

Into the Heart of the Himalayas: Everest Base Camp Trek

Overview:

The Everest Base Camp Trek is a journey that steadily pulls you from the edge of the everyday into the vast silence of the Himalayas. It begins in the mountain airstrip of Lukla (2,860 m / 9,383 ft), where the trail immediately drops into river valleys and climbs again through hanging bridges, pine forests, and timeless Sherpa settlements toward Namche Bazaar (3,440 m / 11,286 ft).

From Namche, the path unfolds deeper into the Khumbu, passing through sacred villages and monasteries such as Tengboche (3,860 m / 12,664 ft) and Pangboche (3,985 m / 13,074 ft), where life continues beneath the shadow of giants like Ama Dablam (6,812 m / 22,349 ft). With every step higher, forests fade and the valley opens into raw alpine terrain.

Above 5,000 meters, the landscape transforms into a world of ice, rock, and silence. The route follows the Khumbu Glacier toward Everest Base Camp (5,364 m / 17,598 ft), set directly beneath the towering presence of Mount Everest (8,848.86 m / 29,031 ft). The journey reaches its highest point at Kala Patthar (5,545 m / 18,192 ft), where Everest reveals itself in full scale at sunrise.

Over 12 to 15 days and roughly 130 to 140 km (80 to 87 miles), this trek is more than a route through the mountains. It is a gradual ascent into altitude, culture, and perspective, where the scale of the Himalayas reshapes everything familiar into something far more elemental.

Quick facts:

Cost: USD per Person

Destinations: Lukla / Namche / Everest Base Camp / Kala Patthar

Duration: 15 Days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Moderate

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 5,545 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.
Overnight at the hotel

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead. Overnight at the hotel.

□ **Day 3: Fly to Lukla (2,840m) and Trek to Phakding (2,610m): Walking distance: 7 – 8 km | 3 – 4 hours**

After an early breakfast, we will fly from Kathmandu (1,400 m / 4,600 ft) to Lukla (2,840 m / 9,317 ft). The short 35-minute flight offers spectacular views of the Himalayas, and landing on the hillside airstrip is an adventure in itself, with mountains towering on all sides and a steep drop at the end of the runway. The crisp mountain air and dramatic landscapes make it clear that we have entered the heart of the Everest region.

From Lukla, we will start our trek along a gentle trail towards Cheplung Village, enjoying the striking views of Mount Khumbila. The path then gradually descends through the Dudh Koshi River valley as we make our way to Phakding (2,610 m / 8,563 ft). Surrounded by lush hills and offering panoramic views of Kusum Kanguru, Phakding is a charming village with comfortable lodges that serve trekkers. The trek from Lukla to Phakding is approximately 7-8 km (4.3-5 miles) and takes around 3–4 hours, providing a relaxed start to acclimatize and soak in the Himalayan scenery. Overnight at a guesthouse in Phakding.

Note: The weather in Lukla is highly unpredictable. Occasionally, flights may be delayed or canceled due to adverse weather conditions. If a flight is canceled, you will need to return to your hotel in Kathmandu.

Please note that transportation back to the hotel and accommodation for this night are not included. If the weather clears the next day, you will be accommodated on either the 3rd or 4th flight to Lukla. If conditions remain unfavorable, there is also an option to take a helicopter flight. The cost of a helicopter flight is not fixed and will be quoted by the airline on the same day. You should expect to pay an additional approx. 250 USD for the helicopter transfer from Kathmandu to Lukla. Although such situations are rare, we believe it is important to inform you in advance.

▯ **Day 4: Trek from Phakding to Namche Bazaar (3,440m) : Walking Distance: 10 – 12 km | 5 – 7 hours**

The trek from Phakding to Namche Bazaar is one of the most exciting and rewarding days of the Everest Base Camp journey. Covering approximately 10–12 kilometers, the trail follows the beautiful Dudh Koshi River, crossing several iconic suspension bridges decorated with colorful prayer flags. Along the way, you'll pass through charming Sherpa villages, lush pine forests, and sections of the UNESCO-listed Sagarmatha National Park, where your permits are checked before entering the Everest region.

