

Everest Base Camp Yoga Trek - 12 Days

URL: <https://nepalalternativetreks.com/trip/everest-base-camp-yoga-trek/>

Everest Base Camp Yoga Trek Quick Information

Weather

-10°C to 18°C

Duration

12 Days

Difficulty

Moderate

Accommodation

Lodges

Meals Included

Breakfast, Lunch, Dinner

Transportation

Flight

Daily Activity

Approx. 5 - 6 hours

Religion

Buddhism

Ethnic People

Sherpa, Rai

Region of Nepal

Everest Region

Max Altitude

5364m./17701ft.

Per Person Cost

USD 1600

Best Season

March, April, May, Sept, Oct,
Nov

Geographic Terrain

Mountain, Glacier, Hill, Village

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$1,600.00
Group Of 5 - 8	USD \$1,570.00
Group Of 9 - 12	USD \$1,540.00
Group Of 13 - 18	USD \$1,510.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Everest Base Camp Yoga Trek Overview

"In the wisdom of the Bhagavad Gita, yoga is described as a path where a person connects deeply with their true self."

The Everest Base Camp Yoga Trek package doesn't just take you to the famous destination; it also turns your trekking adventure into a mindful experience. While the standard EBC Trek's role is to get to the **base of Mount Everest**, this Yogic trek's goal is to help you feel balanced, calm, and connected within yourself.

On the **Everest Base Camp Yoga Trek**, Yoga is not optional; it is part of the daily routine. Each morning begins with pranayama, meditation, asana, and a breathing exercise to prepare your body for the day's walk. The exercises are gentle and supportive, especially designed for high altitudes, where your body needs more care and attention.

One of the unique aspects of the Everest region, which makes it an ideal choice for a yoga trek, is that it provides the perfect space for yogic activities. The silence, the open sky, and the peaceful surroundings make yoga feel natural and effortless. Yes, the route isn't without its challenges, but you will also practice patience, focus, and gratitude, which make the adventure worthwhile.

Why Everest Base Camp Trek with Yoga?

Stretching before any physical activity is important, so the same applies to the Everest trek. More than just stretching, combining Everest Base Camp with yoga allows you to trek smarter, recover faster, and connect more deeply with yourself.

Here are some of the benefits of choosing EBC Trek with the practice of yoga:

- Yoga helps reduce muscle soreness and the risk of injury during the trek.
- It helps build strength and stamina for longer trekking, like the Everest Base Camp.
- Yoga helps with your balance, and balance is great for trekking to Everest Base Camp.
- Helps to pace and preserve energy for a longer period of time through breathing techniques.
- Instead of just resting, light yoga and guided breathing on acclimatization days, including at Namche Bazaar and Dingboche, keep the body active without strain.
- Yoga helps you become more aware of yourself and helps you know when to take a break, ensuring you do not push yourself too hard, even on tough days, including on Kala Patthar summit day.
- Yoga helps you cope better with thinner air at high altitude training that EBC Trek demands.
- The final section toward Gorak Shep and Everest Base Camp feels physically tough. Slow, mindful breathing techniques help conserve energy and maintain mental focus.
- Sleeping at places like Dingboche or Lobuche can be difficult due to altitude, but evening breathing practices relax the nervous system and promote better rest.

12 Days Everest Base Camp Yoga Trek Highlights

- Regular Yoga/meditation in morning and evening sessions to boost your immunity power, a peaceful mind, and strengthen your body.
- Practice silent meditation overlooking iconic peaks including Mt. Everest (8,848 m), Lobuche (8516m),

and Cho Oyu (8188m) along the Everest trail.

- Learn and apply breathing techniques, like Pranayama, that support oxygen efficiency during climbs to Namche Bazaar, Dingboche, and beyond.
- Practice yoga in peaceful Sherpa villages influenced by Buddhist culture and Himalayan calmness.
- Reach Everest Base Camp not only with physical strength, but with mental clarity and inner balance.

Weather

The weather of the Everest region is known for its unpredictability and highly depends on the month/season. Spring (March to May) is the most popular season for trekking to Everest Base Camp, with warmer temperatures, clear skies, and blooming rhododendrons. Likewise, Summer (June to August) is the monsoon season, marked by heavy rains and cloudy skies, and it increases the risk of landslides that can interrupt the Yogic trek to EBC.

