

# Everest Base Camp Trek

**Duration:** 14 Days Days

**Max Altitude:** 5,545 m

**Destination:** Nepal

**Trip Grade:** Moderate

**Best Season:** Autumn, Spring

## Trip Highlights

- A Scenic flight to Lukla.
- Getting acquainted with Sherpa culture.
- Visiting the heart of Khumbu Namche Bazaar and Khumjung Valley.
- Exploring Everest View point.
- Visiting the Tengboche Monastery.
- Reaching Mt. Everest Base Camp.
- Experiencing Kalapatthar's Majestic viewpoint.
- Witnessing views of the Khumbu Ice fall.
- Seeing Nepal's biggest Khumbu and longest Ngozumpa glaciers.

## Trip Overview

The Everest Base Camp Trek (EBC Trek) is one of the most enthralling ways to go trekking in Nepal. It has long been on the priority list of adventure seekers around the world. With its picturesque mountain peaks and the warm loyalty offered by the indigenous Sherpa and locals culture.

Mount Everest Base Camp Trek offers two weeks trekking packages here in Nepal. Trek begins with the Kathmandu to Lukla flight which has long been famed for the breathtaking views. It offers those on their way to begin their hike to Everest.

The exciting and extensive [Everest Base Camp itinerary](#) then has our trekkers starting at Lukla. From here, you will climb to Dudh Khosi Valley, Namche Bazaar and Gorak Shep, before finally reaching Camp (Mt. Everest Base Camp elevation: 5,364 m). After reaching the base of the amazing Mount Everest, get ready to marvel at the massive and magnificent Himalayas. This jaw-dropping and picturesque landscape giving you the best view of your life.

After reaching Everest Base Camp, you will later trek to the viewpoint at

Kalapathar. A beautiful walk that will lead you through trials of dense rhododendrons, fragrant magnolias and lush fir forests. The deep valley will leave you in awe and the hospitality bestowed by the locals in Namche Bazaar will make you feel at home. The Monasteries on the way will also give you an insight into the culture and architecture. The insight of the Buddhist community, making EBC trek a scenic as well as a spiritual journey for travel fanatics.

Many people ask about the Everest Base Camp Trek difficulty, and although the routes along the trails are strenuous. We ensure that you are supported throughout your journey to its highest point (5,367 m). There are many Everest viewpoints that make ideal spots to rest along the way. Takes you in the breathtaking views of snow-capped mountains such as [Everest](#) (8848 m), Lhotse (8516 m), Makalu (8481 m), and Cho Oyu (8201 m).

My Everest Trip operates various Everest trekking packages along with other options for trekking in Nepal. We have an outstanding team of knowledgeable trekking guides. Aptly experienced Sherpa to give you an enjoyable, comfortable and stress-free trekking experience. Your trek to Everest Base Camp worth it with this experience.

For more information about the Everest Base Camp trek cost or to see trek map of the area that you will cover, please feel free to contact our friendly team. Or if you would like to hear more about what it is like to join our trekking journey, you can read our summarized [blog](#) below.

## **Detailed Itinerary**

Day 1: Arrival in Kathmandu (1300 m) 0/N at 3-Star Hotel.

Upon arrival in Kathmandu, you will be warmly welcomed by our team and taken directly to your hotel. Feel free to enjoy your day here in the capital and overnight stay in the hotel. Included: Accommodation and Dinner.

Day 2: Fly to Lukla (2860 m), trek to Phakding (2652 m): 3 to 4 hours. 0/N at Tea House.

On day 2 we will fly to Lukla and enjoying the view of amazing snow-capped mountains along the 40-minute journey. Upon arrival, we will trek from Lukla to the village of Phakding and stay overnight in a local lodge. Included: Accommodation, Breakfast, Lunch and Dinner.

Day 3: Phakding – Namche Bazaar (3440 m): 5 to 6 hours. 0/N at Tea House.

Day 3 sees us following steep inclines uphill until we cross high suspension bridges and head towards Namche Bazaar. We'll walk along with the traditional huts and shops that showcase crafts and arts near Beyul Khumbu Park till we reach Namche Bazaar, also known as the Gateway to Everest and stay overnight in

a local lodge. Included: Accommodation, Breakfast, Lunch and Dinner.

Day 4: Namche Bazaar Acclimatization Day 0/N at Tea House.

On Day 4 we will spend our time exploring the outskirts of Namche, as we take times to acclimatize to the air and altitude. We then hike up to the Sherpa Cultural Museum and Syangboche, from where we will trek up to Everest View Hotel for a stunning view of Mt Everest (8848 m). We then walk to Khumjung village (3800m) to see the local culture, tradition and artifacts. After we have finished exploring, we will come back to Namche where we will stay overnight. Included: Accommodation, Breakfast, Lunch and Dinner.

