# Everest Base Camp Trek

DURATION: 12 DAYS

### Trip Facts

**Group Size** 1-10 Persons

**Trip Grade** Moderate

**Accommodation** Hotel-Guest House-Tea House

**Max Height** 5545 Metres

**Start From** Kathmandu

**End At** Kathmandu

**Transportation** Bus- Plane-Car-Jeep

**Duration** 12 Days

**Meals included** Breakfast-Lunch-Dinner Days

**Best season:**
March - May, September - November

## Trip Overview

Everest Base Camp Trek stands as a coveted adventure in Nepal's Everest Himalayas, tracing the paths of Tenzing Norgay Sherpa and Edmund Hillary. This breathtaking trail cuts through Sagarmatha National Park, a region adorned with 8,000-meter peaks. **Lasting 10–12 days, the trek includes stops** at renowned sites such as Namche Bazaar, Tengboche Monastery, Dingboche, and Gorak Shep, presenting awe-inspiring views of majestic peaks like Everest, Lhotse, Nuptse, and Ama Dablam. Despite challenges like altitude sickness, harsh weather, and physical fatigue, the trek deeply influences the local economy and environment, necessitating sustainable practices for the area's preservation. Trekkers' anecdotes highlight the significance of responsible trekking practices and cultural impact, urging others to minimize their environmental footprint and uphold local communities, ensuring the Himalayas' timeless beauty for future generations.

By supporting eco-friendly lodges, hiring local guides and porters, and respecting the customs and traditions of the **Sherpa people, trekkers can contribute positively** to the region's development while minimizing negative impacts. Responsible trekking not only benefits the local economy but also helps preserve the fragile ecosystem of the Himalayas for years to come.

## Trip Itinerary

### Day 1 Kathmandu to Lukla (flight) - Phakding 3.30 hours Guest house

3.30 Hours | Breakfast, Lunch and Dinner | Guest House | Flight | 2860 m

We take an early morning flight to Lukla which is where all Everest treks begin. We meet the rest of our team in Lukla and start trekking from there. We walk on a trail that gradually descends to Cheplung village from where we get a glimpse of Mt. Khumbila, a sacred mountain which has never been

climbed. From here, we gradually descend to Phakding. Overnight in Phakding. Meals: (Breakfast, Lunch and Dinner)

### Day 2 Phakding - Namche Bazaar 5 - 6 hours Guest house

5 - 6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3440 m

Our trail passes through a pine forest and we continue our walk on the trail that goes north up the Benkar valley. We cross Dudh Koshi River and pass Chumoa and Monjo villages before reaching the entrance of the Everest National Park. Then after crossing a suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. We ascend on a steep trail and reach Namche Bazaar which is probably the biggest town in the Everest region. Overnight in Namche Bazaar. MEALS: Breakfast, Lunch & Dinner

### Day 3 Namche Bazaar (acclimatization) 4 hours Guest house

4 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3440 m

Today we'll tour Namche Bazaar, which is the primary town of the Everest or Khumbu region and has government offices, ATMs, internet cafes, shops, restaurants, and a colorful market. We can hike-up to Sagarmatha National Park and enjoy the sunrise over the Himalayas including Mt. Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde and so on. If we are interested in a day hike, we can trek to Khumjung village.Today we also visit the Hillary School and a monastery which houses a yeti scalp! Overnight in Namche Bazzar. MEALS:

### Day 4 Namche Bazaar - Tyangboche 5 hours Guest house

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3860 m

The trek to Phunki is an easy walk. From here we ascend towards Tengboche village which houses the very famous Tengboche monastery which is the biggest monastery of the Everest region. It is located within the Sagarmatha National Park, which is a UNESCO World Heritage Site. The monastery is blessed with panoramic views of the Himalayas, including Mt. Everest, Nuptse, Lhotse, Ama Dablam and Thamserku. The Tengboche Monastery opens at 3:00 pm, so if we reach there by 3 o'clock we can observe a Buddhist religious ceremony.Overnight in Tengboche. MEALS: Breakfast, Lunch & Dinner

## Day 5 Tyangboche - Dingboche 5.30 hours Guest house

5.30 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4410 m

Our trail descends and passes through lush forests of birch, conifer and rhododendron trees. While trekking, we can admire good views of Mt. Everest, Lhotse, and Ama Dablam. We walk downhill to Debuche and cross the Imja River to reach Pangboche. We choose the upper Pangboche trail and admire the Himalayan vista and the Pangboche Monastery. We continue our walk to the Imja Valley and Lobuche River before ascending to Dingboche. It is a picturesque village with beautiful barley, potato and buckwheat fields complete with grazing animals dotted along those fields. MEALS: Breakfast, Lunch & Dinner

## Day 6 Dingboche (acclimatization day) 5 hours Guest house

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4410 m

Time to acclimatize yourself to the altitude.You can either explore Dingboche on your own or book one of our optional hikes to Chhukung (4,750m) or Nangkartshang Peak (5,083m). MEALS: Breakfast, Lunch & Dinner

