

Everest base camp trek



Introduction

[Everest](#) base camp trek is the best adventure trip for thrill-seekers and the grandest walk in the land of the Himalayas. As it is also one of the most popular trekking destination in Nepal. Everest trek starts with a scenic flight to Lukla, which in itself is a breathtaking lifetime experience for trekkers. From Lukla, begins to walk through the bank of Dudh Koshi River and reach Phakinding for an overnight. The next morning, we continue on to Namche Bazaar, a historical trade center and major village/home of Sherpa people, where a stunning mountain vista awaits visitors. Further, we hike to the Tengboche monastery. This monastery sits in a picturesque setting with an incredible landscape. We continue walking through rocky trails; forests and rivers with hard mountain air to reach the famous viewpoint Kalapather for a marvelous panoramic view of the world's tallest mountain. Further, an early morning explore dream [destination](#) Everest Base Camp then follows the trail to Lukla.

Trip Facts

Trip Duration	15 Days
Trip Grade:	Moderate
Best Season	Sept to Nov & March to May
Per Day Hiking:	6-7 hrs
Elevation	5160 M
Accommodation	Tea house and lodge

Cost Includes

- All arrival and departure, airport/ hotel transfer
- Four nights accommodation in Kathmandu with breakfast.
- Welcome and farewell dinner with Nepalese culture program
- Guided Kathmandu city sightseeing tour including entrance fees
- Sagarmatha National Park entrance and trekking permit & TIMS card.
- Kathmandu / Lukla/ Kathmandu round trip flight ticket and departure taxes
- Three meals a day (Breakfast/ Lunch/ Dinner)tea/ coffee during the trek
- Teahouse/ Lodge accommodation during the trek
- An experienced guide including his flight, salary, equipment insurance, lodging and food
- Porter/s (2 trekkers =1 porter carry 15 Kg) his salary, insurance, lodging and food
- A first Aid medical kit box
- All government tax and local taxes

Itinerary Details

1. Arrived to Kathmandu (1300 m)

Upon arrival at Tribhuvan international airport in Kathmandu, you will be greeted by our representatives, who will bring you to your hotel. After you have been settled at the hotel, our representative will brief you about your travel itinerary. After which, you will be taken on a stroll to the local market. We offer you a welcome dinner at a Nepalese restaurant with a Nepalese traditional cultural program in the evening.

2. Kathmandu city tour (1300 M)

Today, you will be taken on an interesting guided tour of Kathmandu city, you will visit historical monuments and religious holy places like temples, Stupas, and durbar squares. The rest of the time, we will spend in preparation for the trek.

3. Kathmandu to Lukla (2800 M) and Phakding (2600 M)

After, 45 minutes scenic flight we will land at Lukla airport known as Hillary airport as well. After short with tea or coffee, we will start to walk towards Phakding village for an overnight stop. It is an approximately five-hour trek through the bank of Dudh Koshi River, and crossing beautiful villages and picturesque farmland.

4. Trek to Namche Bazaar (3600 M)

After breakfast at the lodge, begins the trek with crossing long suspension over Dudh Koshi River and reach to Josale is the main entrance for Everest region trek. After completing the permit checking formalities continue to walk furthermore 3 hour to Namche Bazaar. We will cross two bridges after a short climb down before beginning the steep ascend to Namche Bazaar.

5. Acclimatization day (3600 M)

Today we will rest in Namache Bazaar for high altitude acclimatization. During the day we will make some short sightseeing near the village during the day, probably climb up Syanbouche hill for a better view of snow-capped mountain peaks including Mt. Everest and Khumjung village for Sherpa lifestyle and culture experience.

6. Trek To Tengbouche (3870 M)

After breakfast, a short climb up to the top of Namche Bazaar then begins the flat easy trail up to Sanasa but it is narrow on the steep hill. From Sanasa we will all the way walk down to Phungi Tanga for lunch. After lunch almost two hours we will climb up to Tengbouche for overnight. Tengbouche village is a symbolic place of the Buddhist religion, where we visit the oldest and biggest monastery of this region as well as it offers excellent views of surrounding Himalayas and Khumbu valley.

7. Trek to Dingbouche (4100 M)

Today, we will continue our trek to the Dingboche, a picturesque village just under the Ama Dablam Himalaya. The trail comparatively gentle gradients, although you proceed at a leisurely pace because of the altitude. We will reach an altitude of 4100m. Before that will pass the beautiful villages Debouche and Pangbouche, where we can rest and enjoy lunch.

8. Trek to Lobuche (4910 M)

Today, we continue to climb as we are heading to the altitude of 4910 meters, walking past frozen rivers, an icy wilderness of stunning beauty. There are views of Khumbu Icefall, Pumori, and many others smaller peaks from ridge tops on the track. Today may arise some breathing problems due to the high altitude.

9. Trek to Gorak – Shep (5160 M) and hike to Everest Base Cam

It is a short distance but walk through high elevation and the lateral moraine of Khumbu Glacier takes about three hours to reach Gorak–Shep. After lunch at the lodge, we will visit the Everest base camp situated at an altitude of 5380 meters. It will be a great achievement and lifetime experience to be there and explore the surrounding of EBC. We will return to Gorak–Shep for overnight.

10. Climb to Kala Pather (5643m) walk to Pheriche (4270 M)

Today, we start early in the morning climb to Kala Patthar situated at an altitude of 5643 meter and offers a great view of Mt. Everest and surrounding mountains. After enjoying the view, we will walk down to the lodge for breakfast then proceed to the entire walk down to Pheriche for overnight.

11. Trek to Namche Bazaar (3600 M)

Early morning breakfast at the lodge, hike down to Tengbouche, short break with tea/ coffee, and then walk to Phungi Tanga for lunch. After lunch climb up to Sanasa and easy walk to Namche Bazaar for overnight.

12. Trek to Lukla (2800 M)

After breakfast, finally, we return to Lukla on the way to Phakding we will take a lunch break then continue to walk Lukla for overnight. Evening celebrates the farewell party as the last day of the trek.

13. Fly back to Kathmandu (1300 M)

Fly back to Kathmandu with a scenic flight of 45 minutes then transfer to the hotel and rest at the hotel or free day.

14. Free day in Kathmandu (1300 M)

After breakfast, explore tourist hub Thamel (shopping area) where the local shops are busy and fascinating. In the evening, participate in farewell dinner. Stay overnight at hotel on B.B basis
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15. Departure and farewell.

Today ends your Everest base camp trekking trip in Nepal. Our representative will take you to the airport 3 hours before your departure schedule. If you have more time you can utilize that on your choice for shopping or sightseeing. On your way home, you will have plenty of time to plan your next wonderful trip to Nepal.