



A Journey to the top of the world

TRIP FACTS

Number of Days: 14

Maximum Elevation: 5550 M

Trip Grade: Moderate

Best time: March- May & September - December

Start Point: Kathmandu

End Point: Kathmandu

Package Name: Everest Base Camp Trek ([View on web](#))

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MAJOR HIGHLIGHTS

- You take to the Khumbu district of Nepal on an energizing and picturesque trip to Lukla.
- We pass an all-around, stamped trail to the Everest base camp with fascinating Sherpa towns up and down the route.
- It is a chance to get a few bits of knowledge of Sherpa individuals, their conventional culture, and their way of life
- The trail runs over the fringe of the Sagarmatha national park—a recreation center that stretches out over a wide scope of geological and altitudinal district enhanced with assortments of vegetations and faunas
- Namche bazaar—a vivacious town in the Khumbu district of Nepal is the alone entryway to the Everest Base Camp
- Tengboche religious community—a spiritual focus while in transit to Everest Base Camp
- Everest Base Camp—the base camp of the world's highest mountain, Mount Everest (8848.86 m)
- Hike to Kala Patthar from where one can value the sunrise views in the sheet's midst of the panoramic views on mountains in the Everest region.
- Mesmerizing views of mountains, Gokyo lakes, glaciers, and Everest district from over the sky.

ABOUT

Mount Everest Base Camp Trek, also known as EBC Trek, is high on the bucket list of things to do for adventurers around the globe. It's because the hike to Everest Base Camp allows you to see a magnificent close-up view of **Mount Everest, the highest peak in the world**, from every angle.

People climb Mount Everest to prove themselves against the odds and the difficulties. Some just want to wander around the tallest peaks and soak in the stunning views of the peaks such as Everest, Lhotse, Nuptse, Pumori, and Ama Dablam. Thus, if you are among them, this Mt. Everest trekking tour is the best alternative for you.

Hiking is an easy way to admire mountain views without having to climb that specific peak. The EBC hike showcases the extreme beauty of a mixture of well-organized trails and the mountainside's raw, rugged side. So, opting for this journey is a reason to rejoice! For many, the Everest Base Camp trek packages are the dream on their bucket list.

Are you wondering about the Everest Base Camp Trek difficulty? Although we trek to the mountainous region, it's just a regular high-altitude walk on a well-established trail.

Hence, Everest Base Camp trekking is not as challenging as it sounds. But it's not that easy either. It demands a sheer amount of determination and a high caliber of fortune.

Regardless, you have our back. We will help you achieve your goal of hiking at the base of Mt. Everest.

Everest Base Camp Trek Itinerary

Please find the 14 days [Everest Base Camp Trek Itinerary](#). This itinerary guide for trekking will give you a general idea of how to go to EBC.

✓ Day 01: Arrival at Kathmandu in Tribhuvan International Airport

Welcome to the capital city of Nepal, Kathmandu. The valley is the land of pure mystics and spirituality. In fact, "Kathmandu is known as the city of Temples". Whether you come by road or via air; our representative will greet and warmly receive you. If you come via air, our staff will wait for you outside of the airport terminal. Please look for someone with a placard with your and the company's name written on it. After he/she welcomes you, they will then support you with the transportation to transfer your booked hotel to Kathmandu. You will have nothing planned for the day, so take a rest and gather energy to walk on the trails. Else, if you have some personal gears to buy, you can go shopping in Thamel in the evening. You will spend a night in a hotel.

Accommodation: Hotel

Meal: Breakfast (Included)

✓ Day 02 Flight to Lukla and start EBC trekking to Phakding (2652m/8699ft) Walking Duration 3 hours

After breakfast at the hotel, our guide will come to pick you up for an exciting flight to Lukla. All the flights to Lukla from TIA are scheduled in the morning. It's because the wind picks up in the afternoon and it becomes hard to fly. The flight to Lukla is itself a rare adventure and will chill your bone. As soon as you leave Kathmandu, you will be greeted by the green hills and the surrounding mountains. The scenery is worth a watch. The Tenzing Hillary Airport is itself one of the most extreme high altitude airports in the world. So, flying between the high green hills and the landing to a narrow lane, in the base of the mountains will surely skip your heart a bit.

