

Everest Base Camp Trek

15 Days

14 Nights

Best Season : Spring/Autumn

Walk Per Day : 5-7 hours

Max Elevation: 12,467

Difficulty : Moderate

Region: Everest

Group Size : 2-15 pax

Accommodation : Hotel + Lodge

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[The Complete Guide to Everest Base Camp Trek](#)

The Everest Base Camp Trek is a bucket-list adventure that takes you through the stunning Khumbu region of Nepal, providing trekkers with the opportunity to experience the world's highest mountain range up close. The trek begins in Lukla, a small mountain town, and passes through charming Sherpa villages, where trekkers can experience the unique culture and way of life of the local people. At an altitude of 5,364 meters, reaching the Everest Base Camp is one of the most significant achievements of the trek. Standing at the foot of Mount Everest, trekkers can feel the awe-inspiring power of the mountain, which has captivated adventurers for generations. The base camp is surrounded by towering peaks and glaciers, providing trekkers with breathtaking views of their surroundings. Moreover, the trek also includes a hike up to Kala Patthar, a vantage point that offers stunning panoramic views of the Himalayan Mountains.

The Everest Base Camp Trek is not only a physical challenge but also a cultural and spiritual journey. The trek provides a unique opportunity for trekkers to immerse themselves in the local culture, which is deeply rooted in the Sherpa tradition. Trekkers can witness traditional Sherpa dances and songs, sample local cuisine, and visit monasteries and other religious sites, providing an insight into the spiritual beliefs of the region.

[Itinerary](#)

[DAY 1 - ARRIVAL IN KATHMANDU \(1400M\) & TRANSFER TO THE HOTEL](#)

Upon arrival at the Tribhuvan International Airport in Kathmandu, you will be greeted by our representative who will transfer you to your hotel. You can spend the day resting and exploring the city on your own.

[DAY 2 - FLY FROM KATHMANDU – TO LUKLA, AND TREK TO PHAKDING \(2,800M\)](#)

We take an early morning flight from Kathmandu to Lukla, a small town in the Everest

RECENT POSTS



[Everest - Complete guide to everest base camp trek](#)

Mount Everest the highest mountain in the world, has long been a symbol of human achievement and the ultimate test of endurance. For adventurers and trekkers, the Everest Base Camp Trek is the ultimate bucket list experience.

[Read](#)



[Swayambhunath Stupa - Discover the Spiritual Hub of Nepal](#)

Nepal is a country that is well-known for its stunning natural beauty and rich cultural heritage. Among the many attractions in Nepal, the Swayambhunath Stupa is one of the most iconic and popular destinations for tourists and pilgrims alike.

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We take an early morning flight from Kathmandu to Lukla, a small town in the Everest region. Upon arrival, we meet our trekking crew and start our trek to Phakding, a small village situated at an altitude of 2,800m.

DAY 3 - TREK FROM PHAKDING TO NAMCHE BAZZAR (3,440M)

Today we follow the trail alongside the Dudh Koshi River, cross suspension bridges, and ascend gradually through forests to reach the bustling Sherpa town of Namche Bazaar, situated at an altitude of 3,440m.

DAY 4 - ACCLIMATIZATION AT NAMCHE BAZZAR (HIKE TO EVEREST VIEW HOTEL)

We spend the day exploring the town and acclimatizing to the high altitude. We take a short hike to the Everest View Hotel, which offers stunning views of Mount Everest, Lhotse, Nuptse, and Ama Dablam.

DAY 5 - TREK FROM NAMCHE BAZZAR TO DIBUCHE (3,870M)

We follow a scenic trail through rhododendron forests and cross several suspension bridges to reach the village of Deboche, situated at an altitude of 3,870m.

DAY 6 - TREK FROM DIBUCHE TO DINGBOCHE (4,243M)

Today we trek through lush forests of birch and rhododendron trees and cross the Imja Khola river to reach the village of Dingboche, situated at an altitude of 4,243m.

DAY 7 - ACCLIMATIZATION DAY IN DINGBOCHE

We spend the day acclimatizing to the high altitude and exploring the village of Dingboche. We can take a short hike to Nagarjun Hill for stunning views of the surrounding mountains.

