structure as follows:

- 60 days or more prior to departure – Loss of deposit
- Less than 7 days before departure – Loss of total payment
- No refunds will be provided for early departures, missed services, or voluntary withdrawal after the trip has commenced.
- Refunds for involuntary withdrawal (e.g., health issues) may be considered at the discretion of Women Adventures.
- Unused services, including accommodation, meals, transportation, or activities, are non-refundable.

FAQs

Is Everest Base Camp Trek Really Women-Only? Who Will I Be Trekking With?

Yes, departures are genuinely women-only, with an all-female team comprising a female guide and a female porter. Your group is made up of other women travellers, often a mix of solo trekkers, first-timers and friends. The whole environment is built around privacy, a shared pace and the easy support that comes from trekking with other women.

Will My Guide and Porter Be Female?

Yes, a government-licensed female guide and a female porter support the trek throughout its entire length. This is a core differentiator and the single most common reason women choose Women Adventures over a generic operator.

How Do I Manage My Period on the EBC Trek?

Bring your preferred products for the full trek plus a buffer, and restock in Namche, where supplies are available but become scarce above. The company's first aid kit also carries sanitary pads. Pack out used products in a sealable bag, and if you use a menstrual cup, plan to sanitize it with treated or boiled water. Period is genuinely manageable, and the female team makes it a matter-of-fact part of the trip rather than something awkward.

Does Altitude Affect Menstruation?

Some travellers notice changes to their menstruation cycle at altitude, but this varies from person to person and is not fully predictable. Discuss any concerns, and your contraception, with a travel-medicine doctor before the Everest Base camp trek.

If I'm the Only One Who Books, Will the Women-Only Departure Still Run?

Fixed group departures run once a minimum number of trekkers is confirmed. If the minimum is not met for your date, the options are to reschedule to another departure, upgrade to the private female-guided trek, or receive a deposit refund.

Where Exactly Is Everest Base Camp Located?

Everest Base Camp sits in the Khumbu Valley of the Solukhumbu District in north-east Nepal, at 5,364 m (17,598 ft) on the southern side of Mount Everest, within Sagarmatha National Park, a UNESCO World Heritage Site.

Why Is the Everest Base Camp Trek So Popular?

It is the most iconic trekking route in the world: dramatic Himalayan scenery, deep Sherpa cultural immersion and the chance to stand at the foot of the highest mountain on earth, all without any mountaineering skills. The UNESCO-listed landscape and the historic significance of the region add to its pull.

How Long Does the Everest Base Camp Trek Take?

Minimum 12 days, trek-only (Lukla to Lukla), including two acclimatization days.

What Is the Highest Point on the Everest Base Camp Trek?

Kala Patthar, at 5,644.5 m (18,519 ft), reached on Day 9 — higher than Base Camp itself (5,364 m). It is where you get the clearest, unobstructed view of Everest's summit at sunrise.

Can I See the Summit of Mount Everest From Everest Base Camp?

No, from the Everest Base Camp, the summit is hidden behind the West Ridge and the Khumbu Icefall. Kala Patthar gives you the best unobstructed view of Everest's south face and summit, which is why both are part of the trek.

What Is the Total Walking Distance of the Everest Base Camp Trek?

About 130 km (80 miles) round trip from Lukla to EBC and back, or closer to 145–150 km once you include the acclimatization hikes, spread across the active trekking days.

What Are the Major Highlights of the Everest Base Camp Trek Besides the Destination?

Tengboche Monastery; Namche Bazaar; Sagarmatha National Park; the Hillary Bridge and the suspension bridges; Sherpa culture; the sunrise from Kala Patthar; and the all-female team and women-only group that define this particular Everest Base Camp trek for women.

Do I Need To Book the Everest Base Camp Trek in Advance?

Yes, especially for spring and autumn, when Lukla flights, tea houses and group spaces fill quickly. Book three to six months ahead for peak season. Last-minute bookings may be possible in winter or the shoulder months.