After a thrilling flight, you will start your trekking to the Everest Base Camp. Before the start, you will meet porters in the airport who will carry most of your loads. After you make yourself ready, the tour guide will make your way along the busy street to the start of the trek down to Phakding. You will walk along the Dudh Koshi River and alpine forest with amazing sounds of nature. You will then cross the suspension bridge to reach Phakding. Walking above the swinging bridge will add a thrill to your journey. Then, head to a local teahouse, and rest your bags. Later, visit nearby villages or chill in the teahouse.

We will have a long hiking day tomorrow. So, take enough rest. Tonight, you will spend your time in the best guest house available.

Flight Duration: 30 Minutes

Walking Distance: 8 Kilometers

Duration: 3 Hours

Accommodation: Guest House

Meal: Breakfast, Lunch, and Dinner (Included)

✓ Day 03 Phakding to Namche Bazaar (3440m/11283Ft) Duration 6 hours

After breakfast, you will start your Everest trekking journey to make your way to Namche Bazaar. It's a strenuous walk uphill, but the beautiful scenes, pristine air and the quest to reach the top keep you going. We will stop multiple times on the way to soak in some stunning views. As you reach Monjo, you will pass Sagarmatha National Park, a UNESCO World Heritage Site. The national park is rich in endangered flora and faunas. If you are lucky, you will have a glimpse of some.

On the way to Namche, you pass some attractive Sherpa Villages, Monjo, and Jorsale. Namche Bazaar itself is an attractive town in the Khumbu region of Nepal. Known as the gateway to Everest, Namche is a Sherpa town where you can do your last-minute shopping. The place has various shops, cafeterias, cyber café, hotels, lodges, and guest houses. The banks, ATMs, money exchanges, lively local market invites tourists traveling to the Everest Region of Nepal.

Tonight, you will end your day at a local teahouse owned by a Sherpa family. Enjoy the hot shower and a delicious dinner before you go to sleep.

Walking Distance: 10-12 kilometers

Walking Duration: 6 Hours

Accommodation: Local Tea House (Sherpa Family Owned)

Meal: Breakfast, Lunch, and Dinner (Included)

✓ Day 4 EBC Acclimatization Day - Hike to Everest View Hotel (3,962 m /12995 ft.) Walking Distance - 3 to 4 km, Duration: 3 to 4 Hours

Today is the break day for the important rest of your body. It's a day kept aside for adapting to a new environment at Namche Bazaar. In the days to come, you will trek to high altitudes with thin air so, it's

very important to make your body adopt a new environment. Your guide will take you around Namche to the viewpoint and Sherpa Museum.

Following the panoramic views of the highest mountains, you will hike to Everest View Hotel. Hotel Everest view is one of the highest-situated hotels in the world. The views are clearer as you hike uphill. Enjoy the spectacular views of the majestic mountains, Ama Dablam, Mt. Everest, Lhotse, Nuptse, Thamserku, Khumbila, and Kwangde from the place near the hotel. And then we head down to Namche as it's an acclimatization day, so we won't be gaining altitudes.

Later today, you visit the Everest Photo Gallery, Museum, and many more in Namche. Overnight at a guesthouse in Namche.

Walking Distance: 3-4 Kilometers

Duration: 2-3 Hours

Accommodation: Guest House

Meal: Breakfast, Lunch, and Dinner (Included)

✓ Day 5 Trek to Tengboche (3860m/12680Ft) Walking Distance - 10 to 11 Km Duration 5 hours

Leaving Namche, we follow a trail to Tengboche. Trekkers refer to the track from Namche to Tengboche as the most scenic hiking route in the entire Everest Base Camp Trek.

At first, we descend to Dudh Koshi Valley at Phungi Thanka and make our way uphill to Tengboche at a slow pace. You will be officially standing between the mountains. Mt. Ama Dablam, Mt. Lhotse, Nuptse, and Mt. Everest are some of the highest mountains that will watch you hike the beautiful trail. You will hike passing the Imja Khola to the spiritual center of the Khumbu Region, Tengboche.