Autumn (September to November) is the peak season, with stable weather, mild temperatures, and excellent mountain views, but it attracts large crowds in the Everest region. In addition, Winters (December to February) is extremely cold, with temperatures often dropping below -20°C at higher altitudes with heavy snowfall.

January

-15°C to -5°C

February

-15°C to -5°C

March

-10°C to 0°C

April

-5°C to 5°C

May

0°C to 10°C

June

5°C to 15°C

July

7°C to 17°C

August

7°C to 18°C

September

5°C to 15°C

October

-5°C to 5°C

November

-10°C to 0°C

December

-15°C to -5°C

12 Days Everest Base Camp Yoga Trek Itinerary

Day 1: Fly to Lukla - Trek to Phakding

Everest Base Camp Yoga Trek begins at Kathmandu. The day begins rather early as you pack your bags and drive to Tribhuvan International Airport. However, if you are trekking during the peak season, such as spring and autumn, you have to drive to Ramechhap or Manthali Airport to catch a flight to Lukla.

The flight to Lukla takes about 35 minutes from Kathmandu and 20 minutes from Manthali, taking you over pristine forested hills and deep ravines towards Lukla. As you land in Lukla, you'll enjoy your breakfast and begin the first day of the trek.

The trek starts with a descent following the milky turquoise flow of the Dudh Koshi River. Unlike other

challenging trekking days, this section is relatively short and gentle. Instead of just walking, this section is designed as a mindful walking session, including sync steps with your breath (inhale for 3 steps, exhale for 3 steps) and maintaining an upright posture with relaxed shoulders.

Upon reaching Phakding, you'll check into your accommodation point, get refreshed, and practice a yoga session. The soothing sound of the flowing Dudh Koshi River water enhances focus and relaxation. The day's overnight and dinner are at Phakding.

Destination:	Accommodation	Altitude:
9 km Uphill hike (Avg. 3 hours)	Khumbu Traveler's Guest House or Hotel Sherpa	(2,640 m / 8,745 ft)

Meals

Lunch, Dinner

Day 2: Trek to Namche Bazaar

Today, you'll leave Phakding and begin trekking upstream along the Dudh Koshi River towards Monjo village. You'll walk past a few scenic waterfalls along the route. At Monjo, you'll get the permit for **Sagarmatha National Park**. The trail continues through Jorsalle and crosses a few suspension bridges to Namche Bazaar.

The final 2-hour uphill section to Namche is challenging. This is where yoga's mental discipline (Dharana concentration) is necessary. By focusing on breath and posture rather than distance, the climb is manageable. Moreover, upon reaching Namche from Phakding, you'll learn a lesson in breath control, patience, and inner strength. The day ends with yoga practice in Namche Bazaar. Overnight and dinner at Namche Bazaar.

Destination:	Accommodation	Altitude:
13 km Uphill hike (Avg. 5 hours)	Sun Shower Hotel or Khumbu Lodge	(3,440 m / 11,352 ft)

Meals

Breakfast, Lunch, Dinner

Day 3: Rest day for Acclimatization in Namche Bazaar

Day three is an acclimatization day on the Everest Base Camp Yoga Trek. The day begins with a morning breathing session to enhance your lung capacity and circulation. The session generally includes Anulom Vilom (alternate nostril breathing) to balance the nervous system, deep diaphragmatic breathing to encourage fuller oxygen intake, and short breath retention awareness.

Afterward, you'll take a short hike above Namche Bazaar to follow the "climb high, sleep low" approach. For this, you can hike to the villages of Khumjung and Khunde. A small Sherpa village, Khumjung, is home to Khumjung Monastery, which has preserved the remains of Yeti, an abominable snowman. You can also walk past the scenic Syangboche Airport towards Khunde village. There, you can visit the historic Edmund Hillary School along the way. The day ends with a return to Namche and an evening yoga session. Overnight at Namche Bazaar.

Destination:

Excursion around

AccommodationSun Shower Hotel or Khumbu
Lodge**Altitude:**

(3,440 m / 11,352 ft)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Tyangboche

Leaving Namche Bazaar, you'll begin trekking upstream along the Dudh Koshi River. A steep hike takes you towards Phunki Tenga village. The trail continues alongside the mesmerizing view of Ama Dablam (6,856 m). The ascent to Tengboche is steady and challenging as altitude increases. Once you get to Tengboche, you'll find yourself in the home of the famous Tengboche Monastery, the largest monastery in the Khumbu region.