## Day 7 Dingboche to Lobuche (4940 m/16,207 ft): 4 km 5 hours Guest house

5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4940 m

We ascend to the steep terminal moraine of the Khumbu Glacier.The trail passes through boulder-strewn slopes as we ascend Chupki Lhara which is a ridge that provides spectacular mountain views. The top of the ridge is filled with prayer flags and stones which are memorial shrines for climbers who lost their lives on Mt. Everest. As the trail drops to the Khumbu Glacier moraine, we find ourselves facing several great peaks including Khumbutse, Lingtren, Pumori and Mahalangur Himal. As we are crossing Khumbu Glacier we can also see Mt. Nuptse. Overnight in Lobuche. MEALS: Breakfast, Lunch & Dinner

## Day 8 Lobuche to Gorak Shep (5170 m/16,961 ft), visit Everest 6 hours Guest house

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 5170 m

The trek to Everest Base Camp is not very difficult. However, we ascend and descend mostly on a glacier path. There is also a lot of meandering on rough terrains. As we reach the base camp, we enjoy the incredible melt patterns and admire the gently rounded ice towers on the upper part of the Khumbu glacier. The Everest Base Camp is stunningly beautiful. We can enjoy amazing views of Nuptse, Khumbuste and Pumori mountains from the base camp.After soaking in the beauty, we walk back towards Gorak Shep where we spend the night.Overnight in Gorak Shep. MEALS: Breakfast, Lunch & Dinner

## Day 9 Gorak Shep to Kala Patthar (5,545 m/18,192 ft) to Pherice 7 hours Guest house

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 5545 m

We wake up early for the walk up to Kala Patthar.It is dark outside with cold temperature and most likely chilly winds. We walk on a fairly steep trail at a comfortable pace.As we are climbing up the hill we can see Lingtren, Khumbutse, and Changtse mountains.The view from the summit is outstanding. We can see the world's tallest mountain Everest along other mighty Himalayan peaks.After spending some time at the summit of Kala Patthar, we walk back to Gorak Shep which is relatively easier than hiking up to Kala Pathhar. Trekkers who visit the Everest Base Camp today will have an early breakfast as the hike up to the Everest base camp takes longer than the hike to Kala Patthar. After returning to Gorak Shep, the group will have lunch together. After lunch we descend to Pheriche to spend the night. Overnight in Pheriche. MEALS: Breakfast, Lunch & Dinner

## Day 10 Pheriche to Namche Bazaar (3,440 m/11,280 ft): 20 km 7 hours Guest house

7 Hrs | Breakfast, Lunch & Dinner | Guest house | Walking | 3440 m

We lose approximately 2,000 feet in elevation today and walk on a trail with a lot of ups and downs. We descend through a hillside filled with rhododendron and juniper trees and cross a bridge over the Dudh Koshi River. We descend rapidly through pine forest where we can easily spot mountains goats, pheasants and other wild animals and birds common to the area. The path eventually reaches Sansa from where we can enjoy views of Ama Dablam, Thamserku and Nuptse mountains. We walk on winding trails followed by another walk through a forest before reaching Namche Bazaar. Overnight in Namche Bazaar. MEALS: Breakfast, Lunch & Dinner

## Day 11 Namche Bazaar to Lukla (2,860 m/9,186 ft): 19 km 7 hours Guest house

7 Hrs | Breakfast, Lunch & Dinner | Guest house | Walking | 2860 m

We lose approximately 2,000 feet in elevation today and walk on a trail with a lot of ups and downs. We descend through a hillside filled with rhododendrons and juniper trees and cross a bridge over the Dudh Koshi River. We descend rapidly through pine forest where we can easily spot

mountains goats, pheasants, and other wild animals and birds common to the area. The path eventually reaches Sansa from where we can enjoy views of Ama Dablam, Thamserku, and Nuptse mountains. We walk on winding trails followed by another walk through a forest before reaching Namche Bazaar. Overnight in Namche Bazaar. MEALS: Breakfast, Lunch & Dinner.

### Day 12 Lukla to Kathmandu

35 Min | Breakfast | Hotel / Guest House | Flight | 1400 m

We catch an early morning flight to Kathmandu after our long mountain journey. After reaching Kathmandu, we can take a rest or do some souvenir shopping. If we want to explore any other areas of Kathmandu, we may do that today. Our guides can help you with both souvenir shopping or sightseeing. Meals: Breakfast

## Cost Includes

- Airport pick-up and drop-off.
- All ground transport in a private vehicle.
- 2 nights accommodation with breakfast in Kathmandu
- All Accommodation in Guesthouse/tea house /lodge with breakfast during the trek.
- Experienced, helpful, and friendly guide.
- Round trip flight Kathmandu – Lukla, and Lukla – Kathmandu including departure taxes.
- First aid medical kit.
- Sagarmatha National Park Permits fee.
- Sleeping bags and Down jackets for the trek (should be refunded after the trek)
- Trekking map and trip achievement certificate.

- Trekkers' information management system (TIMS) fee.
- Government taxes and office service charges.

## Cost Excludes

- International airfare to and from Kathmandu.
- Nepal entry visa: you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.
- Lunch and Dinner in Kathmandu
- Lunch and Dinner during trek.
- Beverage bills, bar bills, telephone bills, and Personal expenses.
- Extra night accommodation and meals in Kathmandu because of late departure or early return from the mountain due to any reason other than the scheduled itinerary.
- Travel and rescue insurance.
- Personal expenses.
- Tips for guides and porters.
- Optional trips and sightseeing if extended
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)

### Trip Map