Can I Trek to Everest Base Camp Without Flying to Lukla?

Yes, a ground route from Jiri or Salleri adds 7–10 days, but most trekkers fly to Lukla for time saving. The standard package uses Lukla flights in both directions.

Is the Everest Base Camp Trek Suitable for Beginners?

Yes, with proper preparation, the Everest Base Camp Trek is suitable even for first-time trekkers. No technical climbing and prior trekking experience is required. Solid cardio fitness, the right gear and around three months of preparation matter most. The women-only group and female guide make it an especially supportive first big trek.

How Difficult Is the Everest Base Camp Trek?

Moderate to challenging, with no technical climbing. The three real challenges are sustained daily walking at altitude (five to seven hours), cumulative gain of around 4,200 m from Lukla to EBC, and the effects of altitude above 4,000 m.

What Fitness Level Is Required for the Everest Base Camp Trek?

You should be able to walk five to seven hours carrying an 8–10 kg daypack on consecutive days. Cardiovascular fitness matters more than raw strength. A useful benchmark: feeling comfortable on a 15–20 km loaded hike over varied terrain.

What Physical Training Is Recommended Before the EBC Trek?

Follow a 12-week build: weeks 1–6 of cardio base plus loaded weekend hikes; weeks 7–10 of longer hikes with elevation and stair work; and weeks 11–12 of taper and gear practice. Remember that altitude itself cannot be trained at sea level. The acclimatisation protocol does that work for you.

Is There an Age Restriction for the Everest Base Camp Trek?

There is no official upper limit in age, and the minimum recommended age is around 12–14 for EBC Trek. Women in their sixties and seventies complete EBC regularly with good health and preparation. Very young trekkers or older trekkers with medical conditions should consult a doctor first.

How Many Hours per Day Will I Be Walking on the EBC Trek?

Typically, five to seven hours on active days. The shortest is around three to four hours (Day 1) and the longest around seven hours (Day 9, Kala Patthar to Pheriche). The pace is deliberately slow to manage altitude.

Can I Do the Everest Base Camp Trek if I Have Asthma or a Heart Condition?

It depends entirely on the specifics. Well-controlled mild asthma may be fine with medical clearance, while any significant cardiac or pulmonary condition needs explicit clearance given the sustained altitude. This is never a blanket yes or no. So, consult your doctor before booking.

How Does EBC Compare to Other Major Treks Like Kilimanjaro or Annapurna?

It is comparable in difficulty to Kilimanjaro's Machame route but involves more total walking days and far deeper cultural immersion. It is less technical than the Annapurna Circuit's Thorong La pass, and there is no summit bid, just sustained altitude over the length of the trek.

When Is the Best Time To Trek to Everest Base Camp?

Spring (March–May) and autumn (September–November), with October the single best month for clear views and stable conditions.

What Kind of Weather Can I Expect on the EBC Trek?

It varies by altitude and season. Below 4,000 m in spring you might see 5–15°C in the daytime; at Base Camp expect roughly -10 to +5°C by day and -20 to -10°C at night. Above 4,000 m, afternoon cloud and wind are common, so you walk in the mornings.

How Cold Does It Get at Everest Base Camp?

Daytime temperatures are roughly -10 to +5°C in spring and autumn, with nights falling to -20°C or below, and colder still with wind chill at Kala Patthar before dawn. A -15°C sleeping bag and proper layering are essential.

What Temperature Rating Sleeping Bag Do I Need for EBC?

At least -15°C comfort. A -10°C bag may suffice with lodge blankets in spring or autumn, while winter calls for -20°C.

Can I Trek to Everest Base Camp in Winter (December–February)?

Yes, but it is not for first timers. Everest Base Camp nights can reach -30°C, and some lodges above Namche are closed in winter, though the skies can be extraordinarily clear. It suits experienced cold-weather trekkers with the right gear.