As the day progresses, the trail becomes steeper, especially during the final climb to Namche Bazaar. Although this uphill section is physically demanding, the stunning mountain scenery and the possibility of catching your first glimpse of Mount Everest make every step worthwhile. Once you arrive in Namche Bazaar, the vibrant Sherpa town welcomes you with cozy teahouses, cafés, shops, and breathtaking views of the surrounding Himalayan peaks.

At an elevation of 3,440 meters, Namche Bazaar serves as the gateway to the Everest region and is the perfect place to begin acclimatizing before heading to higher altitudes. The combination of scenic landscapes, rich Sherpa culture, and the sense of accomplishment makes this stage one of the most memorable highlights of the trek. Overnight stay at a guesthouse in Namche Bazaar.

▯ **Day 5: Trek from Namche Bazaar to Khumjung (3,790 m): Walking distance : 3.5 – 4.5 km | 2 – 3 hours**

We will begin our trek from Namche Bazaar, following a gradual uphill trail toward the peaceful Sherpa village of Khumjung (3,790 m / 12,434 ft). As we leave the bustling town behind, the trail winds through alpine meadows and yak pastures, offering breathtaking views of Mount Everest, Ama Dablam, Thamserku, and the surrounding Himalayan peaks. Passing through Syangboche, home to one of the world's highest airstrips, we will enjoy sweeping panoramas of the Khumbu Valley and the snow-capped mountains beyond.

After approximately 2–3 hours of trekking, covering around 3.5–4.5 km (2.2-2.8 miles), we will arrive in Khumjung, one of the largest and most picturesque Sherpa villages in the Everest region. Nestled beneath the sacred peak of Khumbila, the village is renowned for its traditional stone houses, the historic Khumjung Monastery, and the Hillary School, established by Sir Edmund Hillary. The afternoon is free to explore the village, experience Sherpa culture, and continue the important acclimatization process while enjoying the peaceful mountain setting. Overnight stay at a guesthouse in Khumjung.

▯ **Day 6: Trek from Khumjung to Pangboche (3,985m): Walking distance: 9 – 11 km | 5 – 6 hours**

Today's journey takes us from Khumjung to the charming Sherpa village of Pangboche (3,985 m / 13,074 ft), following one of the most scenic sections of the Everest Base Camp trail. The route descends gently to Sanasa, where it joins the main trekking path before continuing to Phunki Tenga, a small riverside settlement nestled beside the Dudh Koshi River.

From Phunki Tenga, the trail ascends steadily through fragrant rhododendron and pine forests to the renowned Tengboche Monastery, the largest and most significant Buddhist monastery in the Khumbu region. Surrounded by magnificent Himalayan scenery, the monastery offers breathtaking views of Mount Everest, Ama Dablam, Lhotse, and several other snow-capped peaks. After exploring this spiritual landmark, the trail descends through forested slopes before making a gradual climb to Pangboche.

After approximately 5–6 hours of trekking, covering around 9-11 km (5.6-6.8 miles), we will arrive in Pangboche, one of the oldest Sherpa settlements in the Everest region. Renowned for its ancient monastery, traditional stone houses, and spectacular setting beneath the majestic Ama Dablam, the village

offers a peaceful atmosphere and an excellent place to rest while continuing the acclimatization process. Overnight stay at a guesthouse in Pangboche.

▣ **Day 7: Trek from Pangboche to Dingboche (4,410m): Walking distance: 6 – 7 km | 4 – 5 hours**

Leaving Pangboche, today's trek takes us further into the heart of the Khumbu region as the landscape becomes increasingly rugged and alpine. The trail follows the Imja Valley, passing through the small settlements of Shomare and Orsho, where traditional stone walls, grazing yaks, and sweeping mountain views create a truly Himalayan setting. Throughout the journey, the striking peaks of Ama Dablam, Lhotse, and Island Peak dominate the skyline.

As we gain altitude, the vegetation gradually gives way to open meadows and glacial terrain, making the dramatic scenery even more impressive. After crossing a small stream, a gentle final climb brings us to Dingboche (4,410 m / 14,469 ft), a beautiful Sherpa village surrounded by towering mountains. Known for its stone-walled fields and breathtaking panoramas, Dingboche is an important acclimatization stop for trekkers heading toward Everest Base Camp.