Day 5: Namche Bazaar to Tengboche (3820 m): 5 to 6 hours 0/N at Tea House.

We follow the narrow and sparsely paved trails from Namche Bazaar as we head on to our destination for the day, Tengboche. We walk through thinning trees, over suspension bridges and climb steps to reach Tengboche which is famous for the Tengboche Monastery with Ama Dablam (6812 m), Nuptse (7861m), and Everest (8848m) as its backdrop. Here we will stay overnight in a local lodge. Included: Accommodation, Breakfast, Lunch and Dinner.

Day 6: Tengboche to Dingboche (4360 m): 4 to 5 hours .0/N at Tea House.

Today's trail is the easiest as we descend down wider paths past ample luscious greens. Then, as we ascend uphill, closer to Imja River, we journey on flat and paved grounds until we reach Dingboche. Here we can see the amazing view of the beautiful Ama Dablam (6812m), and explore the local Sherpa village where will stay overnight in a local lodge. Included: Accommodation, Breakfast, Lunch and Dinner.

Day 7: Dingboche Acclimatization Day (4360 m) 0/N at Tea House.

Today we will be exploring the surrounding Imja and Chukhung Valley. You will see stone fences, yaks and bushes filled with the sea buck throne berry, used to make local medicine. We will then hike back to Dingboche and stay the night at a local lodge. Included: Accommodation, Breakfast, Lunch and Dinner.

Day 8: Dingboche – Lobuche (4940 m): 5 to 6 hours. 0/N at Tea House.

On day 8 we trek uphill, alongside the rivers within the valley and climb into open savannahs settled between epic mountains. We pass Thukla and walk upon the steepest paths to Dughla Pass (4830 m) before finally reaching Lobuche where we will stay overnight in the local lodge. Included: Accommodation, Breakfast, Lunch and Dinner.

Day 9: Lobuche – Gorak Shep (5170 m) – Everest Base Camp (5364 m)- Gorak Shep: 8 to 9 hours. 0/N at Tea House

Day 9 sees us walking along frost-covered paths that lead us to climb up steep trails to Gorak Shep. En route to Everest Base Camp, we pass through Khumbu Glacier and icefall and at the base camp itself, the view of the mighty Everest is surreal. Later, we wind down challenging trails to a local lodge in Gorak Shep. Included: Accommodation, Breakfast, Lunch and Dinner.

Day 10: Gorak Shep – Kala Patthar (4320 m) – Pheriche (4280 m): 8 to 9 hours. 0/N at Tea House.

We start our journey early in the morning as we hike up to Kala Patthar for a view of the Himalayas at sunrise. We continue uphill till we reach the large plateau of Kala Patthar. From Kala Patthar, we can see widespread peaks of Pumori (7145 m), Lingtren (6697 m), Khumbutse (6623 m), Nuptse (7861 m) and Changtse (7550 m) along with the mighty Everest (8848 m), Cho Oyu (8201 m), and Ama Dablam (6812 m). We then descend to Pheriche for the night. Included: Accommodation, Breakfast, Lunch and Dinner.

Day 11: Pheriche – Namche Bazaar (3440 m): 6 to 7 hours. O/N at Tea House.  
We descend from Pheriche and walk back towards Namche Bazaar. We pass through the villages of Pheriche, Orsho, and Shomare. This is the easiest part of the trek as it is all downhill, continuing as we walk down to Imja Khola and Debucho. It is followed by a 3-4 hours trail to Namche Bazaar, passing Tengboche along the way. The trails can be difficult because of the gravel and sand that cover the paths that take you to Namche Bazaar, where we will stay overnight. Included: Accommodation, Breakfast, Lunch and Dinner.

Day 12: Namche Bazaar – Lukla (2,800 m): 6 hours .O/N at Tea House.  
On day 12 we retrace our trail from Namche Bazaar to Lukla. We cross suspension bridges over Dudh Koshi and travel down the familiar route to see open plains, rhododendron, and pine forests – crossing Buddhist villages crisscrossed with prayer flags along the way. On reaching Lukla, we celebrate our accomplishment and stay overnight in a local lodge. Included: Accommodation, Breakfast, Lunch and Dinner.

Day 13: Fly Lukla to Kathmandu (1300 m) O/N at 3 Star Hotel.  
Today you will board the Lukla flight again, but this time you will have an amazing story and experience to share back home. Feel free to spend your final day exploring Nepal's wonderful capital city. O/N in hotel. Included: Accommodation, Breakfast and Dinner.

Day 14: Final Departure  
Today will be the end of the trip. After breakfast and of course a photo, our team will drop you at the airport before the scheduled time of your flight. Included: Breakfast.

