Everest Base Camp Trek



> Everest Base Camp Trek has been listed as number one trekking trail in the world. The trek takes you to the base of Mt. Everest (8848m), the world’s highest peak.

Rated #1 by National Geographic, the Everest Base Camp Trek is an adventure of a lifetime. You will stand at the base of Mt. Everest (8848m) and scale Kalapatthar (5545m) for unmatched views. The trek passes through Namche Bazaar, a Sherpa cultural hub, and Tengboche Monastery, with stunning Ama Dablam (6812m) vistas.

Kalapatthar's summit provides an unparalleled view of Everest, Lhotse (8516m), Cho Oyu (8201m), Nuptse (7861m), and more. The trek is within UNESCO-listed Sagarmatha National Park, home to rare species like Snow Leopards and Red Pandas.

Reach Everest Base Camp (5364m) for a close-up of Everest's south face and connect with international mountaineers. This trek is a once-in-a-lifetime journey of natural wonder and adventure.

Duration: 14 days

Price: $1313

Rating: 5 Star

Group Size: Minimum Pax - 2

Grade: Strenuous

Destination: Nepal

Activity: Trekking in Nepal

Region: Everest Region

Equiment Lists:

Clothing:

Moisture-wicking base layers (top and bottom)

Insulated jacket or down jacket

Fleece or softshell jacket

Waterproof and windproof jacket (Gore-Tex or similar)

Waterproof and windproof pants

Trekking pants/shorts

Thermal gloves and warm hat

Thermal or woolen socks

Moisture-wicking T-shirts

Sun hat or cap

Insulated water-resistant boots with ankle support

Gaiters (optional, for added protection against snow and debris)

Sandals or comfortable camp shoes

Gear and Equipment

Backpack (40-50 liters with a rain cover)

Sleeping bag (rated for sub-zero temperatures)

Trekking poles

Headlamp with extra batteries

Sunglasses with UV protection

Water purification tablets or a water filter

Reusable water bottles or a hydration system

Personal toiletries (toothbrush, toothpaste, toilet paper, hand sanitiser, etc.)

Quick-drying towel

First aid kit with basic medications

Duffle bag or large backpack for porters to carry your gear

Trekking map and guidebook

Camera with extra batteries and memory cards

Additional Gear for Cold Weather

Thermal underwear

Balaclava or face mask

Itinerary:

Day 1: Arrive in Kathmandu, transfer to hotel

Upon your arrival in Kathmandu (1,350m), we welcome you at the airport and transfer you to your hotel. Take a rest and acclimate to the new environment.

Day 2: Kathmandu to Lukla - Phakding, total 6 hrs (3 hrs to Manthaali and 3 hrs to Phakding)

We drive to Manthali Airport (approximately 3 hours) for your domestic flight to Lukla (2,850m). The scenic flight offers a thrilling start to your adventure, landing at one of the world's most famous mountain airstrips. Upon arrival in Lukla, your trek commences. You'll trek to Phakding (2,640m), a picturesque village situated along the Dudh Koshi River. This day provides a gentle introduction to the trekking experience.

Day 3: Trek to Namche Bazaar 3440m 5 hrs

The trail continues along the Dudh Koshi River as you make your way to Namche Bazaar (3,440m), the vibrant heart of the Khumbu region. Along the way, you'll be treated to stunning views of Thamserku and Khumbila. Namche Bazaar is a bustling Sherpa town, and your first significant altitude gain during the trek begins here.

Day 4: Acclimatization in Namche

Today is dedicated to acclimatization to the higher altitudes. You have the option to explore the surrounding area with side hikes to either Thame or Khunde, both offering unique cultural experiences and breathtaking mountain views. Acclimatization is crucial for your safety and comfort as you should ascend further.

Day 5: Trek to Tengboche 5 hrs

Leaving Namche, the trek continues through lush hills and rhododendron forests, gradually ascending to Tengboche (3,860m). This picturesque village is home to the famous Tengboche Monastery, surrounded by stunning mountain vistas. The spiritual ambience of the monastery and the serene surroundings make it a memorable stop on your journey.

Day 6: Trek to Dingboche - (4430m) 5 hrs Trek

The trail meanders through varied landscapes as you trek to Dingboche (4,430m). Along the way, keep an eye out for wildlife, and soak in the mesmerizing mountain views that gradually change as you gain altitude. Dingboche, a beautiful hamlet nestled amidst

the mountains, offers a glimpse into the local way of life.