Tengboche, the sacred site, adds profound depth to the yoga session, surrounded by towering Himalayan peaks, and aligns naturally with meditation. This evening's yoga is special as you'll do it in the Tengboche monastery, which provides you with a connection to Himalayan Buddhism with yogic mindfulness. The day's overnight stay is at Tengboche's teahouse.

Destination:13 km Uphill hike
(Avg. 5 hours)**Accommodation**Tyangboche Guest House or
Hotel Tashidelek**Altitude:**

(3,750 m / 12,705 ft)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Dingboche

Wake up to the beautiful view of Ama Dablam (6,856 m) in the east. You'll perform a yoga session with gentle Pranayama and Sun Salutations (Surya Namaskar). After that, you'll enjoy your breakfast and continue the EBC Yoga Trek. Leaving Tengboche, you'll begin trekking uphill along the Dudh Koshi River to reach Debuche village. You'll leave the forested path behind and begin climbing the rocky terrain.

The trail takes you to the pristine Imja Khola (River) and begins to rise again to get to Pangboche village. Also, you have to walk past thousands of Mani stones to Shomare, a small settlement, before getting to the day's destination. After reaching to Dingboche, you'll practice altitude-adaptation breathwork and yoga Nidra (deep relaxation). Overnight at Dingboche.

Destination:12 km Uphill hike
(Avg. 5 hours)**Accommodation**Hotel Good Luck or Similiar
category**Altitude:**

(4,350 m / 14,355 ft)

Meals

Breakfast, Lunch, Dinner

Day 6: Rest day - Acclimatization

Today, you'll spend another day acclimatizing at Dingboche. However, the day starts with a Pranayama, Nadi Shodhana, Sun Salutations, standing grounding poses (Warrior II, Tree pose), and a 10-minute silent mountain meditation. Afterward, you'll have hearty morning meals, and then you can go for a day hike to Nangkartshang peak (5,083 m), named after the century-old Nangkartshang monastery.

From the top of Nangkartshang peak, you can catch the surreal sights of Mount Taboche (6,367 m), Ama Dablam (6,856 m), Island Peak (6,189 m), Lhotse (8,516 m), and Mount Everest (8,848 m). After a while, you'll return to your path back to Dingboche village overlooking the beautiful Mt. Pumo Ri (7,165 m). As usual, the day ends with a yoga session and a hot and yummy dinner. Overnight in Dingboche.

Destination:

Hike to Nangkartshang peak

Accommodation

Hotel Good Luck or Similiar category

Altitude:

(4,350 m / 14,355 ft)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Lobuche

Today, you'll practice a gentle breathing session that prepares your lungs for thinner air. Afterward, you'll have a morning meal and leave Dingboche, heading towards Lobuche village. The trail on this day's trek goes past Pheriche and Thukla village. As you get to Thukla, you can witness the Climber's Memorial Park, built in memory of climbers who lost their lives while climbing Mount Everest, which remains the highlight of the region.

Beyond the pass, the path becomes rocky and winds along the edge of the Khumbu Glacier. Yoga principles of balance and drishti (soft focus gaze) are helpful on this uneven landscape. As you get to Lobuche, you can experience the change in the atmosphere with thinner air, colder temperatures, and barren surroundings. Due to the harsh conditions, we have included extremely gentle yoga practices. Overnight in Lobuche.

Destination:

8 km Uphill hike
(Avg. 4 hours)

Accommodation

National Park Lodge or Similiar category

Altitude:

(4,900 m / 16,170 ft)

Meals

Breakfast, Lunch, Dinner

Day 8: Head To Gorak Shep - 02 Hours - Excursion To EBC

Before leaving for Lobuche, you'll practice a short seated breathing session to help prepare for the long day ahead. Also, we'll make sure you avoid intense movements to conserve energy for the high-altitude effort ahead. From Lobuche, the trail climbs along the Lobuche and Khumbu Glaciers towards Gorak Shep.

As the journey takes you to high altitude, the oxygen level decreases. In this situation, follow yogic

breathing: inhale for 2-3 steps, exhale for 2-3 steps, and maintain an upright posture to allow full lung expansion. After a while of trekking, you'll reach Gorak Shep, where you'll have lunch, leave your bag, and make your way to Everest Base Camp.