Can I Trek to Everest Base Camp During Monsoon Season (June–August)?

Generally, it is not recommended as trails are slippery, and views are often cloud-obscured, though the upper Khumbu can sit above the cloud base. The trade-offs are fewer trekkers and lower prices.

What Is the Temperature in October vs. April at Everest Base Camp?

In October, expect daytime 0 to +5°C, nights -10 to -15°C, very clear skies and peak crowds. In April, expect daytime -5 to +5°C, nights -15 to -20°C, rhododendron bloom below 4,000 m and the atmosphere of the climbing season at Base Camp.

How Much Does the Everest Base Camp Trek Cost?

The Women Adventures package for EBC trek is $2420 for solo trekkers and price vary (which is less than that of solo trekkers) depending on the numbers of trekkers in the group trek. In the package, budget for your international flights, travel insurance and personal spending doesn't include.

What Is Included in the Women Adventures EBC Trek Package?

Kathmandu hotel and meals; Teahouse lodging on the trek; all meals on the trek; round-trip Lukla flights; a female guide and female porter; both permits; airport transfers with a female representative; loan gear; a first-aid kit with oximeter and women's essentials; a farewell dinner; the certificate; and all taxes.

What Is NOT Included in the EBC Trek Price?

International flights; the Nepal visa (~$50); travel and rescue insurance (mandatory); personal gear beyond the loan items; and on-trail extras such as hot showers, charging, Wi-Fi, alcohol and bottled water, plus tips.

How Much Extra Money Do I Need per Day on the EBC Trek?

Because meals are included, roughly $15–35 per day for personal extras, plus tips. Prices rise above Lobuche. Budget around $150–250 total for tips, and withdraw all your cash in Kathmandu, since ATMs are unreliable in Namche and absent above it.

Are There ATMs Along the Everest Base Camp Trail?

There are ATMs in Namche (3,440 m), but they are often unreliable or empty in peak season, and there are none above Namche. Withdraw all the cash you need in Kathmandu. Most lodges accept both USD and NPR.

Can I Use Credit Cards on the EBC Trek?

Rarely above Namche. Credit cards work in Kathmandu and some Namche shops, but cash (NPR or USD) is the standard at tea houses, so carry enough from Kathmandu.

What Currency Should I Carry On the Everest Base Camp Trek?

Nepali Rupees are the most widely accepted; USD works at many lodges but at a poorer rate. Exchange your money in Kathmandu, as there is no exchange above Namche.

How Do I Pay for the Women Adventures EBC Trek? What Deposit Is Required?

A non-refundable 20% deposit per person is required to confirm your booking. Payments can be made via bank transfer or Credit Card (Visa/MasterCard). The final balance is due at least 2 days prior to your scheduled departure in Kathmandu. If not received in time, your booking may be canceled under the cancellation terms.

Is There a Group Discount for the EBC Trek?

Yes, for 2 or more parties, there is a group discount. For this, contact Women Adventures with your group size for a quote. A single supplement applies if you want a guaranteed private room.

Is There a Refund if I Cannot Complete the EBC Trek?

No, there is no refund for partial completion, regardless of the reason. This is standard practice across operators, and it is exactly why comprehensive insurance covering high-altitude trekking and trip interruption is essential.

Can I Book a Last-Minute EBC Trek?

Sometimes, for private treks in off-peak months. It is very difficult in peak spring and autumn because of flight and tea-house demand. Aim for at least four to six weeks even in quieter periods.

What Permits Are Required for the Everest Base Camp Trek?

The Sagarmatha National Park Entry Permit (~$23) and the Khumbu Pasang Lhamu Rural Municipality Permit (~$23) are required for EBC trek. Both are arranged and carried by Women Adventures. Carry your original passport. There is no TIMS card for the Everest region.

Where Can I Get the Permits for the EBC Trek?

Women Adventures obtains both on your behalf; the national park permit can also be issued at Monjo. You do not need to arrange any permits yourself.

