



Full Itinerary & Trip Details

Everest Base Camp Trek



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TRAVEL GUIDELINES

Trip Overview


PRICE STARTING FROM

\$1,340

DURATION

16 days

IDEAL AGE

18 to 65 year olds

STARTS IN → ENDS IN

Kathmandu → Kathmandu

STYLE

Hiking & Trekking

Itinerary

Introduction

Everest base camp trek is one of the typical treks which is an admired destination for trekkers in

Nepal since the decade of 1950s. The Everest Base Camp trek starts from Lukla and follows the Dudh Kosi valley and climbs up to the gate-way of Everest Namche Bazar (3440m) a sherpa's territory. The trail, passes along blooming forests of Rhododendron, magnolia, giant firs, across high mountain passes, remote valleys, villages and monasteries.

This trek is suitable to those who do not have much time to spend in Nepal but have a desire to see Mt. Everest from close quarters. The trip starts with the flight from Kathmandu to Lukla and trek to Tengboche. After visiting the Tengboche Monastery and viewing the soaring Mt. Everest from the base camp we get back to Kathmandu on the flight from Lukla. The spectacular scenery is unrivalled and the Sherpa communities make the trekkers feel welcome to their homes. Alpine flowers, stunning Buddhist monasteries and high mountain passes are the highlights of this trek.

The trail goes by a high traverse path to achieve the Thyangboche monastery stands at the elevation of 3867m. The monastery is structurally located on a ridge crest with superior views of the mighty Everest. The vista in the morning from the courtyard of Thyangboche is enormously mesmerizing and eye-catching. After the path goes ahead to the Imja Khola and enters into the villages of Pangboche and Pheriche before forthcoming to the Khumbu Glacier. The route goes behind the glacier, to Lobuche, a vantage point for impressive surveillance of the Ama Dablam, Taweche, Lhotse and other peaks. Trekkers too have an opportunity to soar Kala Pattar (5550m) where an awesome image of the Himalayan giants precisely makes your minds with wheezing speculate. Alternatively, the come back route can be arranged through the Chola Pass, Gokyo, Renjo Pass, and Thame trail offers the pleasure adventurous psyche with more magnificent mountain views, verdant forested valleys, and possibilities to experience Nepalese tradition and culture.

Day 01:

Day1: Prior to landing in Tribhuvan International airport at Kathmandu, you could have some excellent views of snow-capped mountains, after custom clearance, meet with our tour coordinator and transfer to hotel.

Day 02:

Day 02: After breakfast drive to domestic airport to connect the fly to Lukla (trekking starting point), it takes about 40 minutes flight journey from Kathmandu to Lukla. Commence trek to Phakding. Overnighgt at trekking lodges.

Day 03:

Day 03:Trek to Namche Bazaar 3440 meter, it takes about 06-07 hours walking from Phakding.

The trail continue climb up along with the west bank of river until the village of Benkar is reached. On the way you can enjoy with beautiful valley and Thamserku Mountain (6623 meter), cross the bridge and now trail enters Shagarmatha National park at the village of Jorsale. From Jorsale the trail continue follows the east bank of Dudha Koshi to the foot hill below Namche begins. Cross the suspension bridge, the first section is steep ascent and from half way climbed up, the views of Mount Everest attracted and continue walk through conifer forest with sightseeing wonderful views of Rolwaling Himal and reach at Namche Bazaar, the village is the administrative centre of the northern region of Solu-Khumbu district. Overnight stay at Namche Bazaar.

Day 04:

Day 04:Acclimatizing day at Namche Bazaar.

Day 05:

Day 05:Trek to Tenboche 3967 meter, it takes about 06-07 hours walking from Namche Bazaar.

Overnighgt at trekking lodges.

Day 06:

Day 06:Trek to Dingboche 4280 meter, it takes about 06-07 hours walking from Tenboche.

The journey starts down the stone steps, through conifer and rhododendron forest, pass small settlement Deoboche which is meandering. Overnight at trekking lodges.

Day 07:

Day 07:Acclimatizing day at Dingboche.

Day 08:

Day 08:rek to Lobuche 4930 meter, it takes about 06-07 hours walking from Dinboche village.

Overnighgt at Labuche.

Day 09:

Day 09: After breakfast trek to Everest Base camp 5334. Overnight at Goresep.

Day 10:

Day 10: Early morning Excursion to Kalapathar 5560 meter. (Dark brown hill). Breakfast at trekking lodge and trek Trek descends to Pheruche 4215 meter; it takes about 05-06 hours . Overnight at Lodge.

Day 11:

Day 11: Trek to Khumjung 3700 meter, (03-04 hours walking), this is one of the magnificent village of the Khumu region. There is great chance to explore Yeti skull at Khumjung Monastery, visit School which it has built in the cooperation by Sir Edmund Hillary, Also possible to visit Kunde hospital and you can enjoy with stunning views of snowy mountains. Overnight stay at Khumjung.

Day 12:

Day 12: Trek descends to Monjo/ Phakding.

Day 13:

Day 13: Trek to Lukla. Overnight at Lukla.

Day 14:

Day 14: Early morning fly from Lukla to Kathmandu. Overnight at hotel.

Day 15:

Day 15: Rest in Kathmandu

Day 16:

Day 16: Departure to airport

What's Included

Accommodation

Guide

Meals

Breakfast while in Kathmandu

All meals during the trek

Transport

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No Booking Fees

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Safely book online

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TourRadar Credits do not expire.



24/7 Customer Support

We are a team of experienced tour specialists who have travelled to hundreds of countries around the globe. Our online Customer Support team brings years of professional expertise in the travel industry, and can assist with all of your tour-related questions.

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