The trail rises to the east and follows the Khumbu Glacier to Everest Base Camp. Along the way, enjoy the pristine sights of the climber's base camp, Khumbu Glacier, and Khumbu Icefall from the base camp. As you get to Base Camp, your eyes will be in awe of the sights of Mount Pumo Ri (7,165 m), Lingtren (6,749 m), Khumbutse (6,608 m), and Nuptse Peak (7,861 m).

Take a moment to enjoy the stunning scenery from Everest Base Camp, congratulate yourself for making it to the ultimate destination, then retrace your path to Gorak Shep for the overnight stay. In the evening, you'll participate in a guided body-scan meditation and breathing exercise.

Destination:	Accommodation	Altitude:
3 km. Hike to Gorak Shep (Avg. 02 hours) - Excursion to EBC (Avg. 05 hours)	Himalaya Inn Hotel or Similiar category	(5,130 m /16,929 ft)

Meals

Breakfast, Lunch, Dinner

Day 9: Hike to Kala Patthar - Trek down to Pheriche

This is another remarkable day on which you'll hike to Kala Patthar, the highest location and a prominent viewpoint of the Everest region. The day starts before sunrise, but before making way to the viewpoint, a short indoor breathing session at Gorak Shep will be held. The climb to Kala Patthar is not technically difficult, but the low oxygen makes it challenging.

As you get to Kala Patthar, you can catch the excellent view of Mount Everest (8,848 m), Nuptse (7,861 m), Lhotse (8,516 m), Khumbutse (6,608 m), Pumo Ri (7,165 m), Ama Dablam (6,856 m), and other surrounding peaks. Another special thing about reaching Kala Patthar before sunrise is that you can witness the first sunlight touch Mount Everest and other peaks, with its golden color spreading across them.

After enjoying the beauty from the top of Kala Patthar, you'll return to Gorak Shep. There you'll have breakfast and begin the descent to Pheriche. Getting to Pheriche is long but not very challenging. Still, continuous descent may hurt your knee, so you must be careful. As you get to the day's destination, you'll practice deep hamstring and hip stretches, calf release, gentle spinal twists, and Nidra-inspired relaxation. Overnight in Pheriche.

Destination:	Accommodation	Altitude:
12 km Downhill hike (Avg. 5 hours) (03 hours walk round trip) (03 hours walk round trip)	Everest Trekker's Kitchen Lodge or Similiar Category	(4,250 m /14,025 ft)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Namche Bazaar

As usual, the day starts with a short activation session like light hip openers, ankle rotations, and 5 minutes of calm breathing. After that, have breakfast and head to Namche Bazaar, your destination for the day. The first section involves descending from the high alpine zone, where you should take short yet controlled steps. As you descend, the landscape shifts from alpine to greener surroundings.

The trail drops towards the Imja River and climbs again. Make a brief stop at Debuche village before arriving at Tengboche. After enjoying a delicious lunch, you'll continue on the trail. The final walk involves descending downstream along the Dudh Koshi River and crossing Phunki Tenga to reach Namche Bazaar. Overnight in Namche.

Destination:

15 km Downhill hike
(Avg. 6 hours)

Accommodation

Sun Shower Hotel or Khumbu
Lodge

Altitude:

(3,440 m / 11,352 ft)

Meals

Breakfast, Lunch, Dinner

Day 11: Trek to Lukla

Wake up to the mesmerizing view of Kongde Ri Peak (6,137 m). Before departing from Namche to today's destination, you'll practice 5 minutes of seated breathing. As you leave Namche, you'll begin a downhill walk and cross Jorsalle along the way to Monjo. There, you'll exit Sagarmatha National Park. After exiting, you'll begin climbing down to Phakding village, where you can enjoy your lunch.

A short trek from Phakding will bring you back to Lukla. After some rest at the lodge, you'll practice a short meditation session, which will be the last for this EBC Yoga Trek. Moreover, spend the evening celebrating the completion of the arduous trek. Overnight in Lukla.