After approximately 4–5 hours of trekking, covering around 6–7 km (3.7–4.3 miles), we will arrive in Dingboche. The rest of the day is free to relax, enjoy the spectacular surroundings, and continue acclimatizing for the higher elevations ahead. Overnight stay at a teahouse.

▣ **Day 8: Acclimatization / Exploration at Dingboche**

Today is dedicated to acclimatization in Dingboche (4,410 m / 14,469 ft), an essential step in preparing for the higher elevations ahead. Rather than taking a complete rest, we will follow the "climb high, sleep low" principle with a rewarding hike to one of the nearby viewpoints, such as Nangkartshang Peak, where spectacular panoramic views of Makalu, Lhotse, Ama Dablam, Island Peak, and the surrounding Himalayan range await.

After returning to Dingboche for lunch, the remainder of the day can be spent exploring the village, relaxing at the teahouse, or simply enjoying the peaceful mountain atmosphere. This acclimatization day allows your body to gradually adjust to the thinner air, helping to reduce the risk of altitude sickness while preparing for the higher elevations in the days ahead.

▣ **Day 9: Trek from Dingboche to Lobuche (4,910 m): Walking distance: 10 – 11 km | 5 – 6 hours**

Our journey continues beyond Dingboche as we make our way toward Lobuche (4,910 m / 16,109 ft), entering the remote and breathtaking high-altitude landscapes of the Everest region. The trail gradually ascends through the wide valley, passing across rocky terrain and alpine pastures while offering magnificent views of Ama Dablam, Island Peak, Lhotse, and the surrounding Himalayan peaks.

As we progress higher, the landscape becomes more rugged and dramatic, with fewer signs of vegetation and a stronger sense of being surrounded by the world's highest mountains. We will pass through Dughla (Thukla), where a short rest allows us to prepare for the climb toward the Thukla Pass. At the top of the pass, we will visit the memorial site honoring climbers who lost their lives in the Himalayas, a peaceful and emotional place surrounded by towering peaks.

From here, the trail follows the rocky moraine of the Khumbu Glacier, gradually leading us toward Lobuche. After approximately 5–6 hours of trekking, covering around 10–11 km (6.2–6.8 miles), we will arrive at Lobuche (4,910 m / 16,109 ft), a small settlement located beneath the dramatic Himalayan skyline.

The rest of the day will be dedicated to relaxation and preparation for the upcoming trek to Everest Base Camp, as we continue deeper into the legendary Khumbu region. Overnight stay at teahouse in Lobuche

▣ **Day 10: Trek from Lobuche to Everest Base Camp(5,364m) via Gorakshep (5,164m): Walking distance: 14 – 15km: 7 – 8 hours**

We will begin our trek from Lobuche (4,940 m / 16,207 ft), following the trail along the rugged moraine of the Khumbu Glacier toward Gorakshep (5,164 m / 16,942 ft), the last settlement before Everest Base Camp. The trail gradually ascends through rocky terrain, offering impressive views of surrounding Himalayan peaks such as Nuptse, Pumori, and Lingtren.

After a short rest at Gorakshep, we will continue our trek toward the legendary Everest Base Camp (5,364 m / 17,598 ft). The path follows the edge of the glacier, crossing rocky moraines and glacial terrain while providing close-up views of the dramatic Khumbu Icefall. Upon reaching Everest Base Camp, we will take time to enjoy the incredible atmosphere of the world's highest mountain, capture photographs, and admire the surrounding Himalayan landscape. After spending some time at Base Camp, we will retrace our steps back to Gorakshep for the night. After approximately 7–8 hours of trekking, covering around 14–15 km (8.5–9 miles) round trip, we will return to Gorakshep to rest and prepare for the next day's adventure. Overnight at a guesthouse in Gorakshep.

▣ **Day 11: Trek to Kala Patthar (5,545m), then descend to Pheriche(4,240m): Walking distance: 12 – 14 km: 6 – 8 hours**

We will begin the pre-dawn ascent from Gorakshep (5,164 m / 16,942 ft), heading steadily uphill toward the iconic viewpoint of Kala Patthar (5,545 m / 18,192 ft). The trail is short but steep, following a rocky ridge where every step feels more demanding due to the altitude. As we gain height, the panorama opens dramatically, revealing close-up views of Mount Everest (8,848.86 m / 29,031 ft), along with Lhotse (8,516 m / 27,940 ft) and Nuptse (7,861 m / 25,791 ft).