## **What's included**

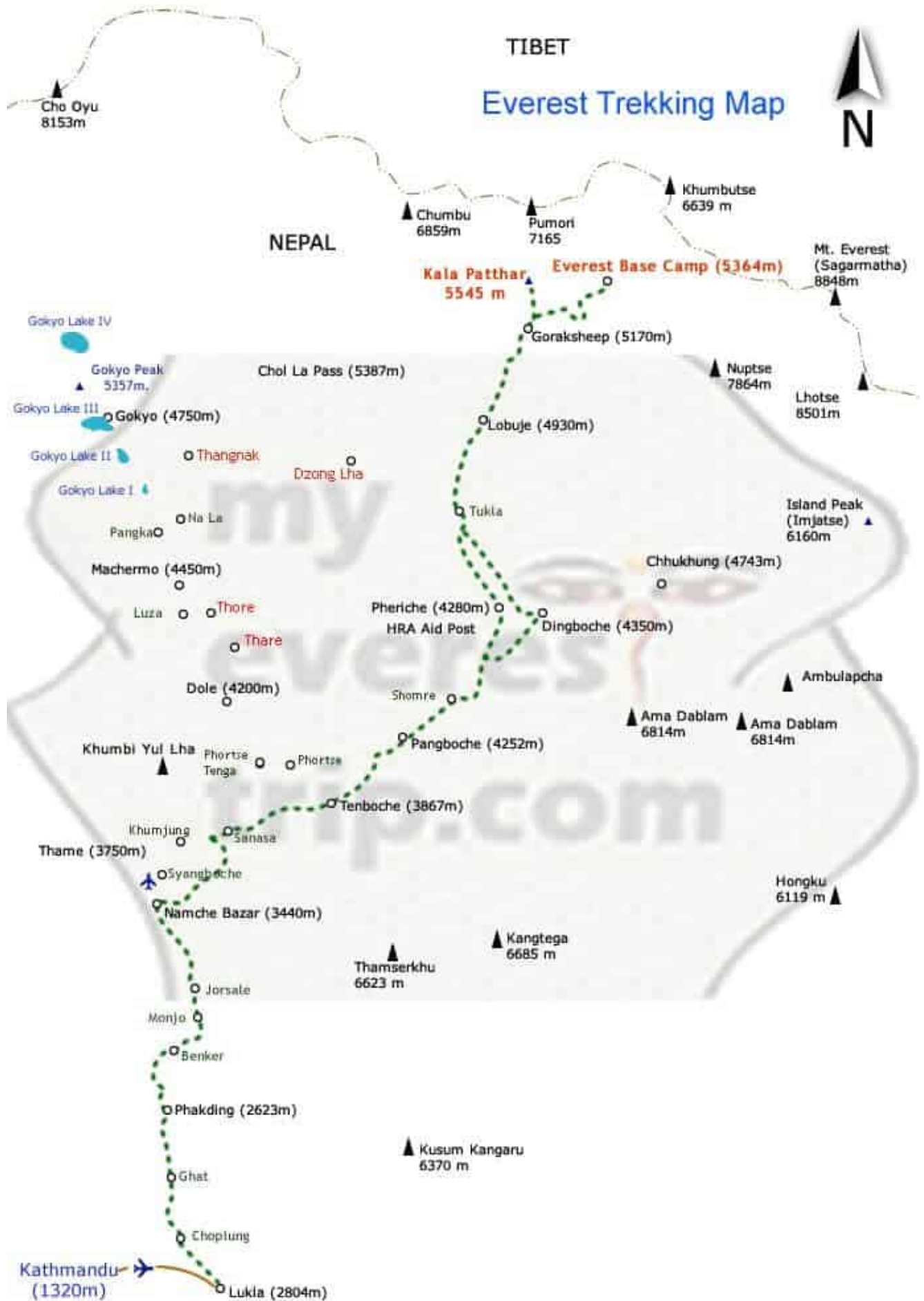
- Airport/hotel pick up and drop off by private car
- Two nights 3-star hotel in Kathmandu – bed and breakfast plan
- Meals on full board (breakfast, lunch and dinner) in whole trekking
- Kathmandu – Lukla – Kathmandu By Flight
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment's, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)

- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charge

### **What's not included**

- Meals in Kathmandu before and after trekking
- Your travel insurance ( Rescue )
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipments

# Trip Map



## **Contact Us**

My Everest Travels & Tours  
Chhetrapati, Thamel, Kathmandu, Nepal  
[www.myeveresttrip.com](http://www.myeveresttrip.com)  
+977-1-4259098 / 9851069558  
[info@myeveresttrip.com](mailto:info@myeveresttrip.com)  
Skype: myeveresttrip

My Everest Travels & Tours is a Government recognized and registered Travel Agency. Reg: 64831/066/067