How Much Luggage Can I Carry On the EBC Trek?

The Lukla flight checked allowance is around 10–15 kg plus roughly 5 kg of carry-on. Your porter carries a duffel up to about 20 kg including their own gear, so keep your share to around 15 kg, and you carry an 8–10 kg daypack.

What Is the Weight Limit for the Lukla Flight?

Typically, 10–15 kg checked plus around 5 kg carry-on, though it varies by airline and can change. Any excess can be stored in Kathmandu.

Can I Store Luggage in Kathmandu During the Trek?

Yes, store your city clothes and non-trail items at your Kathmandu hotel before flying to Lukla.

Can I Rent Gear in Kathmandu or Lukla?

Yes, Thamel has many rental and purchase shops at $2–7 per item per day; inspect quality before renting. Remember several items are already loaned by Women Adventures, so you may not need to rent at all.

Do I Need a Guide for the EBC Trek?

Yes, a licensed guide is required in practice for foreign trekkers on this route, and as of 2026 the national-park rules require trekking through a registered travel agency with a licensed guide. On this package you always trek with a female guide for safety, health monitoring and logistics.

Is It Possible To Do a Shorter Version of the EBC Trek?

A more compressed schedule is possible but reduces acclimatization and raises AMS risk. If time is genuinely tight, an EBC trek with a helicopter return shortens the trip without compressing the ascent. Always prioritize acclimatization over speed.

Can I Customize My EBC Itinerary?

Yes, private female-guided treks allow flexible start dates, pacing and side trips such as Gokyo to Everest Base Camp via Cho La Pass Trekking or Pikey Peak trekking, plus helicopter upgrades. Fixed group departures follow the standard 12-day plan.

Are Drone Cameras Allowed in the Everest Region?

They are heavily restricted. Commercial use requires Civil Aviation and national-park permits, and recreational use is generally not permitted within the park. Check the current rules before bringing one.

Where Do Lukla Flights Depart From, and How Long Is the Flight?

From Kathmandu (~35–40 minutes) or from Manthali/Ramechhap (~4–5 hour drive, then a ~25-minute flight). Women Adventures advises which applies to your dates; both are morning departures.

What Is Manthali/Ramechhap Airport and Why Might I Fly From There?

It is the secondary departure point, around four to five hours' drive from Kathmandu. In peak season, the government routes morning Lukla flights from there to ease congestion at Kathmandu. Women Adventures arranges an early private jeep transfer.

Is the Flight to Lukla Safe?

Yes, dramatic but managed, with experienced pilots, strict regulation, a short route and morning weather windows. The risk is comparable to other mountain aviation routes.

What Happens if My Lukla Flight Is Delayed or Cancelled?

Weather delays of one to three days are not uncommon in peak season. Women Adventures rebooks you on the next available flight, with helicopter charter as a multi-day alternative. Keep one to two buffer days before any onward travel.

What Are the Main Reasons for Lukla Flight Delays or Cancellations?

Low cloud or fog at Lukla (a visual-flight runway), fog in Kathmandu, high winds, or aircraft maintenance. Spring and autumn are the most reliable seasons, but mountain weather is always unpredictable.

Can I Take a Helicopter to Lukla Instead of a Fixed-Wing Flight?

Yes, shared seats run about $500–700 per person, and a private charter (four to five seats) about $2,000–3,000. Both are weather-dependent and fly in the same morning window. Flying in by fixed-wing and out by helicopter is a popular combination.

How Much Does a Private Helicopter Charter to/From Lukla Cost?

A private helicopter charter to or from Lukla typically costs USD 2,800–3,800 from Kathmandu or USD 1,800–2,500 from Ramechhap, with prices varying based on the season, availability, and passenger weight.

What Is Altitude Sickness and Should I Be Worried About It on EBC?

