

Everest Base Camp Trek



Highlights of the Everest Base Camp trek:

- Follow Sir Edmund Hillary's path to reach the top of the world's highest mountain.
- Climb Kala Patthar for amazing views of Mount Everest.
- Experience an exciting flight on the world's most adventurous route with the shortest runway.
- Visit the highest monastery, Tengboche, in the Khumbu Valley.
- Have a hassle-free trip with all paperwork and trekking permits sorted in advance.
- Breathtaking views of the Everest region
- Get to know the gentle spirit of the Sherpa people.
- Suitable for people aged over 14 and below 65

Overview of Everest Base Camp Trek:

Over 14 days Everest base camp trek , you'll trek to an elevation of about 5,364 meters, treating yourself to panoramic views of towering peaks like Pumori, Lhotse, Nuptse, Lobuche, and the iconic Mt Everest itself.

The adventure begins with a thrilling 35-minute flight from Kathmandu to Lukla during (January, February, May, June, July, August, September, December) or a quick 20-minute flight from Manthali/Ramechhap to Lukla during (March, April, October, November). Manthali Airport is 6-hour drive from Kathmandu.

Starting and ending in Lukla, your journey follows the Dudh Koshi River, passing through Sagarmatha National Park en route to Namche Bazaar, a bustling trading hub and a spot for acclimatization.

Though the walk is challenging, the beauty of lush forests, farmlands, hills, and mountains will inspire you to keep going. After a day of acclimatization in Namche Bazaar, the trek continues to Tengboche, home to the renowned Tengboche Monastery. The path then leads to Dingboche and eventually to Lobuche, offering views of Lhotse, Nuptse, Makalu, Cho Oyu, Ama Dablam, and more.

Moving forward, you'll hike to Gorak Shep, walking alongside the Khumbu Glacier until you reach Everest Base Camp. Here, you can

witness the world's deepest glacier, the Khumbu Glacier. After spending the night in Gorak Shep, the next day involves a hike up Kala Patthar to catch the sunrise over Mt. Everest and other peaks. Following this breathtaking experience, you'll return to Gorak Shep before descending to Pheriche Village.

Retracing your steps, you will trek down to Pheriche and head to Tengboche, continue to Namche, and finally Lukla. The adventure concludes with a flight back to Kathmandu, marking the end of an unforgettable Everest Base Camp trek in Nepal.

Optional: For all the helicopter enthusiasts, you now have the option to take a luxurious and adventurous helicopter flight from Kathmandu to Lukla and back from Lukla to Kathmandu by paying an extra USD 250 PP one way. With this, you no longer have to worry about flights being delayed or canceled, which can happen every now and then due to bad weather.

During peak season (March, April, May, October, and November), flights to Lukla operates from Ramechhap/Manthali. Manthali is around 5 to 6 hours' drive from Kathmandu. In non-peak seasons (January, February, June, July, August, September, and December), flights to lukla operates from Kathmandu.

Outline Itinerary (14 Days)

Day 1 : Arrival at Kathmandu

Upon your arrival in Kathmandu, our representative will meet you at Tribhuvan International Airport, extend a warm welcome, and transfer to your hotel. Take advantage of this day to adjust to the new time zone and immerse yourself in the lively atmosphere of Kathmandu. Orientation Program will be at 5 PM. After orientation program welcome Dinner with guide.

Max Altitude Kathmandu (1400 M)

Overnight Himalayan Suite Hotel

Meal Dinner

Day 2 : Kathmandu to Lukla by flight / Helicopter and trek to Phakding

Today is the beginning of your journey to Everest Base Camp. You will take early flight to Lukla. Upon reaching Lukla enjoy the stunning mountain views. Start your trek to Phakding, descending through pine forests and picturesque Sherpa villages. Reach the delightful village of Phakding and settle into a tea house for the night. Make the most of the remaining daylight to explore Phakding . Wrap up your day with a satisfying dinner at the tea house.