Destination:

22 km Uphill hike
(Avg. 7 hours)

Accommodation

Hotel Ganesh Himal or similar
category

Altitude:

(2,800 m / 9,240 ft)

Meals

Breakfast, Lunch, Dinner

Day 11: Fly to Kathmandu

Today, you'll catch an early morning flight back to Kathmandu. Enjoy the beautiful mountainous panorama from the flight as you leave Lukla. Before landing at Kathmandu, you can catch the stunning aerial view of the entire city, including a few of the UNESCO World Heritage Sites. However, please note that, if you are flying in peak season, you may need to fly from Lukla to Manthali, then take a ride to Kathmandu, which takes an extra 4-5 hours. Overnight in Kathmandu.

Destination:

35-minute flight to Kathmandu

Altitude:

(1,295 m / 4,248 ft)

Meals

Breakfast

What's Included

- Pick Up at Tribhuvan International Airport and Transfer to Hotel in Kathmandu.
- Lodge (Twin share) accommodation during the trek.
- All meals (Breakfast, Lunch, Dinner) during the trek.
- One experienced, well-trained, fluent English-speaking, friendly, specialized in the Everest region and government-authorized trekking guide, Yoga Trainer (Female - Riya Thapa, Male - Caron Dhoju)
- 1 Porter per 2 Trekkers and keep luggage weight under 10 kg per person.
- Guide, Yoga trainer, and porter's food, accommodation, salary, insurance, and transportation, etc.
- Kathmandu/ Lukla/Kathmandu round trip by flight.
- Sagarmatha National Park fee and Pashang Lhamu Rural Municipality Entry fee.
- A trekking map, duffel bag, first aid kit box, Oxygen saturation check up every day, water purification, company T-shirt, and trekking completion certificate.
- Assistance for emergency rescue evacuation.
- All kinds of service charges and government taxes.
- Public Liability Insurance.