Altitude sickness (also called acute mountain sickness (AMS)) is a condition that can occur when you travel to high elevations too quickly. As you go higher, the air contains less oxygen, and your body may not have enough time to adjust. A large share of trekkers experiences some degree of AMS; mild cases are managed with rest, while the severe forms (HACE and HAPE) are emergencies. The 12-day itinerary with its two acclimatization days is specifically built to minimize the risk. Consult with your doctor before you travel.

What Are the Signs and Symptoms of Altitude Sickness?

Persistent headache, nausea or vomiting, loss of appetite, disturbed sleep, undue fatigue, dizziness, breathlessness at rest, a dry cough, and any loss of coordination or confusion. The rule is absolute: never ascend with worsening symptoms.

How Can I Prevent Altitude Sickness on the EBC Trek?

Follow the acclimatization schedule (rest days and under 500 m of sleeping-altitude gain per day above 3,000 m), hydrate well (three to four litres a day), avoid alcohol above 3,000 m, do not rush, and report any symptoms early.

How Does Acclimatization Work on the EBC Itinerary?

Two rest days — Namche on Day 3 and Dingboche on Day 6 — each with a climb-high, sleep-low hike, plus daily oximeter checks above 4,000 m by our female guide help with acclimatization on the EBC itinerary.

Should I Take Diamox (Acetazolamide) for the EBC Trek?

It is a common prophylactic (125–250 mg twice daily, starting one to two days before significant ascent), with side effects that include increased urination and tingling, and it does not replace acclimatization. Always consult your doctor, as it is prescription-only in most countries.

What Medications Should I Bring for the EBC Trek?

Personal basics such as paracetamol, ibuprofen, anti-diarrhoeal, rehydration salts, blister care, and antiseptic. Bring altitude medication only if it has been prescribed for you (Diamox, or Dexamethasone and Nifedipine for emergencies if advised). See a travel-medicine doctor six to eight weeks ahead.

What Should I Do if I Feel Altitude Sickness Symptoms on the Trek?

Stop ascending, rest at your current altitude, treat the headache, hydrate, and tell your guide immediately. They monitor your oxygen saturation. If symptoms worsen, descend. Never ascend with worsening symptoms.

What Happens if I Get Seriously Ill or Injured on the EBC Trek?

Guides are trained in emergency procedures, and helicopter evacuation is the primary response above Namche (one to three hours, weather permitting). Evacuation costs $3,000–$6,000, covered by your mandatory insurance.

Is There a Gamow Bag (Portable Altitude Chamber) Available?

A portable hyperbaric chamber (Gamow bag) can be requested; it simulates descent and can bridge evacuation in HACE or HAPE emergencies when immediate descent is not possible.

Do I Need Vaccinations for the EBC Trek / Nepal?

Consult a travel-medicine doctor six to eight weeks ahead. Common recommendations include Hepatitis A, Typhoid and up-to-date routine vaccines. None is legally required for entry for most nationalities.

Are There Medical Facilities Along the EBC Trail?

Yes, there are medical facilities along the Everest Base Camp (EBC) trail, ranging from basic first-aid clinics in lower villages to specialized high-altitude medical posts and seasonal aid stations in the upper Khumbu region. Above Pheriche, your guide and helicopter evacuation are the primary resources.

What Sun Protection Do I Need on the EBC Trek?

UV is far stronger at altitude and amplified by snow. Bring SPF 50+ sunscreen, SPF lip balm, wraparound UV sunglasses and a sun hat.

Can I Trek to EBC While Pregnant?

No, EBC is not recommended during pregnancy because of the sustained high altitude. Consult your doctor and consider a lower-altitude trip instead.

What Type of Accommodation Is Available on the EBC Trek?

Family-run tea houses throughout, ranging from basic to comfortable depending on altitude, typically twin rooms with shared or private bathrooms and a communal dining room. The women-only group shares female rooms wherever the layout allows.

Do I Need To Pre-Book Tea Houses on the EBC Route?