DAY 8 - TREK FROM DINGBOCHE TO LOBUCHE (4,940M)

We continue our trek through the Khumbu Valley and ascend gradually to reach the village of Lobuche, situated at an altitude of 4,940m.

DAY 9 - TREK FROM LOBUCHE TO EVEREST BASECAMP AND BACK TO GORAKSHEP (5,170M)

Today we reach the highlight of our trek as we trek to Everest Base Camp, situated at an altitude of 5,364m. We then return to Gorak Shep, a small village situated at an altitude of 5,170m.

DAY 10 - TREK FROM GORAKSHEP TO KALAPATTHAR 5,545M AND BACK TO PHERICHE (4,371M)

Today we wake up early and hike to Kalapatthar, a famous viewpoint that offers stunning panoramic views of Mount Everest, Nuptse, and Pumori. We then trek back to Pheriche, a small village situated at an altitude of 4,371m.

DAY 11 - TREK FROM PHERICHE TO NAMCHE BAZZAR

We retrace our steps back to Namche Bazaar, passing through several small villages and scenic forests.

DAY 12 - TREK FROM NAMCHE TO LUKLA

We continue our descent and trek back to Lukla, where we spend the night and celebrate the completion of our trek.

DAY 13 - FLY FROM LUKLA TO KATHMANDU AND TRANSFER TO THE HOTEL

Today we take an early morning flight from Lukla back to Kathmandu. Upon arrival, we transfer to our hotel and have the rest of the day free for leisure activities such as souvenir shopping or relaxing at the hotel.

DAY 14 - SIGHTSEEING AROUND KATHMANDU VALLEY

Today we spend the day exploring the cultural and historical sites of the Kathmandu Valley. We visit UNESCO World Heritage Sites such as Swayambhunath Stupa, also known as the Monkey Temple, and Pashupatinath Temple, a significant Hindu temple dedicated to Lord Shiva. We also visit the Kathmandu Durbar Square, a complex of palaces, temples, and courtyards that was once the residence of Nepali royalty.

DAY 15 - TRANSFER TO INTERNATIONAL AIRPORT FOR FINAL DEPARTURE

Today is the last day of our trekking journey. After breakfast, we check out of our hotel and transfer to the Tribhuvan International Airport for our flight back home or to our next destination. Our representatives will assist us with the airport formalities and bid us farewell, marking the end of our amazing Everest Base Camp Trek.

TRIP ENDS HERE!



Beas - River Rafting Expedition

From April to July Manali becomes the hotspot for backpackers and travellers from all over India and world whether it is rafting, paragliding, trekking, camping you name it Manali is home to all the adventure activities. White water rafting in Beas river is the amazing recreational sport which attracts most of the tourists in Kullu Manali.

[Read](#)



A Travel Guide To Experiencing The Tibetan Monastery In Himachal Pradesh

Being born in the lap of Himalayas, in the Manali Valley, we've seen it - the mountains top, the Beas River gushing through the narrow mountains, the wild & dense forests and so much more. We've climbed almost all the mountain range and trekked the mountain passes such as Rohtang Pass

[Read](#)



Fishing The Trouts In Kullu Manali

Kufri Trek up there is another kufri in Kullu Manali is the best camping spot in Kullu Valley yet virgin. Besides all the popular trek's of Kullu-Manali the Kufri trek is unique in its own way the trek begins from Raison just 14 km from Kullu Town we take a cab or we can walk to Jalora village.