At Tengboche, you visit the famous Buddhist shrine, Tengboche Monastery. It's an old monastery at a high altitude that offers some incredible views of the Everest Locale. Make sure you see the amazing Murals and Statuary of the monastery.

Further, one can see the Mt. Ama Dablam just above the Monastery. Surrounded by pines and azaleas and backed up by Ama Dablam, one cannot imagine a location more beautiful than this. Tonight, you will spend a night at Tengboche at a locally operated guest house.

Walking Distance: 10-11 Kilometers

Duration: 5 Hours

Accommodation: Guest House

Meal: Breakfast, Lunch, and Dinner (Included)

✓ **Day 06: Tengboche to Dingboche (4410m/14464ft) Walking Distance - 11 to 12 km, Duration: 5 hours**

After breakfast, we will continue our Everest Base Camp Trek Journey with an amazing ascent with beautiful views of gigantic mountains and passing deep valleys.

Before leaving, forget the cozy warmth of your bed and get outside to catch the lifetime experience of sunrise over Ama Dablam Mountain. It will be a wonderful moment to cherish throughout life.

After the sunrise moment, we descend the Imja River and follow a trail to a high-altitude Sherpa village of Dingboche. We follow a scenic path full of mountain views and picturesque landscapes to Pangboche village from the river. At an elevation of 3900 meters, the village is at a dramatic location with appealing pictures of mountains in the backdrop. Enjoying the views of gigantic mountains such as Everest, Mt, Ama Dablam, Mt. Lhotse, etc. we keep on walking to the hamlets of Dingboche. Mani walls, prayer flags, prayer wheels, agriculture fields, and settlements of yak herders guard the trails to Dingboche.

Dingboche is referred to as Summer Valley. As you reach the vast pasture, you will see yaks grazing in it. As you reach Dingboche at a height of 4,410 meters, you may feel the effects of thin air at a high altitude. Calm down and drink plenty of liquids. Keep yourself hydrated all the time. Here, our guide will check your oxygen level with an oximeter and monitor if you are fit to trek. Else, he will give you some medications to prevent you from altitude sickness. The best thing we can do here is slow down and don't ascend further if you are showing the symptoms of altitude sickness. Have a positive mindset and a firm determination to trek to the base camp of the world's highest mountain, Mt. Everest. Tonight, spend your time at a local guest house and have a night of cozy, warm sleep.

Walking Distance: 11-12 kilometers

Duration: 5 Hours

Accommodation: Guest House

Meal: Breakfast, Lunch, and Dinner (Included)

✓ **Day 07: EBC Acclimatization Day- Hike to Nagerjun hill and return: Walking Distance - 5 to 6 km, Duration: 4 to 5 hours**

It's another day set aside for Acclimatization. As we keep passing the high altitudes, we need to acclimatize to ensure our health and safety. Today, adjust yourself to the high altitude and prepare yourself for the stimulating hike to Everest Base Camp.

In the daytime, after breakfast, we hike to nearby hill Nagerjun to catch some panoramic views of the mountains around. At a highest of 5100 meters, the Nagerjun hill is a beautiful viewpoint in the Everest

locale. From Nagerjun, we relish some fantastic views of lofty peaks such as Lobuche, Thamserku, Taboche, Kangtega, Mt Ama Dablam, Nuptse, Cholatse, and many other in the range. The hike is also a golden opportunity to get a striking glance at Mt. Makalu, the fifth highest mountain in the world. After some refreshing moments spend on the hill, we get down exploring the settlements in Dingboche.

Tonight, you rest yourself at a guest house.

Walking Distance: 5-6 Kilometers

Duration: 4-5 Hours

Accommodation: Guest House

Meal: Breakfast, Lunch, and Dinner (Included)

✓ Day 08: Dingboche to Lobuche (4910m/16105ft) Walking Distance - 11 to 12 km, Duration: 5 hours

With every passing day, you are making your way closer to Everest Base Camp. As we continue taking elevations, you might find yourself a bit tussling. Maintain a slow pace and communicate everything you feel with your guide.