Max Altitude Phakding (2600 M)

Duration 7 KM (3/4 Hours)

Overnight Guest House

Meal Breakfast

Day 3 : Trek to Namche from Phakding

Today's trek takes you further into the heart of the Khumbu region as you ascend along the Dudh Koshi River. Start your trek after breakfast, crossing suspension bridges and journeying through pine forests. Pass through the small check point of **Monjo**, verification of your entry into **Sagarmatha National Park**. Keep trekking alongside the Dudh Koshi River, passing through the village of Jorsalle. Commence the challenging ascent to Namche Bazaar after crossing **Tenzing Hillary Suspension Bridge**, featuring a steep climb with breathtaking views of Thamserku, Everest, and other peaks. Reach **Namche Bazaar**, a bustling market town and the commercial hub of the Khumbu region. Check into a tea house for your stay.

Max Altitude Namche (3440 M)

Duration 10 KM (6/7 hrs)

Overnight Sherpaland Hotel

Meal Breakfast

Day 4 : Acclimatization at Namche

Acclimatization is vital for a successful trek to Everest Base Camp, and Namche Bazaar serves as an ideal spot for this purpose. Today is designated for relaxation and exploration, enabling your body to adapt to the higher altitude. Take a short hike to Everest View Hotel for better acclimatization. Explore Namche Bazaar and the Sherpa Museum in the afternoon. Stay hydrated by drinking lots of fluids. Have a taste of local Sherpa cuisine for dinner. Ensure a good night's sleep by going to bed early.

Max Altitude Namche (3440 M)

Duration 3 Km (3 hrs)

Overnight Sherpaland Hotel

Meal Breakfast

Day 5 : Trek to Debouche from Namche Bazaar

The trek today takes you deeper into the Khumbu region, passing through picturesque landscapes and traditional Sherpa villages. You'll continue your ascent, reaching the village of Deboche, known for its serene monasteries and breathtaking views. Embark on your trek after breakfast from Namche Bazaar to Tengboche, trek uphill for panoramic views of Everest, Lhotse, and Ama Dablam, explore the peaceful Tengboche Monastery upon arrival, then move towards Deboche, cross the Imja River, and finally, check into a tea house for your overnight stay in Deboche.

Max Altitude Debouche (3860 M)

Duration 9 KM (6/7 hrs)

Overnight Guest House

Meal Breakfast

Day 6 : Trek to Dingboche from Debouche

After staying overnight in Debouche, we head to Dingboche in the morning. The trek continues through the alpine forest to Deboche, where you cross Imja Khola (River) using a suspension bridge. Along the way, you will pass by a wall with inscribed stones.

Later in the day, you'll enjoy a stunning view of Ama Dablam. You will climb to the village of Pangboche and follow the trail to Imja Valley. Finally, Reach Dingboche and check into a tea house in Dingboche for your overnight stay.

Max Altitude Dingbouché (4410 M)

Duration 11 Km (7/8 hrs)

Overnight Guest House

Meal Breakfast

Day 7 : Acclimatization day at Dingbouché

Acclimatization is essential for a safe and enjoyable trek at higher altitudes. Today is all about resting and exploring Dingboche, helping your body adapt to the rising elevation and getting you ready for the upcoming challenges. Start your day with a breakfast. For additional acclimatization, hike to Nangkartshang Peak, which provides views of Makalu, Lhotse, Chalotse, Tawache, and Ama Dablam. Stay hydrated, take it easy, read, or enjoy light activities during the day, then have dinner at the tea house

Max Altitude Dingbouché (4410 M)

Duration 3 Km (2 hrs)

Overnight Guest House

Meal Breakfast

Day 8 : Dingbouché to Lobuche

As you trek from Dingboche to Lobuche, you get closer to the Everest Base Camp. The landscape becomes rougher, and the air gets thinner as you travel through the high-altitude terrain. Begin the day with breakfast, get ready for the trek, ascend towards Thukla Pass to enjoy



panoramic views of Pumori and Nuptse, take a lunch break in Thukla, continue trekking towards Lobuche. Check into a tea house for your overnight stay, and have dinner and sleep.