What's Not included

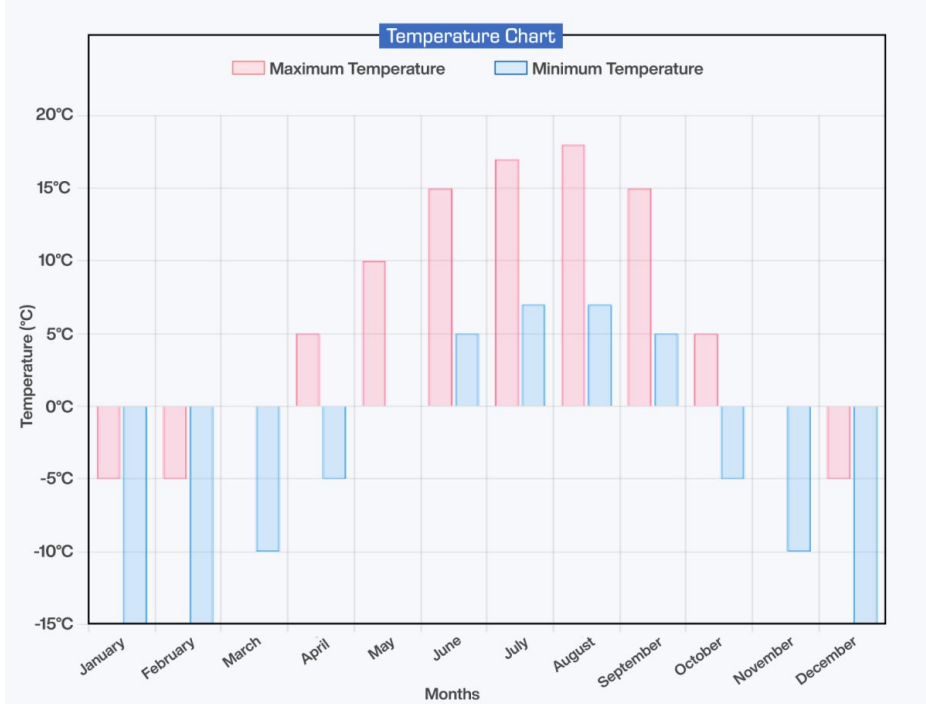
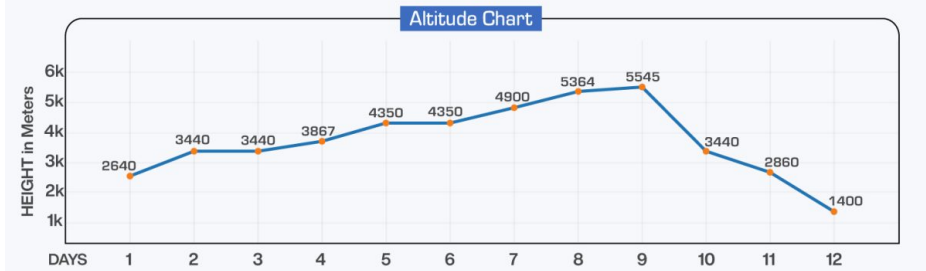
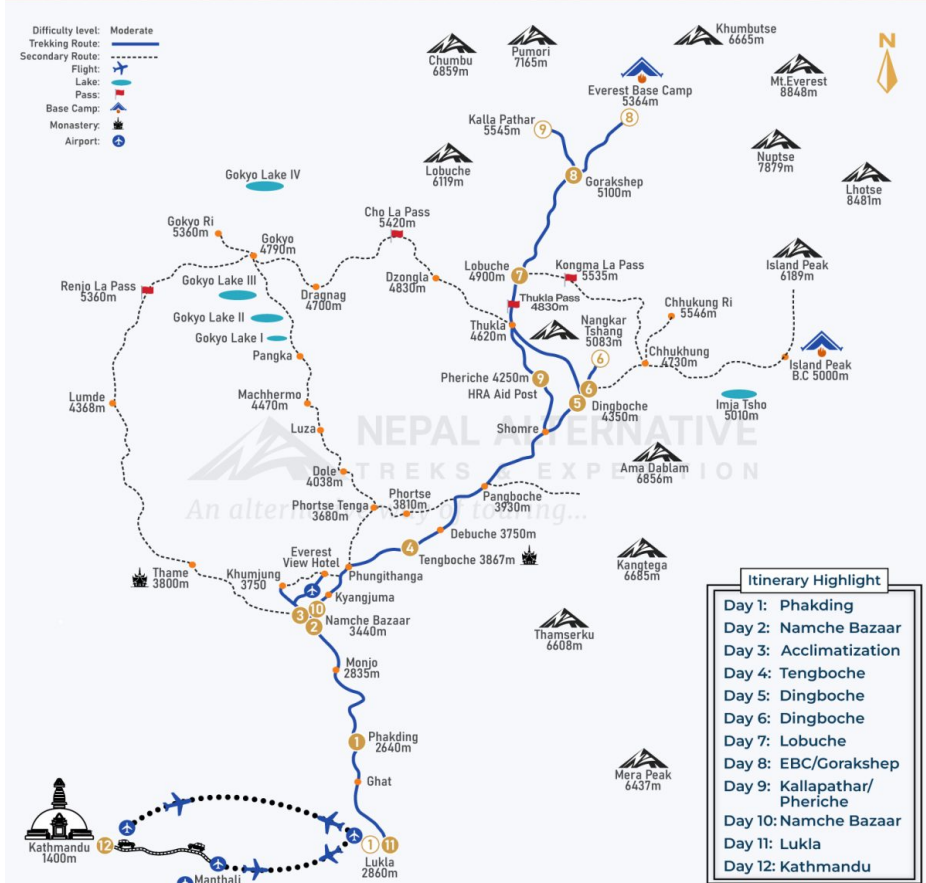
- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, Fanta, mineral water, beer, hot shower, hot water, laundry, phone bill etc.
- Personal Travel insurance.
- Tips for staff (Highly suggested).

Everest Base Camp Yoga Trek Route Map

NEPAL ALTERNATIVE
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**EVEREST BASE CAMP
YOGA TREK**

**12
DAYS**



Additional Trip Information

Does Practicing Yoga Daily During the Everest Base Camp Trek Reduce the Difficulty?

Yes, practicing yoga daily during the Everest Base Camp Trek actually makes a huge difference. The trek to Everest Base Camp is not technically difficult, but it is physically challenging. What actually makes the trek challenging are long walking hours, steep ascents, rocky terrain, and high altitude, which can even challenge experienced trekkers. However, practicing yoga regularly before the trek can reduce this difficulty by improving flexibility, strength, balance, and breathing capacity.

Muscle fatigue and harshness are the biggest challenges of the Everest Trek, but daily yoga stretches build up the legs, hips, and core while increasing joint mobility. Poses like Warrior, Chair, and Lunges raise tolerance in the thighs and calves, which is much needed for climbing uphill.