Today, after breakfast, we trek to Lobuche at an elevation of 4910 m. First, we follow a trail between wide valleys until we get to Dughla. Further, passing some yak pastures, we reach Lobuche. Now, the trails become bare and filled with snow. You are now trekking above the tree line. So, you will feel the absence of trees and green hills. All you see is snow and bare hills. You can't find any permanent Sherpa settlements over here in Lobuche. The striking views of high mountains just beside Tea houses will surround you.

Enjoy the views and have a warm sleep early in the night. Tomorrow, you will trek to your final destination, Everest Base Camp, the base camp of the world's highest mountains.

Walking Distance: 11-12 kilometers

Duration: 5 Hours

Accommodation: Guest House

Meal: Breakfast, Lunch, and Dinner (Included)

✓ Day 09: Lobuche to Gorakshep (5181m/16990ft) - Everest Base Camp (5364m/17594ft) and back to Gorakshep, Walking Distance - 14 to 15 km, Duration- 8 hours

Finally, the wait is over. Now, you are into the most routine days of your entire journey. After an early breakfast, we head to Gorakshep at a height of 5181 meters. The place is also scarcely populated with few guesthouses that operate during trekking seasons. As we reach Gorakshep, the guide will take you

to a guest house and leave your heavy gear. As you will get back to Gorakshep to spend a night, you can choose to leave your heavy gears at a guest house. Then we make our way to Everest Base Camp. It's a moment of pride for everyone. It's been a week since you have been waiting for the day.

You trek through the Khumbu Glacier, the world's highest glacier at a height of 4900 m. The glacier resembles a lunar shape and is 12 kilometers long. As you walk through the ice formations and small pools of water, you will live your best moment. Be careful, you may hurt your foot in scree and moraine in joy. Soon, you reach the final destination of the trek, i.e. Everest Base Camp.

You explore the area and witness the glory of the highest peaks rise just before you. Wander around the base camp and capture the moment in photos. Celebrate the moments with your teammates and guides. You are now standing in the base camp of the world's highest mountain, Mt. Everest. You cannot see Mt. Everest from the base camp as it hides between Mt. Lhotse and Mt. Nuptse. After we collect memories around the expedition trails, the campsite of the Sagarmatha expedition group, and the Khumbu icefall, we return to Gorakshep.

Tonight, spend a cozy warm sleep. Tomorrow, we will see live Mt. Everest through our naked eyes.

Walking Distance: 14-15 Kilometers

Duration: 8 Hours

Accommodation: Guest House

Meal: Breakfast, Lunch, and Dinner (Included)

✓ **Day 10 Gorakshep - Kala Patthar (5545m/11283ft) then trek back to Pheriche (4210m/13810ft)**
Walking Distance - 13 to 14 km, Duration - 7 hours

Today, you will have the nearest view of Mt. Everest through the naked eye. It's the other most awaited day of your EBC trekking journey. So, wake up early before the sun and head towards Kalapatthar at 5545 meters. It's the highest point of your trekking journey. Soon you reach the highest vantage point. As the sun peeks through the highest mountain, you will forget all the distresses.

From Kalapatthar, we catch the golden rays of sun fall over Mt. Everest's glittering snow, along with other towering peaks in the range. Bless yourself on the feet of the majestic mountains on the earth. Take photos and videos of the moment to show it to the world. You then trek back to Gorakshep. After breakfast, start trekking downhill to Pheriche.

There's a small settlement in Pheriche. It also has a clinic run by the Himalayan Rescue Association (HRA). As you arrive at Pheriche, enjoy the nearby views, and go into your room to rest after a Himalayan dinner.

Walking Distance: 13-14 kilometers

Duration: 7 Hours

Accommodation: Guest House

Meal: Breakfast, Lunch, and Dinner (Included)

✓ **Day 11: Pheriche to Namche (3440m/11283) Walking Distance - 14 to 15 km, Duration- 7 hours**

Wrapping up your peak climbing journey, we head back to the Sherpa Town in Namche. The trail is long. The mountain views don't end yet. So, stop at intervals to grasp some more views of the Everest Region. Appreciating the mountains, we descend slowly from the communities like Orsho, Somare, Pangboche, and Tengboche to Namche. After you arrive at Namche, take a hot shower and end your day. You may ask your guide to take you to some local cafes to enjoy the baked cookies or your favorite coffee.