Women Adventures pre-books every tea house on the route. In peak season lodges fill fast; in Namche, Tengboche and Lukla especially and independent trekkers risk being turned away.

Can I Get a Private Room at Tea Houses on the EBC?

Yes, at most lodges below around 4,500 m on request, though dormitory accommodation is common at Lobuche and Gorak Shep in peak season. A single supplement applies to guaranteed private rooms.

Do Tea Houses Have Private Attached Bathrooms/Toilets?

Rarely above Namche, where shared toilets (squat or basic western) are standard. Attached bathrooms may be available at premium lower-altitude lodges for an extra cost.

Are Hot Showers Available on the EBC Trek?

At most lodges for $3–7, though "hot" is relative above 4,000 m and limited above Lobuche, where cold showers are common. Plan for limited bathing in the upper Khumbu.

Can I Do Laundry During the EBC Trek?

There is limited paid laundry in Namche and some lower stops, and little or none above Namche. Pack quick-dry clothes so you can manage two to three days between washes.

Can I Charge Electronic Devices During the EBC Trek?

Yes, for $1–3 per charge at most lodges, though power (solar or micro-hydro) can be unreliable. Bring a large power bank. Nepal uses Type C, D and M sockets.

What Are the Toilet Facilities Like on the EBC Trail?

They range from basic western to squat toilets, with pit or basic flush systems. Carry biodegradable toilet paper and hand sanitizer; most lodges provide paper but bring your own, as a backup.

What Food Is Available on the EBC Trek?

Varied Nepali and international menus: dal bhat, pasta, noodle soup, eggs, porridge, Tibetan bread, momos, and pizza in Namche and Tengboche. Menus shrink above Lobuche.

What Is Dal Bhat and Why Is It Recommended?

Dal Bhat is a dish which contains rice, lentil soup, vegetables and pickle, often served with free refills. It is the most nutritious, altitude-appropriate, and economical meal on the trail, high in both carbohydrates and protein.

Is Vegetarian or Vegan Food Available on the EBC Trek?

Yes, the Himalayan diet is largely plant-based, so vegetarian options are everywhere. Vegan is more limited (avoid butter, milk and yak cheese), and gluten-free is possible with advance notice.

Is the Drinking Water Safe on the EBC Trek?

Do not drink untreated tap or stream water on the Everest Base Camp route. Women Adventures provides purification tablets, use them with a reusable bottle rather than buying single-use plastic. Boiled water is available for a charge.

Do I Need To Bring My Own Water Purification Tablets?

No, water purification tablets are included in the EBC package. Just bring a 1.5–2 litre reusable bottle. This saves money (bottled water is pricey above Namche) and cuts plastic waste.

Can I Buy Snacks and Drinks Along the EBC Trail?

Yes, chocolate, energy bars, biscuits, tea, coffee, soft drinks and bottled water are sold at lodges, with prices rising sharply as you climb. Budget extra above 4,500 m.

What Should I Pack for the Everest Base Camp Trek?

In short, layered clothing (base, mid and outer), broken-in waterproof boots, a -15°C sleeping bag (loanable), trekking poles, a headlamp, a power bank, SPF 50+, a women's health and hygiene kit, personal first aid, and your passport are needed to be packed before heading to the Everest Base camp trail. Tablets and several gear items are provided.

What Type of Daypack Should I Bring for the EBC Trek?

A 25–35 litre pack to carry water, snacks, layers, camera, documents and first-aid basics during the day. Your duffel (porter-carried) holds everything else.

What Type of Bag Will a Porter Carry?

A soft duffel (loanable), to a maximum of around 20 kg including the porter's own gear, so keep your share to about 15 kg. No wheeled or hard cases.

What Footwear Is Recommended for the EBC Trek?

Waterproof, ankle-supporting trekking boots, broken in before the trek, with grippy soles for rock and moraine, plus lightweight camp shoes for the evenings. Avoid trail runners for the ankle support.

Do I Need Trekking Poles for EBC?