Day 7: Trek to Lobuche (4930mt) 5 hrs trek

Today's trek takes you to Lobuche (4,930m), a significant milestone on the journey. As you ascend, you'll pass by memorials honouring climbers who have ventured into the high Himalayas. The stark, rugged terrain adds to the sense of adventure as you approach the Everest region.

Day 8: Trek to EBC – (5380m) 6 hrs Trek

The highlight of your trek is the journey to Everest Base Camp (5,380m). You'll pass through Gorakshep and experience the incredible, awe-inspiring mountain vistas up close. The sense of accomplishment is overwhelming as you reach the base of the world's highest peak. After soaking in the experience, you'll return to Gorakshep for the night.

Day 09: Trek to Kalapattar and descend to Pheriche (4300m) 7-8 hrs

Rise early to hike to Kalapatthar, a vantage point known for its breathtaking sunrise views of Everest and the surrounding peaks. The panoramic vista is a photographer's dream and a memory to cherish. We will then descend to Pheriche (4,300m), where you can reflect on your incredible journey.

Day 10: Trek to Namche Bazaar

The trek takes you on a downhill path, and you'll retrace your steps towards Namche Bazaar. The descent allows you to enjoy different perspectives of the landscape you trekked through earlier.

Day 11: Trek to Lukla 7 hrs

Your descent continues as you make your way to Lukla (2,850m), where you first began your trek. This is a time to reflect on your experiences and achievements during the past days.

Day 12: Fly back to Kathmandu

Today, you'll take a scenic flight back to Kathmandu. Arriving in the bustling capital, you'll have some leisure time to relax and explore the city.

Day 13: Rest in Kathmandu

Explore cultural sites, visit temples, or enjoy some downtime in the vibrant capital city. Do some last-minute shopping or savouring delicious Nepalese cuisine.

Day 14: Departure

As your unforgettable journey comes to a close, it's time to bid farewell to Kathmandu and depart for your journey back home.

Reflect on the incredible memories and experiences you've gained during your Everest Base Camp trek.

Highlights:

- Trek up to Everest Base Camp (5364m) and Kalapatthar (5643m)
- Marvel at the breathtaking views of Mt. Everest, Mt. Cho Oyu, Mt. Ama Dablam, and Mt. Nuptse
- Explore Lukla and immerse yourself in the vibrant culture of Namche Bazaar
- Visit the renowned Tengboche Monastery

Cost Include:

- Airport / Hotel / Airport pick up & drop by private car / van
- Twin sharing accommodation on BB plan & single room for odd number at Hotel Blue Horizon or similar hotel in KTM - 4 nights
- Accommodation in local lodge during the trekking period
- Guided city tour in Katmandu by car / van for 2 days
- All meals (breakfast, lunch and dinner) at tea houses during the trek to and from Kathmandu
- 1 government licensed English speaking Guide for every 10 trekkers during the trek to and from KTM
- 1 porters for every two trekkers to carry the luggage during the trek
- Domestic airfare where applicable as per the itinerary
- TIMS card (Trekker's Information Management System) for trekkers
- Tax, VAT, official expanses and company profit
- Welcome and farewell dinner
- Rest of the land transport as per the itinerary
- All Government and local taxes
- First aid kit comprehensive
- Salary, allowances, equipment, clothing & insurance for all field staff including porters
- Trekking map for each trekkers

Cost exclude:

- Lunch and dinner while in Kathmandu
- Your personal travel insurance and medical evacuation in case of emergency (compulsory)
- International airfare and airport taxes
- Excess baggage charges while domestic flight, hot shower, battery charge (during the trek), telephone etc.
- Nepal entry visa fee (US$ 30 per person) you obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu
- Alcoholic beverages, hot and cold drinks, bottle and boiled water, laundry and hot shower in trekking lodge
- Tips and gratuities for trekking staff and driver
- Sightseeing/Monuments entrance fees in Kathmandu
- Any others expenses which are not mentioned on Price Includes section
- Personal gears & clothing (available on hire)
- Expenses incurred due to accidents, landslide, strikes, political unrest, etc..
- Entrance fees during the cultural sightseeing in city.
- Expenses incurred in emergency evacuation/road block due to any reason, table drinks, snacks while walking
- Service other then mentioned on above as "Your price includes" topic