Max Altitude Lobuche (6120 M)

Duration 8.7 km (6 hrs)

Overnight Guest House

Meal Breakfast

Day 9 : Trek to Gorekshep. Hike to Everest Base Camp and back to Gorekshep

Today is an important day as you finally reach Everest Base Camp. Start your morning trek after a filling breakfast in Lobuche, navigate rocky terrain as you ascend to **Gorakshep**, the last settlement before Everest Base Camp. Check into the tea house for a quick lunch, then embark on the journey to Everest Base Camp through the Khumbu Glacier. Take time to capture memories with photographs at this incredible spot. After enjoying the **Everest Base Camp** experience, trek back to Gorakshep, have dinner at the tea house in Gorak Shep, and rest early.

Max Altitude Everest Base Camp (5400 M)

Duration 11 KM (8 hrs)

Overnight Buddha Lodge

Meal Breakfast

Day 10 : Hike to Kalapathar and Descend down to Pheriche



Begin your day early to catch a stunning sunrise over the Himalayas at Kala Patthar and spend time taking photographs. Afterward, descend from Kala Patthar to Gorakshep, trek back down towards Pheriche, stop for lunch in the familiar spot of Lobuche, and finally, reach Pheriche to check into a tea house. Spend the evening resting and enjoy dinner at the tea house.

Max Altitude Kalapatthar (5650 M)

Duration 10.5 KM (7 hrs)

Overnight Guest House

Meal Breakfast

Day 11 : Trek down to Namche Bazar from Pheriche

Today, you'll continue your descent, making your way back to Namche Bazaar. Going down to lower altitudes brings a welcome relief, and you'll encounter familiar landscapes along the way. Check in at Hotel Sherpaland and have dinner.

Max Altitude Pheriche (4400 M)

Duration 14.5 KM (7 hrs)

Overnight Hotel Sherpaland

Meal Breakfast

Day 12 : Namche Bazar to Lukla

Today is the last part of your Everest Base Camp trek as you come down from Namche Bazaar to Lukla. The path goes through familiar villages and landscapes, giving you a chance to think about the amazing journey you've been on. Start your descent from Namche

Bazaar after breakfast. Take breaks for tea, enjoy the scenic beauty, and catch glimpses of the mountains one last time. Have lunch in the charming village of Phakding. Continue your trek, crossing suspension bridges and passing through forests. Finally, arrive in Lukla, the gateway to the Everest region, and check into a tea house. Have a dinner celebration dinner with all crew members and sleep.

Max Altitude Namche (3440m)

Duration 25 Km (7-8 hrs)

Overnight Guest House

Meal Breakfast

Day 13 : Fly back to Kathmandu

Take a morning flight from Lukla to Kathmandu. Explore Kathmandu, enjoy dinner and enjoy your last night in Kathmandu. Once you land at the airport, you'll be transferred to the hotel. Please note that flight operations are solely determined by the airline and may be influenced by the weather.

Max Altitude Lukla (2860 M)

Overnight Himalayan Suite Hotel

Meal Breakfast and Dinner

Day 14 : Departure from Kathmandu or start new trip.



Use your last morning in Kathmandu according to your flight time. Pack your things, check out of the hotel, Head to Tribhuvan International Airport for your departure. Wishing you a safe and pleasant journey back home!

Max Altitude Kathmandu (1400 M)

Meal Breakfast

Include / Exclude

- Airport pickup & drop
- Accommodation in Kathmandu at Himalaya Suite Hotel (Three-star category hotel) in twin sharing basis including breakfast.
- Accommodation in lodge and guesthouse during the trekking days with breakfast (Below Namche- 5 nights attached bathroom with hot & cold running shower)
- Highly experienced guide and porters (1 porter for 2 people) and their all expenses (food, accommodation, salary, equipment, insurance)
- Company T-shirt
- Welcome and Farewell dinner
- Necessary equipment such as (Sleeping bag, duffle bag) during the trek
- Airfare Kathmandu - Lukla - Kathmandu
- Airfare for the trekking crew
- Tims permit
- All government taxes and office expenses
- Sagarmatha National Park fees and Lukla Entrance Fees
- Lunch in Kathmandu and lunch and dinner during trekking days.
- Personal equipment and clothing
- Your travel insurance (highly recommended)
- Tipping for driver, guide, and porter as per your satisfaction



Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, " Ecstasy is within you, safety the first."

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