Trekking Poles for EBC trek are highly recommended. They cut knee stress on long descents and aid balance on bridges and rocky ground. They are rentable in Kathmandu.

What Sleeping Bag Do I Need for EBC?

A -15°C comfort rating (loanable); a -10°C bag may suffice with blankets in spring or autumn. Down is lighter, synthetic handles damp better.

What About My Passport, Medications, and Valuables on the Trek?

Keep your passport (needed at checkpoints), medications and valuables in your daypack, never in the porter's duffel, and padlock the duffel. Your guide carries the permits.

Is Hiring a Guide Necessary for the EBC Trek?

Yes, it is strongly recommended to hire guide for the EBC trek and under 2026 rules, foreign trekkers are required to hire one. On this EBC trek package you trek with a licensed female guide who monitors health above 4,000 m, manages logistics and coordinates emergencies.

Can a Guide Speak English on the EBC Trek?

Yes, all Women Adventures guides are English-speaking and NTB-licensed, many with trekking-guide certificates and wilderness first-aid training.

Are Women Adventures Guides Trained in First Aid and Altitude Sickness?

Yes, they are NTB-certified with wilderness first-aid training, carry pulse oximeters, run daily saturation checks above 4,000 m, and are trained in AMS recognition and evacuation coordination.

How Many Guides and Porters Will I Have on the Trek?

One female guide per group, plus a female porter (typically one per one to two trekkers). Larger groups of ten or more add an assistant guide. The porter is included in this Everest Base Camp trek package.

What Is the Porter Weight Limit?

A maximum of around 20 kg including the porter's own gear; Women Adventures recommends keeping your share to about 15 kg. Overloading porters is against responsible-trekking standards.

Do I Need To Tip My Guide and Porter?

Yes, tipping is customary: roughly $15–25 per trekker per day for the guide and $7–12 per trekker per day for the porter. Budget around $150–250 total, paid at the end of the trek.

Is Women Adventures's Staff Insured?

Yes, all guides and porters are insured as part of the package. It is a responsible-employer standard that is explicitly included.

Who Are the Sherpa People?

An ethnic group from the SoluKhumbu, of Tibetan descent (having migrated around 500 years ago); "Sherpa" means "people from the east." The term is often used generically for guides, but not all guides are ethnically Sherpa.

What Cultural Experiences Can I Expect on the EBC Trek?

Tengboche Monastery, prayer flags, mani walls, chortens, yak caravans, festivals such as Mani Rimdu if your timing aligns, and the daily life of Sherpa communities, including Sherpani-run lodges.

Are There Monasteries on the EBC Trek?

Yes, the Khumbu is deeply Buddhist, with key sites at Tengboche (the largest), Pangboche and Khumjung. Tengboche hosts Mani Rimdu in autumn, and visitors may attend prayers.

What Religious Customs Should I Be Aware of on the EBC Trek?

Pass mani walls and chortens on the left (clockwise), don't disturb prayer flags, ask before photographing people, remove shoes in monasteries and homes, dress modestly, and give way to yaks on the uphill side.

Can I Attend Local Festivals During the EBC Trek?

If your timing aligns, Mani Rimdu at Tengboche in autumn is the most significant local festival, and Dumje occurs in summer. Dates follow the Tibetan lunar calendar.

What Are the Notable Sherpa Villages on the EBC Trail?

Namche Bazaar (3,440 m, the capital), Khumjung (3,780 m), Tengboche (3,860 m), Pangboche (3,985 m) and Dingboche (4,410 m, a high farming village) are the notable villages in the EBC trail.

How Can I Support Local Communities Responsibly on the EBC Trek?

Eat at the lodges in the EBC route, tip fairly, buy local crafts, choose a licensed Nepali women-led operator, and use purification tablets over single-use plastic. Favour women-owned businesses where you can.

Do I Need a Visa for Nepal?