After approximately 2–3 hours round trip, covering around 3 km (1.9 miles), we descend back to Gorakshep for breakfast and a short rest.

From here, we begin a long descent, retracing the trail past Lobuche (4,910 m / 16,108 ft) and through Thukla (4,620 m / 15,157 ft), where the landscape gradually softens and the air becomes richer in oxygen. The trail then continues down the valley toward Pheriche. After approximately 6–8 hours of trekking from Gorakshep, covering around 12–14 km (7.5–8.7 miles), we arrive at Pheriche (4,240 m / 13,911 ft), a peaceful valley settlement known for its open landscapes and comfortable descent after the high passes. Overnight at a guesthouse in Pheriche.

▣ **Day 12: Trek from Pheriche to Namche Bazaar: Walking distance: 19 – 21 km: 6 – 8 hours**

We will begin our descent from Pheriche (4,240 m / 13,911 ft), leaving behind the wide alpine valley as the trail gradually leads us back into greener and more inhabited terrain. The path follows a gentle downhill profile at first, with open views of surrounding Himalayan peaks before easing toward the village of Pangboche (3,985 m / 13,074 ft).

From Pangboche, we continue through familiar landscapes, crossing suspension bridges and entering the forested section of the Khumbu region as we descend toward Tengboche (3,860 m / 12,664 ft). The trail here offers a striking contrast to the high alpine zone, with rhododendron forests and monastery views returning to the journey.

After a short break, we descend steeply to Phunki Tenga (3,250 m / 10,663 ft) before beginning a steady uphill climb back toward Namche Bazaar (3,440 m / 11,286 ft), the final stretch feeling more manageable as oxygen levels improve.

After approximately 6–8 hours of trekking, covering around 19–21 km (11.8–13 miles), we arrive in Namche Bazaar, returning to the vibrant heart of the Khumbu region after completing the high-altitude circuit.

Overnight at a guesthouse in Namche Bazaar.

▣ **Day 13: Trek from Namche Bazaar to Lukla (2,860m): Walking distance: 15km: 6 – 7 hours**

We will set out early from Namche Bazaar (3,440 m / 11,286 ft) and follow the well-marked trail descending through the Sagarmatha region toward Lukla (2,860 m / 9,383 ft). The path winds through rhododendron and pine forests, terraced farmland, and small Sherpa villages, offering scenic views of the surrounding Himalayan peaks and the winding Dudh Koshi River valley.

Along the way, we will cross several suspension bridges and enjoy glimpses of local mountain life, passing through vibrant villages where trekkers often stop for tea or snacks. The descent is gradual, making it a relaxing conclusion to the challenging high-altitude journey. After approximately 6–7 hours of trekking, covering around 15 km (9.3 miles), we will arrive at Lukla, completing the iconic Everest base camp trek. This marks the end of our high-altitude adventure, with unforgettable memories of the Khumbu region. Overnight at a guesthouse in Lukla.

▣ **Day 14: Fly back from Lukla to Kathmandu: 30 – 40 minutes**

After completing the Everest base camp trek, we will take an early morning flight from Lukla (2,860 m / 9,383 ft) back to Kathmandu (1,400 m / 4,593 ft). The short flight of about 30–40 minutes offers spectacular aerial views of the Himalayan peaks, glaciers, and deep river valleys, providing one last chance to admire the grandeur of the Everest region from above.

Upon arrival in Kathmandu, you will be transferred to your hotel. The remainder of the day can be spent relaxing, exploring the city, or shopping for souvenirs after your high-altitude adventure. Overnight at a hotel in Kathmandu.

▣ **Day 15: Departure day:**

Today marks the end of your Everest base camp trek adventure. Depending on your flight schedule, you will be transferred from your hotel in Kathmandu (1,400 m / 4,593 ft) to Tribhuvan International Airport for your onward journey. This is the perfect time to reflect on the incredible experiences, breathtaking Himalayan scenery, and cultural encounters you have enjoyed throughout your trek. Safe travels and fond memories accompany you as you depart from Nepal.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Round-trip flights between Kathmandu and Lukla
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced, licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Sagarmatha National Park Entry Permit
- ☒ Khumbu Pasang Lhamu Rural Municipality Entrance permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.