Similarly, breathing exercises are another aspect of the Everest journey that reduces your risk of altitude-related issues. Practicing pranayama (breathing exercises) helps expand lung capacity and trains your body to use oxygen more efficiently. Likewise, controlled breathing techniques also help to manage altitude anxiety throughout the trek.

In addition, yoga enhances mental clarity and emotional balance, which is crucial for the successful Everest Base Camp Trek. Meditation practices prepare you to stay focused, especially on challenging sections like the climb to Namche Bazaar or the long walk to Gorak Shep.

Do Food and Lodging Support Daily Yoga During the Everest Base Camp Trek?

Yes, food and lodging along the Everest Base Camp route do support daily yoga practice. We strongly believe that food and lodging play a vital role in maintaining your energy, recovery, and overall well-being, especially when the itinerary includes daily yoga sessions.

Food

Yoga requires a balanced and nourishing diet, so expect to get food that provides balance and nourishment. Along the Everest trail, we make sure to provide meals suitable for daily yoga practice. Some of the common foods we provide along the EBC Yoga Trek include:

- Dal Bhat (rice, lentils, vegetables)
- Tibetan bread Porridge and oats
- Soups and noodles
- Pasta, potatoes, and eggs
- Herbal teas and ginger lemon honey drinks

These meals are rich in carbohydrates, which help maintain stamina on long walking days. Likewise, lentils, eggs, and vegetables provide protein that supports muscle recovery after both trekking and yoga sessions. Although the food options are fewer, they are sufficient to fuel daily yoga and trekking activities.

Accommodation

Accommodation throughout the Everest Yoga Trek is in teahouses. While rooms may be small for full yoga sessions, your stay will be in an accommodation point where outdoor space is available for morning or evening yoga practice. In villages such as Lukla, Namche Bazaar, and Dingboche, lodges are relatively more spacious, which makes it easier to find a quiet corner for stretching and meditation. Additionally, during the EBC Yoga Trek, guides coordinate with teahouse owners to arrange suitable spaces for group yoga sessions.

How Are Safety Concerns Managed During the Everest Base Camp Yoga Trek?

The Everest Base Camp Trek itself is difficult due to high altitude, changing weather, and physically demanding terrain. When yoga activities are added in the journey, safety measures become more important.

Acclimatization and Altitude Management

Altitude is the primary safety concern in the Everest region. As you ascend above 3,000 m, oxygen levels decrease, and the risk of Acute Mountain Sickness (AMS) increases. So, we ensure that our itinerary has a slow ascent schedule, an acclimatization plan in Namche Bazaar and Dingboche, and our guides monitor your health daily.

Professional Guide Support

Likewise, we provide professional guides trained in high-altitude operations to address your safety concerns. The guide will monitor oxygen levels and AMS symptoms, carry basic first-aid kits, maintain communication with local rescue services, and coordinate emergency evacuation if required.

Weather and Trail Risk Management

The weather of the Everest region is unpredictable and can change at any time, especially at high altitude. Thus, we strictly follow safety measures, including checking daily weather, starting each day early, and avoiding travel during storms and heavy winds.

Balanced Physical Effort

One key safety strategy of the EBC Yoga Trek is energy balance. Performing yoga alongside trekking for 6-7 hours daily can lead to fatigue. Thus, balancing physical effort is necessary, for which we ensure yoga sessions are moderate, duration is adjusted based on altitude, daily walking hours, and testing and hydration are emphasized.

Meditation Spots on the Everest Base Camp Yoga Trek

If you just plan to take a yoga session, you often think, "Where is the best place to meditate?" But on the Everest Base Camp Yoga Trek, the answer is simple: Every spot is a meditation spot. From the moment you land in Lukla to get to the ultimate destinations and returning to Lukla, the Everest region provides a natural setting for yogic practice. Thus, the special aspect of the Everest Base Camp Yoga Trek is that

you do not need to search for the perfect spot, but the destination itself provides it at every step.

However, Tengboche Monastery is a major spiritual highlight of the entire trail. Surrounded by towering peaks, including Ama Dablam, the monastery carries profound spiritual energy that makes it an ideal spot on the Everest Base Camp Yoga Trek. Similarly, the presence of monks, prayer chants, and fluttering prayer flags created a calm environment best suited to a yogic session. Besides, you practice yoga and meditation every morning when you wake up, and every evening outside your accommodation.