Tonight, spend a warm night at a guesthouse recalling base camp looking at your photos and videos.

Walking Distance: 14-15 Kilometers

Duration: 7 Hours

Accommodation: Guest House

Meal: Breakfast, Lunch, and Dinner (Included)

✓ **Day 12: Namche to Lukla (2800m/9184ft) Walking Distance - 18 to 19 km, Duration - 7 hours**

With the impressive mountain sights, you descend to Lukla. We descend along Jorsale, Monjo, and Phakding to Lukla. The lush forests and amazing mountainous terrain will keep us engaged throughout the trek. Remember to take in the last-minute views of the gigantic mountains and enjoy the last minutes of your Everest hiking.

In the evening, celebrate the success of your EBC with all your crews and teammates. Thank everyone, especially the porters that helped carry your goods. There will be a celebration moment among the hiking crew. Sing and dance along with the porters and guides with boundless local brew rounds. You may also offer tips as an encouragement to your porter, guides, and assistant guides before the night. You will meet most of the porters and assistant guides for the last time in Lukla.

Tonight, have some good sleep recalling the Everest memories.

Walking Distance: 18-19 Kilometers

Duration: 7 Hours

Accommodation: Guest House

Meal: Breakfast, Lunch, and Dinner (Included)

✓ **Day 13 Fly back from Lukla Waving to the EBC Trail.**

Your trekking concludes with an adventurous flight. Enjoy the sights and bid farewell to the mountains and the hills. After you board in flight from Lukla to Kathmandu, you will fly again with a sight of the highest mountains. You will recognize most of them through your window.

After so spending so many days in the mountains, the city of Kathmandu will surprise you again. After you land in TIA, our guide will transfer you to your hotel. Enjoy your day around the streets of Kathmandu. There are some great restaurants in Thamel and other places as well. Enjoy the food of your choice, as you may not find all the dishes in the mountains throughout your EBC Journey.

Flight Duration: 30 Minutes

Accommodation: Hotel

Meal: Breakfast (Included)

✓ Day 14: End of Everest Base Camp Trek (Farewell)

Bidding farewell to Kathmandu, you head to the airport. One representative of our team will transfer you to the airport to catch your scheduled flight. If you want to extend your Nepal holiday for a longer session, you may let us know. We will help you with the plans.

We trust you made some incredible memories with us. Thank you, have a safe journey home.

Meal: Breakfast Included.

If in case, the above itinerary doesn't fit your vacation timeframe and you would like to customize, and then please let us know. We can help you with that as well.

INCLUSIONS

- ✓ Round trip flight (Kathmandu- Lukla) with departure taxes.
- ✓ All ground transportation in a private vehicle, including the airport transfers.
- ✓ 2 Nights' accommodation in a 3-star category hotel in Kathmandu with a breakfast plan.
- ✓ 12 nights and 13 days of accommodation in the best guesthouses available (on a twin-sharing basis) after leaving Kathmandu until you are back here again. We also provide personal bathrooms with hot showers in Phakding, Lukla, and Namche.
- ✓ Daily meals with breakfast, lunch, and dinner throughout the trekking journey.
- ✓ Snacks of fresh seasonable fruits on the trekking days.
- ✓ National park and heritage sites entry tickets
- ✓ Two trekking permits (SNP and KPL Rural Municipality Permit)
- ✓ A licensed, English-speaking, experienced trekking guide
- ✓ Porters to carry your baggage during your Everest journey (1 for two clients)
- ✓ All the costs for food, accommodation, salary, and other equipment for guide and porter, including accidental insurance.
- ✓ Duffel bag and sleeping bags to use during trekking

- ✓ Heaven Himalaya T-shirts, route map, and a travel completion certificate
- ✓ All paper works and other applicable government taxes and service charges.
- ✓ First aid kit

Planning a Trek? [GET A QUOTE NOW](#)