Yes, visa-on-arrival is available for most nationalities at Tribhuvan airport: $30 (15 days), $50 (30 days) or $125 (90 days). Complete the e-visa form in advance to speed things up. The visa fee is your own responsibility for this package.

Who Will Meet Me at Kathmandu Airport?

A Women Adventures female representative meets you with a name board; airport pick-up and drop are included. Share your flight details in advance so that the pickup can be arranged.

How Long Does the Nepal Visa Process and Airport Arrival Take?

Allow one to two hours for the visa and baggage at Tribhuvan in peak season. Pre-completing the e-visa, bringing a passport photo and carrying exact USD all speed it up.

Can I Buy a SIM Card at Kathmandu Airport or in the City?

Yes, Ncell and NTC SIMs are available at the airport and in Thamel for around $7–15 with data. Ncell coverage reaches roughly Dingboche on the trail, weakening above it.

Where Can I Exchange Money in Nepal?

At the airport (poorer rates), at licensed Thamel exchanges (better rates) or at banks; ATMs in Kathmandu dispense NPR. Exchange all your trek money in Kathmandu as there is none above Namche.

What Hotel Accommodation Is Provided in Kathmandu?

None, as this is a trek-only package, that means Kathmandu accommodation and meals are self-arranged. But Women Adventures can book the hotel on request. Booking near Thamel is convenient for gear and food.

Is the EBC Trek Safe for Solo Female Travelers?

EBC Trek is considered safe; the Khumbu is generally respectful, and the trail is well-populated. Harassment is infrequent but, as on any public trail, not unknown. The women-only group and female team add real comfort and security.

Can I Add Extra Days to the EBC Trek?

Yes, you can extend EBC Trek with side trips or rest days (Gokyo adds three to five days, Island Peak seven to ten) or pre- and post-trek extensions. Contact Women Adventures before booking.

Is the Departure Guaranteed To Run?

Fixed women-only departures run once minimum numbers are confirmed, and private treks run on any agreed date. If minimums are not met, the options are to reschedule, upgrade to private, or take a deposit refund.

What Is the Internet and Wi-Fi Situation on the EBC Trail?

The Internet and Wi-Fi are available in Namche, and many lodges for a fee, slower with altitude, unreliable above Dingboche and largely offline above Lobuche ($3–10 per day). Ncell data supplements coverage up to around Dingboche.

What Happens if I Cannot Complete the EBC Trek Due to Altitude Sickness?

The standard protocol is immediate descent to a safe altitude, managed by your guide, with helicopter evacuation if needed. There is no refund for an incomplete trek, which is exactly why insurance covering interruption is mandatory.

Can I Book the EBC Trek With Children?

It is possible for ages around 12–14 and up in good health and fitness; younger children are not recommended because of the altitude risk. Children need medical clearance, and you should discuss pacing with Women Adventures.

What Internet Speed Can I Expect at Different Altitudes?

Namche is reasonably fast (video calls are usually fine); Tengboche and Dingboche are slow but usable for messaging; above Lobuche it is extremely limited. Plan to be offline for around four to five days on the high push and download offline maps in Namche.

What Are the Chances of Seeing Wildlife on the EBC Trek?

Sagarmatha is home to Himalayan tahr, musk deer, red panda (in the lower forests) and birds such as the Himalayan monal; snow-leopard sightings are extremely rare. There is no credible evidence of a yeti, though the local legend is wonderfully rich.

What Trekking Insurance Do I Need for EBC?

Insurance that covers high-altitude trekking (to around 6,000 m), emergency helicopter evacuation ($100,000+ recommended), medical care and hospitalisation, and trip cancellation or interruption. Buy it early to avoid pre-existing-condition exclusions.

Do I Need To Book My International Flights Independently?

Yes, Women Adventures does not arrange international flights. Fly into Tribhuvan (KTM), arrive at least a day before Day 1, and keep buffer days after Day 12 before any onward connection.

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 9747508926 or email us at info@womanadventures.com

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