What Type of Yoga Is Practiced on the Everest Base Camp Trek?

The Everest Base Camp Trek includes different types of yoga practices that follow a balanced and adaptable yoga approach. Likewise, each yoga practice is carefully included in the itinerary to support trekking at Everest's high altitude while focusing on both physical strength and mental calm. Moreover, rather than focusing on one rigid style, this itinerary blends multiple forms of yoga depending on altitude, energy levels, and group needs.

Below are the types of yoga we let you practice during your Everest Yoga Trek:

- **Health Yoga:** Health Yoga focuses on joint mobility, breathing efficiency, posture alignment, and gentle strengthening. The EBC Trek is performed in both morning and evening sessions. Performing this yoga in the morning prepares the body for long walking days, and in the evening, it supports recovery and circulation.
- **Power Yoga:** On lower-altitude days such as in Namche Bazaar or during acclimatization stops, light Power Yoga flows are practiced to build stamina and improve balance.
- **Pranayama (Breathing Techniques):** Pranayama is one of the most important and daily practices on the EBC Yoga trek. This practice supports oxygen efficiency, helps with acclimatization, and maintains calmness during steep walks.
- **Meditation:** Daily morning and evening meditation sessions are practiced at every stop throughout the Everest trek.
- **Yogic Stretching and Relaxing Exercises:** Yogic stretching helps to release tension in the hips, calves, shoulders, and lower back after long trekking hours during the Everest Base Camp Trek. Likewise, relaxing exercises in the evening ensure better sleep and reduce fatigue.

Frequently Asked Questions

What is the most difficult part of the Everest Base Camp trek?

The most difficult part of the Everest Base Camp is dealing with the high altitude and the lack of oxygen as you get closer to the base camp. The final few days, especially the trek from Lobuche to Gorak Shep and then to Everest Base Camp, are particularly challenging.

Will I lose weight on Everest Base Camp Trek?

Yes, you will likely lose weight on the Everest Base Camp trek. The trek involves walking for several hours each day over challenging terrain, which burns a lot of calories. The high altitude can reduce your appetite, making eating harder.

How much weight do you need to carry to Everest Base Camp?

When trekking to Everest Base Camp, you typically need to carry around 5 to 7 kilograms in your daypack. This includes essentials like water, snacks, a camera, a jacket, and some personal items. Most trekkers hire a porter to carry the heavier load, which might be around 10 to 15 kilograms in total.

Is meditation different when practiced near Mount Everest?

Yes, meditation is different when practiced near Mount Everest. This is because meditation sessions near the mountain take place in a peaceful and spiritually charged environment.

How do trekkers practice yoga in freezing Himalayan mornings?

In the morning, yoga sessions are generally held indoors in teahouses in villages such as Dingboche. Outdoor sunrise yoga is possible, but only when wind conditions are safe. Other techniques for practicing yoga in freezing mornings include involving heat-generating pranayama (breathing) and ujjayi breath in yoga sessions.

Is prior yoga experience required for an Everest Base Camp Yoga Trek?

No, prior yoga experience is not required for the Everest Base Camp Yoga Trek, but basic familiarity is helpful. Since the journey takes you to altitudes where complex poses are not suitable, you don't need to worry even if you don't have previous trekking experience.

Is there any connection between Himalayan Buddhism and yoga during the trek?

Yes, there is a connection between Himalayan Buddhism and Yoga during the trek. No doubt, Buddhism and yoga come from different spiritual traditions, but they share strong philosophical and experiential similarities.

What makes a sunrise yoga session in the Khumbu region unique?

The sunrise yoga session in the Khumbu region is unique because it combines sacred Himalayan landscapes, fresh, cool air, the glow of the sunrise over mountain peaks, the sound of birds chirping, a distant river, and prayer flags fluttering in the sky.

How does the Everest Base Camp Yoga Trek differ from a regular EBC trek?

While the standard Everest Base Camp trek includes daily walking sessions only, the yoga trek includes daily guided yoga pranayama in the morning and recovery-focused evening stretches that make it different from the regular EBC Trek.

Will the Yoga Instructor Trek Alongside the Group during the Everest journey?

Yes, a professional yoga instructor will trek alongside the group from Kathmandu to Kathmandu. Also, they will guide daily morning and evening sessions, provide necessary support to ensure the practice is

safe.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the

amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

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