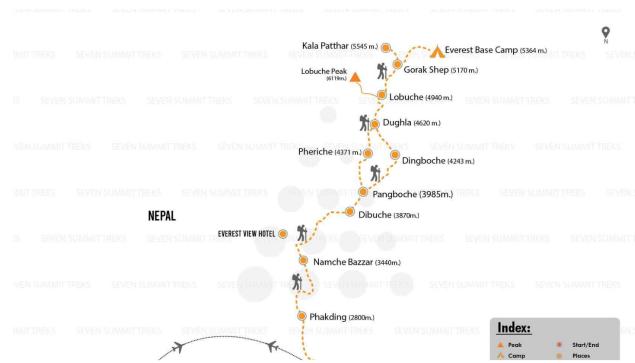
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TREK GALLERY





☰ Map



☰ What's Included

- ✓ ACCOMMODATION IN KATHMANDU : sharing a twin bedroom at the hotel (3 Star category) in Kathmandu on a bed & breakfast basis
- ✓ AIRPORT PICK-UP & DROP : Airport - Hotel transfer – Airport (Pick Up and Drop).
- ✓ WELCOME DINNER : One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staff.
- ✓ Permits : All necessary paper works: Trekking Permit including MCAP and special permit, TIMS Card & conservation entry fee
- ✓ STAFF INSURANCE : Insurance for all involved Nepalese staff during the trek.
- ✓ MAP: Trekking map of the trek
- ✓ MEMBER TRANSPORTATION : Land Transportation Kathmandu
- ✓ MEMBER LUGGAGE: Up to 15 Kg per member for personal baggage during the trek carried by porters.
- ✓ FOODS & LODGING : 3 meals a day (BLD; including tea and coffee) along with accessible accommodation sharing basis in tea house/camp during the trek.
- ✓ DRINKS : 2 liters of boiled water to carry on thermos per day per member.
- ✓ Guide : Government licensed Guide (English speaking) during the trek and sight-seeing in Kathmandu valley.
- ✓ PORTER : Porters (2 trekkers: 1 porter) during the trek.
- ✓ STAFF SALARY & ALLOWANCE : All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- ✓ MEDICAL KIT : Comprehensive Medical kit.
- ✓ Meals on treks only: Breakfast, Lunch , Dinner.

✗ What's Not Included

- ✗ NEPAL VISA FEES : Nepali Visa fee is US\$ 60 per person for 30 days (to be applied for 60 days (USD\$ 120)).
- ✗ LUNCH & DINNER : Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking than the scheduled itinerary).
- ✗ EXTRA NIGHTS IN KATHMANDU : Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary.
- ✗ INSURANCE : Travel and high altitude insurance, accident, medical & emergency evacuation.
- ✗ RESCUE EVACUATION : Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests, and Hospitalization costs.)
- ✗ PERSONAL EXPENSES: Telephone calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beer, and any alcoholic beverages.
- ✗ PERSONAL EQUIPMENT : Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking Gears, etc.

- ✖ TOILETRIES : Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- ✖ FILMING : Special Filming, Camera, and Drone permit fee.
- ✖ INTERNET SERVICE : Internet facility during the trek is not included.
- ✖ EXTRA PORTER : \$35 USD for an extra porter per day (If an extra porter is demanded).
- ✖ TIPS : Tips for Guide, porters, and staff.
- ✖ EXTRA : Any other services or activities not mentioned in the itinerary. Any other item not listed in the "Cost Includes" section.

❓ Frequently Asked question

CAN I BOOK ON MY OWN ?

+

WHAT IS FOOD LIKE AT TREK ?

+

CAN I STORE MY LUGGAGE SOMEWHERE ?

+

— [Download Pdf Itinerary](#) ↗

ⓘ Cancellation Policy

- ☒ More than 30-days prior to departure - 50% refund.
- ☒ In Between 15-30-days prior to departure - 25% refund.
- ☒ Less than 15-days prior to departure - No Refund.

NOTE 🔊

- All our adventures take place in wild places. Things can go wrong in wild places. Your perfectly planned itinerary may change a bit (or a lot) if the weather turns, someone gets hurt, or a landslide takes place. Usually though, changes make it all the better.
- Please be sure of the risks included in the adventure
- You should be medically fit to do the trek. Please consult your doctor to check if you are fit for the trek.
- Please don't litter on the trek Consumption of alcohol or any other intoxicant is not allowed

Related Treks



📍 **Annapurna Circuit Trek**



📍 **Main**



📍 **Style**



📍 **Beas Kund Trek**

ADDRESS

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ADVENTURE

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